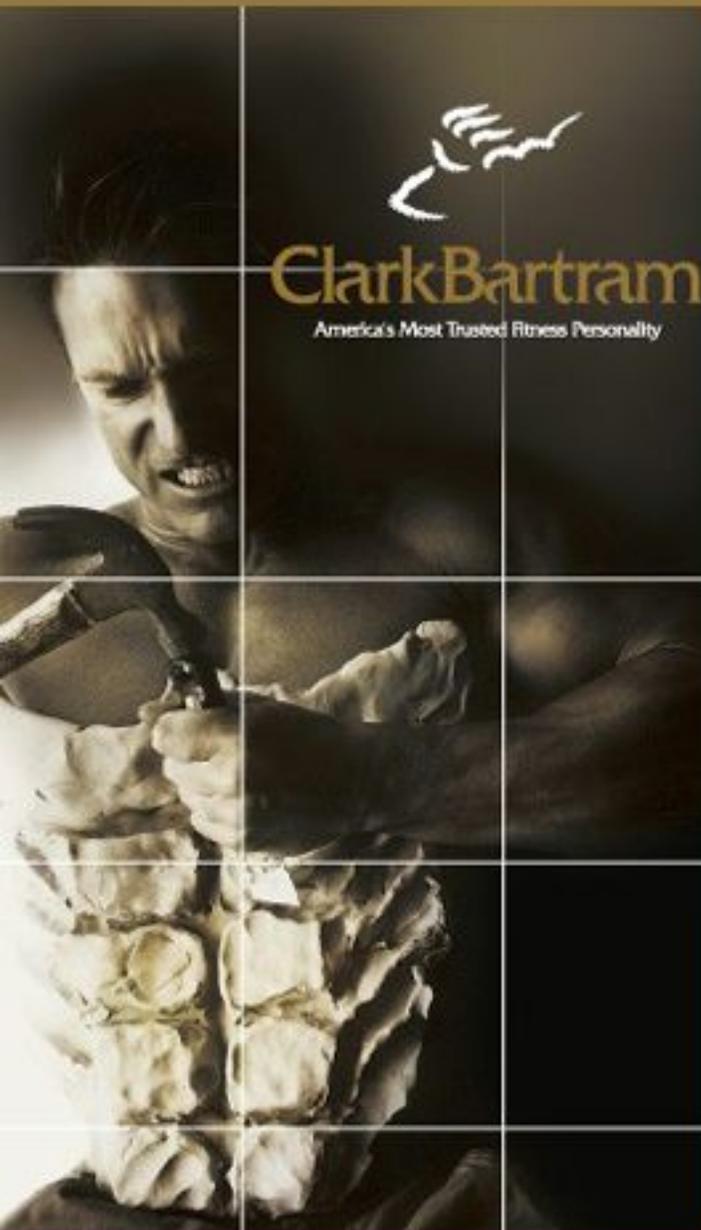


CLARK BARTRAM'S

10

MIDSECTION MIRACLE MOVES




Clark Bartram
America's Most Trusted Fitness Personality

My Top 10 Exercises For Absolutely Killer Abs!

THE **chisel** your abs system™


CLARK BARTRAM INC.

Top 10 Miracle Midsection Moves™
My Top 10 Exercises
For Absolutely Killer Abs!

By Clark Bartram
Professional Fitness Model
T.V. Fitness Personality
Author, "Spiritually Fit"

EDITOR'S NOTE

The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice. Always consult your physician or health care professional before performing any new exercise, exercise technique or beginning any new diet— particularly if you are pregnant, nursing, elderly, or if you have any chronic or recurring conditions. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

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*For All Of You Who
Believe Great Abs Are
Not Possible...*

*This Book Is Dedicated
To You*

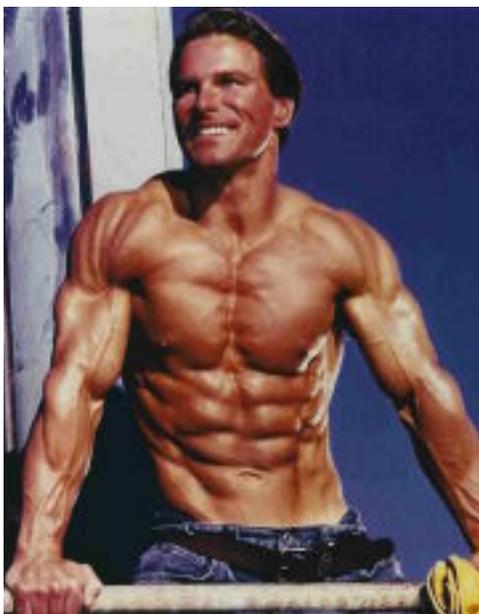
*“Good, better, best; never let it rest till
your good is better and your better is best.”
— Anonymous*

Introduction

Thank you for purchasing my *10 Midsection Miracle Moves* book. I've invested a lot of time to bring you exercises that will maximize your abdominal training efforts — both at home and at the gym.

For the last two decades, I've made my living from having visible abs. Just like the photo to the right...yep, that's me. That's what I do for a living. So listen up: I know what it takes and I am more than happy to share my secrets with you.

Forget what you might have heard about different people responding differently to different exercises: The program I've designed has worked for many others and it will work for you.



The Core

In today's fitness circles, the abdominal and low-back musculature is often referred to as the "core" of the body. The importance of these muscles to athletes and non-athletes alike is that all human movement originates at the core.

The core also plays a major role in stabilization during almost every movement, from squatting in the weight room, to running, throwing, jumping, picking up a child, or lifting a box.

This is why I always suggest that you do your abdominal training **AFTER** you train your other body parts. It could be very dangerous, for example, to exhaust your core and then attempt a few sets of heavy squats.

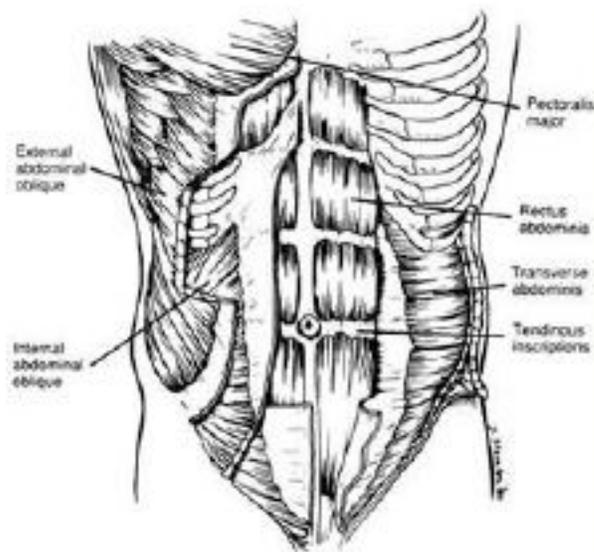
It's my belief, after studying the work of great minds like Paul Check, that if you strengthen your abdominal muscles significantly you'll get stronger in all your other activities and exercises. When your core senses that it can't provide enough stabilization to protect the body or assist the muscles responsible for a given lift, for example, the mind will simply

shut down and not allow the lift to be accomplished. This is just the body's natural defense mechanism against lifting too heavy.

With that said, if you desire aesthetically pleasing abs — or a stronger bench press — the following information is sure to provide you with the ammunition you need to attain those worthy goals.

Understanding The Abdominal Muscles

First, let's take a look at what you'll eventually see in the mirror! It's important to understand the different abdominal muscles because many people just think "ABS" and don't truly understand the complexity of this coveted and important group of muscles.



The muscles that are seen when you're very lean, typically 10% body fat or less, are the **Rectus Abdominus** muscles in the center of your torso. These are the muscles that allow you to flex your trunk forward.

Other important abdominal muscles are the **Transverse Abdominus**, which are deep muscles responsible for that "pooched" look women often complain of. (We'll discuss how to take care of that without hours of cardio).

The **Internal and External Obliques** allow you to bend to the side and twist your torso.

There are other core muscles that aren't pictured here but need to be mentioned. These include the **Erector Spinea** (*trunk extensors*) the **Quadratus Lumborum** (*side flexors*) and the **Illiopsoas, Iliacus, and Rectus Femoris** (*hip flexors*). It's important to mention here that most abdominal exercises typically performed in gyms across America only work the Hip Flexor muscles. This is bad news, because it's your trunk flexing Rectus Abdominus that gives you that six pack.

Training Abs The Right Way

With the **10 Midsection Miracle Moves**, the goal is to isolate the Rectus Abdominus and make you aware when you should bring other core muscles, such as the hip flexors, into play. It's all about the mind/muscle connection. Once you can connect the two, your abdominal workouts will rise to a new level and the results will be awesome.

The fact that most people train their hip flexors when attempting to do abs isn't totally bad. The problem lies in the fact that if you overtrain and shorten the hip flexors, you can create a muscular imbalance that can cause the "sway back" look or chronic back pain.

Therefore, it's necessary to balance your abdominal workout and include a program of core stretching to undo years of mistakes and prevent future injuries.

All abdominal muscles are predominantly composed of slow-twitch, or endurance, muscle fibers. This is why most people suggest high repetition training and multiple sets when training abs.

I, however, prefer low rep ab training with weights.

Without starting World War Three over this issue, let's agree for now to alternate between the two protocols. One week, do high rep sets, and then do your weighted workouts the following week.

Now get ready for another shocker: I'm not interested in the Upper/Lower Ab debate. Is

there a difference? Can you do a specific exercise to hit the lower abs? All of that to me is simply a waste of time.

Here's the bottom line...if you do all the exercises shown in this ***10 Midsection Miracle Moves*** book, you'll hit all your abs effectively — upper, lower, side, and even the deep ones. That's enough for me; I'll leave the arguing to the "experts."

Questions and Answers

Prior to getting to the exercises, I do want to answer a few questions that I've received over the years. My tendency, when I'm learning, is to assess all the information out there and take what works for ME! Hopefully, this laid-back attitude toward learning will help you as well.

Do abdominal machines work?

YES! Absolutely they work, even some of the ones you buy from infomercials! I get sick and tired of people bashing something just because it's sold on television. I don't always agree with the delivery of the messages, but I don't think any of us are naïve enough to believe we'll get in shape with little or no effort. If you get the mind/muscle connection going, you can get results from machines. I go over this in ***Chisel Your Abs***, and show you how to get the most out of the abdominal machines you see in the gym. Do you need the latest and greatest ab machines to get in great shape? No, but they can be useful tools.

Do fat burners work?

Yes! Do you need them to get lean enough to see your abs...NO! I'll never suggest that anyone take a fat burner supplement until I know they've been on a structured eating regimen for at least 8 to 12 weeks. Many people jump over the basics looking for a quick fix, and this is how many good supplements get a bad rap. Yes, the marketers tend to bend the heck out of the truth, but it isn't the fat burner's fault. It's ours for believing everything we see and hear. Do not get caught up in the hype. Realize that there's some effort required, but it really isn't that much when you look at the big picture. It could take three months, or maybe up to a year before you see your own ripped abs, but that's nothing in the grand scheme of things. Be patient!

“I have terrible genetics, I’ll never get ripped”

If I had a dollar for every time I heard that, I’d be a wealthy man. To be honest with you, that attitude is a bunch of bull. I personally like what my friend Brian said when I started training him. *“I’m ripped underneath all this fat!”*

That couldn’t be more true; we all have the SAME musculature underneath whatever amount of body fat we have. Take a look back at the diagram of the ab muscles. YOU have that underneath whatever the fat you’re carrying around. It’s just a matter of getting rid of that fat before you see your own ab muscles shining through.

Is there an ideal sequence for training the abdominal muscles?

I think most of us realize that if we do the same sequence of exercises constantly, our body will adapt and be less and less challenged as we go on. Given that knowledge, it makes total sense that we constantly change the stimulus we give ANY muscle, abs included. The key thing to remember for all resistance training is variety. You can add interest, creativity, and challenge to your abdominal training program by varying the following:

- Exercises
- Reps and sets
- Sequence
- Resistance
 - Angle
 - Tempo

“I don’t want to hundreds of crunches”

When someone says, “I did 2,000 crunches today,” I think to myself, “Well, you did about 1,990 too many!” If it’s that easy, add some weight and challenge your muscles.

“I was told not to do side bends because I’ll get big obliques and look wide in the waist”

Answer this...do you have to bend to the side in everyday life? Then why not strengthen yourself throughout that plane of motion? You don’t need to use super heavy weights, but you should use some resistance. What happens when you bend over sideways to lift your suitcase? Do you unpack it first? Of course not.

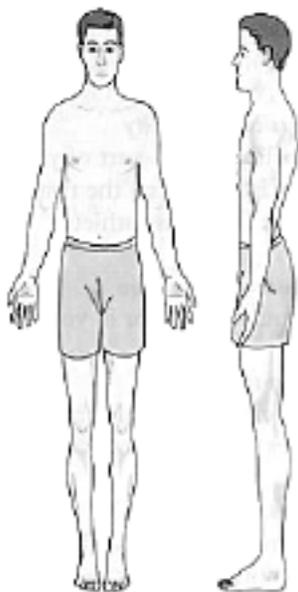
Can you effectively work the abdominals in a standing position?

Standing static contractions (contracting without movement) of the abdominal muscles are helpful (and recommended) in developing good spinal posture.

Many individuals stand with their hips tilted forward due to tight or excessively shortened hip flexors, as well as longer, weaker abdominal muscles (sometimes referred to as a lower cross syndrome). This can be fixed by stretching the hip flexors and strengthening the abs. I mentioned earlier that we would discuss flattening of the “pooch” Well, now is as good a time as any. The best way to flatten your lower abs is NOT with cardio, it is with standing static contractions! I see countless women doing cardio for hours, literally, and to no avail. If you have a weak TA (transverse abdominus) your lower stomach will never be flat. You must pull it in and hold it. It is that simple. The other problem may lie in the fact that there can be some digestive issues and you need to be cleaned out. Sounds gross, but it’s true. Many women don’t have regular and frequent enough bowel movements and that causes many internal problems that no exercise can remedy.

Understanding Your Body Type

Before we venture into the *10 Midsection Miracle Moves*, which I’m sure you’re interested in seeing, lets discuss different body types. When you identify your type, you’ll know how to best move forward when it comes to getting lean through proper nutrition. The drawings below show the three human body types.



The Ectomorph

Definitive “Hard Gainer”

Delicately Built Body

Flat Chest

Fragile

Lean

Lightly Muscled

Small Shouldered

Takes Longer to Gain Muscle

Thin

The extreme ectomorph physique is a fragile and delicate one. The bones are light, joints are small and muscles are slight. The limbs are relatively long in proportion and the shoulders droop. The ectomorph has a linear physique that may appear longer than it really is, due to the length of the limbs and a lack of muscle mass. The ectomorph is not naturally powerful and will have to work hard for every ounce of muscle and every bit of strength he or she can gain. The best way to deal with this genetic makeup is to eat, eat, and eat some more.



The Mesomorph

Athletic

Hard Body

Hourglass Shaped (Female)

Rectangular Shaped (Male)

Mature Muscle Mass

Muscular Body

Excellent Posture

Gains Muscle Easily

Gains Fat More Easily Than Ectomorphs

Thick Skin

The mesomorph has well-defined muscles and large bones. The torso tapers to a relatively narrow and low waist. The bones and muscles of the head are prominent. Features of the face are clearly defined, such as cheekbones and a square, heavy jaw.

The face is long and broad, and is cubicle in shape. Arms and legs are developed and even the fingers are muscled. Due to their muscular nature, mesomorphs will typically have the easiest time seeing well-defined abdominal muscles.



The Endomorph

Soft Body

Underdeveloped Muscles

Round Physique

Weight Loss is Difficult

Gains Muscle Easily Like the Mesomorph

The body of the extreme endomorph is round and soft, presenting the illusion that much of the mass is concentrated in the abdominal area. The arms and legs of the extreme endomorph are short in length, which may give the appearance of stockiness. The hands and feet of the endomorph are comparatively small, and the upper arms and thighs are often more developed than the lower parts of the arms or legs. The body has a high waist.

Diet is the most important factor for endomorphs, who are usually sensitive to carbohydrates. They hold a lot of water and hold on to muscle glycogen stores well. A few days of zero carbs will usually not hurt an endomorph. They may not even use all the glycogen stores from their muscles during that time. While I don't recommend ever going to zero carbs, the point is that an endomorph can tolerate a much lower carb intake. An endomorph can go as long as seven days before depleting glycogen stores, and can refill them in just one day. Endomorphs respond well to high amounts of dietary fat. A cycled diet is ideal, where a low carbohydrate/high protein diet is adhered to for several days and then followed by a moderate carbohydrate/low fat day. An endomorph is better off not attempting to carbo load due to their sensitivity to carbs. I highly suggest you take a look at Jon Benson's ***Every Other Day Diet Program***. It is exactly what you may need.

Adrenal Problems, Cortisol, and Poor Ab Development

Shawn Phillips, in his excellent e-book, ***Awesome Abs***, talks briefly about adrenal fatigue and how it relates to fat loss and seeing your abs. Typically this "syndrome" occurs when "fat burners" are used for long periods of time and depended upon for weight loss. I

highly suggest you check out this valuable resource: www.adrenalfatigue.org See if any of the symptoms relate to you. This may be what's holding some of you back from seeing your abs clearly.

If you have adrenal problems, then you most likely have cortisol issues. Under normal circumstances, your body produces more cortisol in the morning than in the evening, giving you the energy that you need to begin your day. In the evening, your cortisol level should drop by approximately 90%. Evening is generally the time when the stresses of the day are behind you, the time when you can relax and unwind.

Scientific data is showing that elevated cortisol levels are becoming more commonplace. As important and necessary as cortisol is, you can have too much of it circulating in your system. If you're constantly under stress, your cortisol level can remain elevated over long periods of time. Research now correlates chronically elevated levels of cortisol with blood sugar problems, fat accumulation, compromised immune function, exhaustion, bone loss, and even heart disease. Memory loss has also been associated with high cortisol levels. Continual stress can indeed have a negative impact on your health. New studies demonstrate that elevated cortisol levels can lead to abdominal weight gain.

Here are some tips for normalizing cortisol levels in your system:

- 1). Diet — Make sure you're supplying your body with all the essential nutrients it needs to prevent deficiencies and for optimal function. This includes plenty of high quality protein, complex carbohydrates, essential fatty acids, and vitamins and minerals. Try not to restrict calories continuously, as some research suggests that restricting normal caloric intake by 50% can lead to a subsequent increase in cortisol levels of 38%.
- 2). Training — Don't work out more than 3 days in a row without taking a day off. Keep workouts to under an hour at the most and train efficiently and intensely. I know this phrase has been beaten to death, but LISTEN TO YOUR BODY!
- 3). Rest — If you're really sore, then wait an extra day to train until your body fully recovers from your previous workout. Remember, less can be more.
- 4). Relax — Try to minimize stress in your life. Take an evening walk with a loved one or take a nap when you get a chance.
- 5). Sleep — Sleep is essential for recovery and recuperation. Try to get 8 hours a night.
- 6). Spike Your Insulin — Insulin actually interferes with cortisol and may enhance cortisol clearance from the body. Spiking insulin levels after a workout (by consuming a high glycemic index carbohydrate) may help minimize excessive cortisol levels. *(Courtesy: www.tsrf.com)*

*“It’s the little details that are vital. Little things make big things happen.”
—John Wooden*

My 10 Midsection Miracle Moves

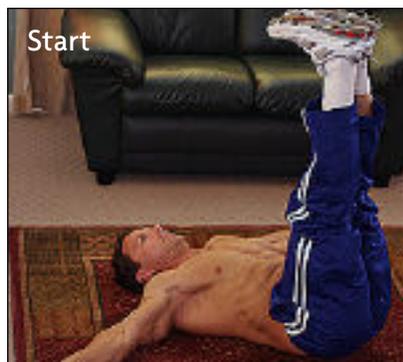
Think you need a gym membership for great abs? No way—the following exercises are all ones that I do in my hotel room when traveling. Some are basic, some are not, but they are all very effective as long as you get your mind into the game and really focus on getting the most out of each and every repetition. Otherwise, you'll just be wasting valuable time and effort.

I rate the following exercises for their perceived level of intensity and skill required to perform effectively, one star being the easiest and five stars being the hardest. I've only ran into one five-star exercise for abs, the **Janda Sit Up**. If done properly, it's one of the hardest movement you'll ever perform. Fitness expert Pavel Tsatsouline and I did them in *The Chisel Your Abs* video.

Miracle Move #1: THE MAD CAT ★★



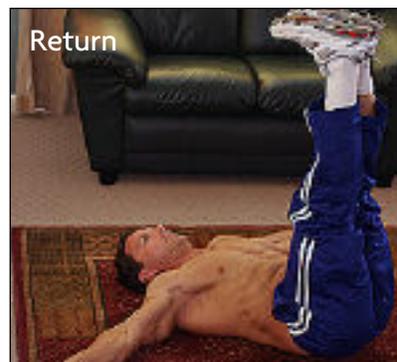
Get on all fours (knees and hands), and allow your waist to “sag” to start the movement. Now simply arch your lower back upward while pulling in at your lower abdominal area (right around the waist line). It's super important to exhale during the contraction phase of this movement to ensure a full range of motion and maximum contraction. Do at least 8-15 of these for up to 3-4 sets total. If you're doing them properly, there's no need to do anymore! It's all about the contraction here.

Miracle Move #2: RUSSIAN TWISTS ☆☆☆

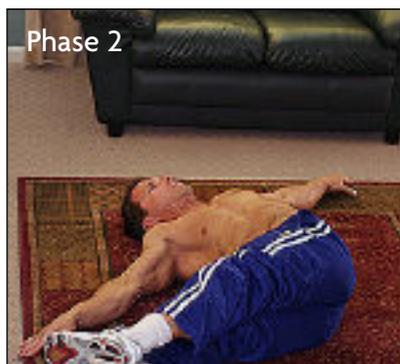
Start



Phase 1



Return



Phase 2



Finish

Actually, these aren't really Russian Twists, but they're a variation of that great movement. Lie flat on your back with your hands spread out wide, palms down. You can also choose to hold onto the lower part of a heavy chair. Now, raise your legs towards the ceiling, bent 90 degrees at the waist. This is the beginning of the movement. Slowly lower to either the right or left side then alternate.

Completion of one rep to both sides equals one repetition. This is an excellent movement to strengthen the body in the transverse (or side-to-side) plane and also works the obliques. Start with one set of 8 – 10 reps and work up to 3 – 4 total sets.

Miracle Move #3: SIDE BRIDGE ☆ ☆

The side bridge works the entire abdominal wall, including the obliques, and is a fairly easy move to complete. Again, it's simply a matter of focusing your efforts and completing each repetition with excellent form.

Lie on your side propped up on your elbow, with your hips touching the floor. Now, like a bridge, slowly lift at the waist causing your body to be as straight as a board, contracting the obliques, lower abs, quadrateslomborum, and serratus for ten full seconds.

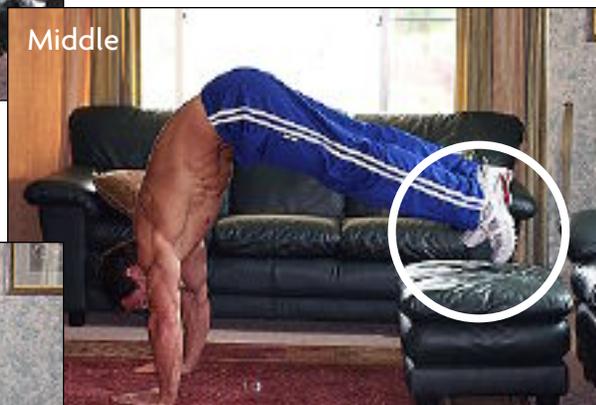
After 8 – 15 repetitions, repeat the movement on your other side.

Miracle Move #4: COUCH CRUNCH ★★☆☆

Lie down on your couch with your back on the cushion and your legs over the back rest. Being very careful not to fall off, slowly lower your upper body backwards stretching through the entire abdominal cavity. Now return to the start position exhaling on the way up and contracting the abs. This exercise may take some getting used to, but it's worth the effort. Work up to 3 – 4 sets of 8 – 10 reps per set.

Miracle Move #5: CHAIR ASSISTED SIDE LEG RAISE ★★☆☆

Stand to one side of a chair while holding the top. From the standing position kick your leg out sideways while bending your upper body toward the same leg. You should be bending sideways and kicking up at the same time. Perform the movement slowly at first until comfortable, then increase the speed at which you do the exercise.

Miracle Move #6: BALLISTIC PIKE OFF COUCH ★★☆☆

I invented this movement on a trip to Florida. It may take a few tries before you get the hang of it, but you're going to love it. Start by putting your feet on a chair or couch and placing your hands on the floor as if you were doing a decline push-up. Your feet will be as far back on the couch as possible, towards the backrest. This will give you the room necessary to perform the rest of the exercise. In the perfect push-up position (body straight as a board) rapidly push your legs up and bring your feet closer to the front of the couch landing in a "pike" position. The photo provided should help you figure this one out. Be sure not to fall off the couch, and concentrate on contracting the lower abs when you're in the "pike" position. Start slowly and work your way up to 3 – 4 sets of 10 – 15 reps.

Miracle Move #7: BASIC CRUNCH 🌟

Yes, I know you're saying to yourself, "A crunch, I've seen that everywhere...that's nothing new!" I agree, but I've seen it done wrong so many times, even by "qualified" trainers, that I have to explain it my way. On any abdominal exercise you perform, the contraction should be focused between the sternum and the belly button.

Lie flat on your back and pretend that a helium balloon attached to your sternum is pulling you straight up towards the ceiling. Try to avoid crunching or curling upwards. I simply want you to keep your chin pointed towards the ceiling and raise your scapula (shoulder blades) off the floor. Exhale and squeeze those abs.

Do 8 – 15 reps for 3 – 4 sets. When you feel confident enough, you can place some weight on your chest for added resistance.

Miracle Move #8: FEET ANGLED ON WALL CRUNCH ☆☆☆



Do this excellent exercise by laying flat on your back with your feet angled up onto a wall. The degree of the angle can be increased as you master this exercise. Try to reach up and touch your toes and hold the contracted position for least a beat or two.

You will be sure to light a fire in the abs after 8 – 15 of these bad boys.

Miracle Move #9: BRUCE LEE CURL UPS ☆☆☆☆



Growing up in the 70s and watching every Bruce Lee movie ever made, I became a fan of shredded abs at an early age. Bruce combined the skill of a gymnast with the strength of a body-builder to sculpt some of the world's leanest abs. One of the exercises he did was what I'm about to explain here. Grab underneath a heavy object like your couch and simply curl your knees

toward your chest while exhaling. From here, raise your hips off the floor and point your toes towards the ceiling.

Return to the starting position for complete reps, or "pulse" at the top of the movement by just elevating your hips from the floor. Perform 8 – 15 reps for about 3 – 4 sets.

Miracle Move #10: V-UPS  



Use a tall chair or a barstool to allow full range of motion in the start position. Pull your knees towards your chest and be sure to exhale and “cramp” the abs to maximize your efforts. Again, you will do 8 – 15 reps for 3 – 4 sets.

“How many a man has thrown up his hands at a time when a little more effort, a little more patience would have achieved success?”
— *Elbert Hubbard*

Great Ab Workouts

Here are a few excellent ab workouts using the exercises I've just explained to you. There's no set rule for exercise selection, other than doing the more difficult exercises first. Doing the opposite, in my opinion, is potentially dangerous and less effective, because your body's natural "cheat mode" would kick in during the hardest movements and you wouldn't be maximizing your efforts.

PROGRAM 1 — BEGINNER

EXERCISE	REPS	SETS	REST
MAD CAT	5-10	1-3	90-120 sec.
BASIC CRUNCH	5-10	1-3	90-120 sec.
CHAIR ASSISTED SIDE RAISE	5-10 (each side)	1-3	90-120 sec.

PROGRAM 2 — INTERMEDIATE

EXERCISE	REPS	SETS	REST
FEET ON WALL CRUNCH	8-15	2-3	60-90 sec.
COUCH CRUNCH	8-15	2-3	60-90 sec.
V-UPS	8-15	2-3	60-90 sec.
SIDE BRIDGE	30-sec. hold (Be sure to breathe)	3-4	60-90 sec.

PROGRAM 3 — ADVANCED

EXERCISE	REPS	SETS	REST
BALLISTIC PIKE OF COUCH	8-15	3-4	30-60 sec.
BRUCE LEE CURL UPS	8-15	3-4	30-60 sec.
COUCH CRUNCH	8-15	3-4	30-60 sec.
RUSSIAN TWISTS	8-15 (Per side)	3-4	30-60 sec.
SIDE BRIDGE	1-min. hold (Be sure to breathe)	3-4	30-60 sec.

Depending on the individual, I recommend staying with a level for about two to three weeks before advancing to the next level. Don't overdo it by any means, just be focused and consistent and set goals for advancement. I'd rather have you feel each and every repetition rather than rush through each set in order to get to the next level.

The programs can be altered according to your desires. In fact, I recommend substituting exercises regularly. Just remember what I said about the order of difficulty. Perform the more difficult exercises first and work your way back from there.

Another thought to consider when altering the program design would be to take a "circuit" approach. Instead of completing each set/rep scheme for each exercise, do one set of each exercise with little or no rest in between sets and then repeat the entire circuit.

Bonus: Five More Miraculous Moves!

In addition to The *Ten Midsection Miracle Moves* already described, I've added five of my favorite exercises that I do in the gym to maximize my abdominal development.

As many of you may already know, I'm a strong advocate of the Swiss Ball, which allows you to challenge your abs from a stretched position through a full range of motion.

The first exercise I want to show you doesn't really have a name, nor do I see many people doing it. Let's just call it the *3-Part Swiss Ball Crunch*.

3-PART SWISS BALL CRUNCH ☆☆☆



Part One: Sit on top of the Swiss Ball (SB) just in front of the “North Pole” position. Now, roll forward so your butt is actually dropping towards the floor on the front side of the ball, causing more of your spine to be supported along the way. Now, lay your head-back so your butt, spine, and head are all touching the ball.



Part Two: With your head, butt, and spine all still on the surface of the ball, roll back and extend your legs to completely stretch the entire abdominal region. You should be fully extended with your hands either crossed over your chest or straight out above your head (to create more difficulty).



Part Three: From this position exhale completely, causing the abdominal muscles to fully contract. Now, slowly curl up to the original position where you are seated just in front of the very top of the ball. You can maximize the challenge by adding some weight just above your chest or below your chin.

If you do this properly you will feel an amazing contraction throughout the entire range of motion causing the **Full Range Muscle Contraction**. You can actually apply this principle to any body part simply by contracting the muscle at it's fully extended or stretched position and then completing the rep.

ROPE CRUNCHES ☆☆☆



Start



Mid-Point



Finish



99% of the people I see doing this exercise are doing it WRONG! I can't put it any nicer than that...just flat out wrong. What I see is a lot of hip flexor work and not a whole lot of abs being involved. Start on your knees, holding a rope handle that's hooked in at the top of a cable system. Instead of simply folding at the waist (how I see it done typically) think of contracting from the sternum (just below the rib cage) to the belly button. You won't even fold at the waist at all if you are doing it properly. Exhaling is important during the contraction. I like to touch my forehead with my hands when holding the rope. I keep them in that position the entire time. This will keep everything "still" while you focus on the contraction.

Now would actually be a good time to talk about isolation vs. integration. Since the bodybuilding revolution with Arnold, Frank, Lou and the other well-knowns, isolation has become very important to many trainees looking to get bigger muscles at the expense of an understanding of the functional aspects of human movement. We can never really truly "isolate" any body part. Therefore, we must understand integration when *attempting* to isolate. Confused yet? Well, I just told you not to bend at the hips when doing Rope Crunches. Bending at the hip happens naturally in the flexor chain, but to maximize your ab development you want to limit that natural and important aspect by focusing on contracting from the sternum to the belly button only. Just pretend that there's a small rubber band between those two areas and imagine it slowly pulling you down and then stretching it as you return to the start position.

FULL CONTACT TWISTS ☆☆☆

This exercise really hammers the obliques and waistline! Start by putting one end of an Olympic bar into a corner in the gym. This is to keep it in place. Grasp the bar near the other end and raise it above your head. Here is your start position.

Lower slowly to either side and then carefully EXPLODE back to the starting position and slowly lower to the opposite side and EXPLODE back to the starting position. That completes one full rep. Keep your elbows and knees slightly bent. Be sure to position yourself so that when your arms are fully extended above your head your hands are slightly to the front of your body. In other words, you don't want to be directly under the bar.

Start with the bar and slowly add weight. To give you an idea, I never need to go more than a 45-lb. plate. Most often, I'll use a 25-lb. plate.

WEIGHTED V-UPS ★★ ★



Attach an ankle strap around each ankle. While sitting on a flat bench in front of a cable apparatus, hook the ankle straps to a cable attachment and choose a weight that allows you to perform 8 – 15 reps under total control. This will be your starting position.

From here, slowly pull your knees toward your chest while exhaling. You could also lie flat on your back and do a “leg lift,” but this could cause unnecessary stress on your lower back. I prefer that you start and finish with your legs slightly bent at the hip.

REVERSE SWISS BALL CRUNCH ★★☆☆

This is a very challenging exercise, if done properly. Find something secure that you can hold at waist level or just below. I use the handles on the prone leg curl machine. Lie back on the Swiss Ball, making sure your lower back isn't making contact with the ball. Reach back, grab the handles, and attempt to bring your knees back towards your

eye sockets. You should be rotating backwards from the pelvis and curling your abs inward. Now, when you return to the start position you'll want to drop your hips when you get parallel to the floor (as shown in photo). This will increase the overall stretch.



My Favorite Ab Devices

Add even more variety to your ab routine with these great gadgets:

Power Wheel

www.lifeline-usa.com

Swiss Ball, Tornado Ball, and Medicine Balls

www.fitter1.com

Ab Pavelizer

www.dragondoorpublications.com

3-D Abs

clark@clarkbartram.com

Optimal Nutrition

Now that we have the exercise portion resolved, let's take a simple look at nutrition. For years, I've incorporated the aid of nutritionists. Yes, I know enough to get lean, but the added accountability, expertise, and face-to-face interaction has helped me overcome a few obstacles that I've encountered along the way. The following information is what I learned from my time with William Smith, President and CEO of Intrafitt Corp. He's a very passionate and educated nutritionist who has worked with many professional athletes, bodybuilders, actors, and just common folk much like myself.

More than anything else, the way you eat affects the way you look. Sure exercise is important, and so is getting enough rest and recovery time between workouts, but nutrition is the real key to a healthy body, inside and out.

Lots of people justify eating things like pizza, soda, and ice cream when they exercise because they're "burning off" calories, but you'll never get lean on that kind of diet no matter how hard you train.

It's important that you give your body exactly what it needs, so it can use fat for energy instead of storing it on your hips, thighs, buttocks, gut, or other undesirable location. And in the next few pages, I'm going to tell you how to do just that!

There are three elements to optimal nutrition that have been the cornerstone of my diet since 1997 when I met William Smith of INTRAFITT Corp. According to William, anyone—regardless of current condition—can reprogram his or her body to be lean, healthy, and strong.

Optimal Nutrition Element One—Proper Calorie Intake

The first step toward good eating is determining how many calories you can eat. This number will be different for everyone, so be prepared for a little trial and error. Sorry, but there's no magic chart or formula that's going to give you the right answer for your particular body.

Let's start with some general principles. If you eat too many calories at any one sitting and/or throughout the day, for example, your body will likely store the excess energy in the form of body fat. Surprisingly, eating too little also has the same result. If you follow a calorie-restricted diet or simply miss a meal because you're too busy, you actually program your body to store fat.

The key is finding the exact number of calories YOU can eat so your body doesn't store fat.

Many diets tell you how many calories you're supposed to eat in a day. But if you think about it, we don't eat day-to-day—we eat meal-to-meal. Therefore, you need to determine how many calories you should eat at each meal. This is highly individualized information, based on your age, height, gender, total body weight, body composition, current activity level, current type of activity, current eating habits, genetics, and goals. That's what makes figuring out how much you can eat so complicated!

Here's where the trial and error comes in. Write down everything you eat and when you eat it for two or three days. Notice whether or not you're missing meals, or if you think you're eating too much or too little at one sitting. Notice whether or not you're eating too many processed foods. I'm a big believer that you should be eating whole, natural, and unprocessed foods whenever possible.

When you take an honest look at your eating habits, it'll become obvious where you need to make changes.

For a specific nutrition recommendation, you can always visit www.intrafitt.com and order an individualized nutrition program from INTRAFITT. But here's an easier place to start: ***eat a balanced meal consisting of naturally occurring protein, carbohydrates, and fat every three or four hours.*** I call these Power Meals (nutrition guru Jon Benson calls them "Master Meals", and he has a great strategy for how to create your own "Master Meal Blueprint") and if you eat them on this schedule you'll be amazed at the results you'll get!

Optimal Nutrition Element Two—Proper Nutrient Ratios

The second element of Optimal Nutrition is the nutrient composition of each Power Meal you eat. The balance of nutrients in each meal, along with the specific way you exercise, orchestrates hormonal responses that ultimately determine how your body deals with fat.

I tell people never to eliminate any type of food—like carbohydrates or fats—in an effort to lose weight quickly. By choosing one portion of each type of each food for every meal, you'll program your body for fat loss and muscle gain.

The portion-control system has worked well for me, and it should be a great way for you to start getting lean and cut. Use the following guidelines to determine the right portion sizes:

NUTRIENT	PORTION SIZE EQUALS
Carbohydrate	Size of clenched fist
Protein	Size of the palm of your hand
Fat	Size of the top knuckle to the tip of your thumb

Then choose a portion from each category listed below to create balanced meals throughout the day:

Protein

Chicken
Fish
Turkey
Eggs
Tofu
Lean Beef
Buffalo
Ostrich
Lean Pork
Egg Substitute
Shrimp
Canned Tuna
Lean Ham
Cottage Cheese

Carbohydrate

Red Potatoes
Sweet potatoes
Yams
Summer Squash
Oatmeal
Brown Rice
7-Grain Bread
Pasta
Cantaloupe
Broccoli
Green Beans
Spinach/Greens
Pinto Beans
Whole Wheat Tortillas

Fat

Avocado
Almonds
Olive Oil
Fish Oils
Essential Fatty Acids
Egg Yolks
Safflower Mayonnaise
Butter

Optimal Nutrition Element Three—Timing Your Meals

After you eat a Power Meal made up of protein, carbohydrates, and fat, your body can sustain blood sugar levels above baseline normal for approximately three or four hours. If your blood sugar drops below normal, you may experience sugar cravings, headaches, tiredness, shakiness, agitation, and even depression or anxiety. Low blood sugar, or hypoglycemia, can result from a number of different situations, such as waiting too long between meals, eating high-sugar foods, eating highly refined and processed foods, or restricting your calories.

Hypoglycemia is one of the major problems with most approaches to dieting in this country; anytime the body is purposely starved in an effort to lose weight rapidly, it initiates thousands of biochemical reactions that will at some point become so strong, no amount of willpower in the world will be able to overcome them. As a result, people on diets often binge on sugary foods to satisfy their intense cravings.

This entire process is often followed by self-abuse, which can exacerbate an already existing distortion of self-image. The tendency is to want to immediately starve the body once again, creating a vicious cycle of self-destruction.

The way around this is to eat your Power Meals every three or four hours throughout the day. If you wake up at 6:00 a.m. and eat your first meal within an hour, for example, you'd then eat your next meal between 10:00 a.m. and 11:00 a.m. If you continued with this schedule throughout the day, you'd end up eating about five meals before you go to bed. If you stay up late one night, you may need to eat six meals in one day. If you sleep late one morning (or afternoon!), you may only need three or four meals. This is okay, because ***the recommended meal interval for Optimal Nutrition is three or four hours from within one hour of waking to within one hour of going to sleep.***

While you sleep, your blood sugar levels drop and you're in a hypoglycemic state when you wake up in the morning. That's why ***you should never exercise in the morning on an empty stomach.*** You'll end up losing weight, but it will be in the form of water and muscle protein! You're also likely to feel tired and sluggish, crave sugar, and risk the onset of headaches, depression, and agitation throughout the day.

Personally, I eat six properly structured meals each day. You may find, however, that eating four meals a day (one meal every four hours or so) works best for you. If you're running around and can't stop for a Power Meal, carry some of the following snack items with you. They're great blood sugar boosters that can tide you over until you can eat a good meal:

piece of fruit
raw veggies
low-fat cottage cheese
celery and almond butter
air-popped popcorn
plain yogurt
almonds or cashews (be careful here—no more than a small handful)
cheese stick and apple

There are many other acceptable snacks, but this list should do the trick.

There you have it, the three elements of Optimal Nutrition. Why spend another day eating any way but the optimal way?

*“It’s easy to say ‘no!’ when there’s a deeper ‘yes!’ burning inside.”
— Stephen R. Covey*

Sample Meal Plans

Here are a couple examples of how and when I eat in a typical day. Please keep in mind that your portion sizes may vary depending on your size.

Drink water with every meal and also in between meals!

Day One

Meal 1—6:00 a.m.

2 whole eggs
6 egg whites
3 oz. oatmeal (measured uncooked)
Cup of coffee (no cream or sugar!)
1 multi-vitamin

Meal 2—10:00 a.m.

Chicken or tuna sandwich (1 tablespoon safflower mayonnaise)
1 medium apple

Meal 3—1:30 p.m.

97% lean Turkey Breast
pinto beans
5 corn tortillas

Meal 4—5:00 p.m.

6-8 oz. chicken or fish
Broccoli
Flaxseed oil or omega 6 fatty acids

Meal 5—9:00 p.m.

8 hard boiled eggs (only 2 yolks)

Day Two

Meal 1—6:30 a.m.

Extreme Whey protein powder mixed with 3 oz. oatmeal and flaxseed oil
1 multi-vitamin

Meal 2—11:00 a.m.

8 oz. chicken breast or canned tuna
1 cup cooked brown rice

Meal 3—2:00 p.m.

6 hard-boiled eggs (only 2 yolks)
1 medium yam

Meal 4—5:00 p.m.

6-8 oz. lean beef
Green beans
Flaxseed oil

Meal 5—8:00 p.m.

Extreme Whey protein powder mixed with 6-8 oz. non-fat milk
1 small apple

*“It’s the constant and determined effort that breaks down
all resistance and sweeps away all obstacles.”
— Claude M. Bristol*

The Importance Of Water

Water is the foundation of the lean lifestyle, and here are 10 reasons why:

- 1. Life itself can't exist without water.** Humans can go for weeks without food, but only three days without water.
- 2. About 70% of your body is water.** Water makes up nearly 85 percent of your brain, 80 percent of your blood, and 70 percent of your lean muscle. You must constantly add water to your body to keep it properly hydrated.
- 3. Water plays a vital role in nearly every bodily function.** Water is essential for digestion, nutrient absorption, chemical reactions, circulation, waste elimination, and temperature regulation.
- 4. Lack of water is the #1 trigger of daytime fatigue.** When your body is hydrated, your blood oxygen levels increase and you have more energy. Dehydration can lead to decreased motor skills, concentration, and memory.
- 5. When you're dehydrated, you tend to eat more.** Water naturally suppresses the appetite and helps the body metabolize stored fat. Recent studies indicate that nearly 40% of Americans suffer daily from a false sense of hunger due to moderate dehydration.
- 6. Water can be a miracle cure for headaches, joint pain, and other ailments.** Dehydration can lead to increased back and joint pain in up to 80% of people suffering from these symptoms.
- 7. Consistent lack of water can lead to Chronic Cellular Dehydration.** This condition weakens the body's immune system and leads to chemical, nutritional, and pH imbalances that can cause a host of diseases.
- 8. Dehydration can occur year-round.** Winter dryness can dehydrate the body even quicker than summer heat.
- 9. It's difficult for the body to get water from any other source.** Soft drinks, coffee, tea, and alcohol actually steal water from the body.
- 10. Dehydration can increase your risk of colon, breast, and bladder cancer.**

Say No To Soft Drinks

Have you seen an advertisement for a soft drink lately? It probably made you feel that it's a great source of energy, fun, and happiness!

Don't be tempted—soft drinks are among THE WORST things you can put into your body. Here are some reasons why:

- 1. Soft drinks steal water from the body.** You need to drink 8–12 glasses of water just to replace the water needed to process a can of soda!
- 2. Soft drinks leach vital minerals from your body.**
- 3. Sugary soft drinks cause sudden insulin production, which can lead to a “sugar crash.”** This is particularly disruptive to growing children and can lead to life-long health problems.
- 4. Soft drinks severely interfere with digestion.** Caffeine and high amounts of sugar virtually shut down the digestive process and prevent your body from taking in nutrients.
- 5. Soft drinks are EXTREMELY acidic.** Diseases flourish in an acidic environment. Soft drinks also deposit acid waste in the body that accumulates in the joints and around the organs.

“Don’t get discouraged; it’s usually the last key in the bunch that opens the lock.”
— *Unknown*

10 Things You Can Do Today To Become Healthier

1. Take A Deep Breath

You're starting on a great adventure, and your breath gives you energy to keep the momentum going. Plus, oxygen is essential to a healthy body. Breathe deep and let it do its magic.

2. Drink Water—Lots Of Water!

When you're dehydrated, you limit your body's natural ability to burn fat. Skip the soda, cut the coffee, and drink at least a gallon of water each day.

3. Stay Away From Fad Diets

When it comes to food, use common sense. Aim for three meals a day containing a moderate portion (about the size of your palm) of lean protein, a moderate portion (about the size of your fist) of carbohydrates, and a small amount (about the size of your thumb nail) of butter or olive oil. In between meals, enjoy two or three small snacks such as an apple, a yogurt, or a handful of carrots.

4. Get Moving

Even small things like taking the stairs instead of the elevator or walking for a half an hour after dinner instead of watching TV can change your entire outlook on life.

5. Love Yourself Now

There's no one else like you in the entire world, and the shape you're in doesn't define your value as a person. Learn to respect your uniqueness and enjoy the process of getting fit and healthy as much as the results.

6. Eat Before You Shop

Going to the grocery store while hungry can lead to unhealthy purchases, and, in extreme cases, desperate side trips to the local fast-food drive-thru.

7. Don't Eat While Watching TV

When watching television, people tend to get distracted and shovel the food in without realizing how much they're eating. What's more, the types of convenience foods most

people eat in front of the TV are usually not conducive to a healthy lifestyle. You can go through a whole bag of chips by the time your favorite sitcom's over, so leave the snacks in the kitchen.

8. Give Yourself A Break

Demanding perfection right away can only lead to guilt and frustration. That's why I recommend the occasional indulgence. Once or twice a week, treat yourself to something special like a slice of pizza or a piece of cake. It will take some of the pressure off in the beginning, and will help you appreciate the fact that you're following the right lifestyle the rest of the time.

9. Think Of The Three Top Reasons Why You Want To Live Healthier

This will motivate you to keep at it. While your reasons are going to be unique for you, some popular ones include looking good for a spouse, avoiding disease, having more confidence, getting more energy, participating in sports, or attracting attention on the beach. Be sure to write your reasons down and make copies. Post the copies on your bathroom mirror, on your refrigerator, near the television set, and next to your bed as constant and public reminders of the commitment you've made to yourself.

10. Reaffirm Your Commitment

Each day, reaffirm your commitment to get healthier in your mind and in your heart, and remember that you and only you have the ability to achieve your goals.

*“Never give in! Never give in! Never, never, never, never—
in nothing great or small, large or petty. Never give in
except to convictions of honor and good sense.”
— Winston Churchill*

My Favorite Meals

Below you'll find a few of my favorite things to eat. Most are pretty easy to prepare and take with you while you're out running around all day. That's half the battle—you must be prepared when you're out of the house.

Discover some fast and easy recipes of your own and always remember to be prepared, or you may end up in a drive-thru somewhere!

Barbeque Egg Burrito

1 medium flour or whole-wheat tortilla

6 egg whites and 2 yolks

Smokin' Joe Jones barbeque sauce

Cook eggs, warm tortilla, add sauce and eggs on tortilla and eat.

I was getting tired of my regular burrito and decided to try this one. It may sound weird, but it's great!

Vanilla Oatmeal

1 serving of whole oats (one handful, dry)

1 teaspoon vanilla

Dash of cinnamon

1 scoop **Extreme Whey**

Cook oatmeal, add vanilla, cinnamon, and protein powder (use extra water to absorb the protein powder), and eat. You'll need to experiment with amounts a bit.

Yam & Peanut Butter

1 medium yam

1 tablespoon natural peanut or almond butter

Pierce the yam several times with a fork. Microwave for 6-8 minutes. After the yam is cooked, slice it up and add peanut butter. This is a great treat!

Chicken Sandwich

6-8 oz. canned (Tyson-brand) chicken breast

1 tablespoon safflower mayonnaise

2 pieces 7-grain bread

Lowry's Seasoned Salt

Avocado

Combine safflower mayonnaise with chicken, toast bread, spread chicken mixture on bread, add avocado, and sprinkle with seasoning.

Spicy Chicken Burrito

One store-bought rotisserie chicken

Hot sauce

1 medium flour or whole-wheat tortilla

Brown all the meat from the chicken in a pan lined with Pam[®] cooking spray; add hot sauce while cooking. (I know the chicken is already cooked!) Heat tortilla, fill with ingredients, wrap, and eat. This can be made with barbeque or teriyaki sauce, too.

Turkey Patties

93%-fat-free ground turkey breast

Italian-flavored bread crumbs

Combine ingredients, fry in a pan lined with Pam[®] cooking spray, and eat with a side of raw or cooked green beans.

Anita's Spinach Salad

1 cup pine nuts

1 pound spinach, washed and crisped

2 cups cauliflower flowerets

1 large, ripe avocado

Lemon juice

6 tablespoons olive oil

2 tablespoons white wine vinegar

1 large garlic clove, minced or pressed

1/4 tablespoon each of salt, dry mustard, and dry basil

1 teaspoon pepper

Dash of nutmeg

Toast nuts over medium heat in a small frying pan, shaking the pan often until the nuts are golden brown. Set aside. Remove and throw away spinach stems. Tear large leaves into bite-sized pieces. Slice cauliflower into bite-sized pieces, as well.

Pit, peel, and slice the avocado; coat slices in lemon juice. Combine with spinach and cauliflower in a large bowl. In a separate, smaller bowl, combine the oil, vinegar, garlic, salt, mustard, basil, pepper, and nutmeg. Mix until well blended.

Pour dressing over salad, add nuts, and mix lightly.

TIP: Add some rotisserie-cooked chicken to make this salad a meal.

Healthy Turkey Pot Pie from Chef Miki Knowles

1 15-oz. package of pie crusts, refrigerated

1/3 cup veggie butter

1/3 cup onion, chopped

1/3 cup all-purpose flour

1/2 teaspoon salt

1/4 teaspoon pepper

1-1/2 cups chicken broth

2/3 cup veggie milk

1-1/2 pounds turkey, diced

10 oz. frozen mixed vegetables

Pre-heat your oven to 425 degrees. Prepare piecrusts as directed on package for a two-crust pie using a 9-inch pie pan. In a medium saucepan, melt veggie butter, add onion, and cook two minutes until tender. Stir in flour, salt, and pepper. Gradually stir in broth and veggie milk. Cook the mixture, stirring constantly until bubbly and thickened. Add turkey and mixed vegetables and remove from heat. Spoon the turkey mixture into a crust-lined pan. Top with second crust and seal edges together — cut slits in several places. Bake the pie at 425 degrees for 35 minutes or until crust is golden brown. Let stand for 5 minutes prior to serving. Serves eight.

Thai Turkey Roll-Ups from Chef Miki Knowles

- 1 tablespoon lime juice
- 1 tablespoon light mayonnaise
- 1 teaspoon reduced-fat peanut butter
- 1/4 teaspoon ground red pepper
- 1 teaspoon ground ginger
- 1 garlic clove, crushed
- 2 10-inch flour tortillas
- 1/4 cup chopped fresh basil
- 2 large Napa (Chinese) cabbage leaves
- 3 oz. thinly sliced deli-roasted turkey breast
- 1/2 cup red bell pepper strips

Combine the first six ingredients in a bowl, stirring well with a whisk. Spread each tortilla with one tablespoon of the mayonnaise mixture. Top each tortilla with two tablespoons of basil, one cabbage leaf, half of the sliced turkey breast, and half of the bell peppers. Roll up, wrap in plastic wrap, and chill in refrigerator. Serves four.

Chocolate Chip Pound Cake

3/4 cup veggie butter
1 cup sugar
1 teaspoon orange rind, grated
1 teaspoon vanilla
4 eggs
2 cups flour
1 teaspoon baking powder
1/2 teaspoon salt
1/2 cup veggie milk
1/2 cup semisweet chocolate chips

Preheat oven to 325 degrees. With an electric mixer, cream the veggie butter and sugar until light and fluffy. Mix in the orange rind and vanilla. Add eggs, one at a time, beating well after each addition. Mix flour, baking powder, salt, and veggie milk in a separate bowl and slowly add the flour mixture to the veggie butter mixture. Beat until well blended, and then fold in the chocolate chips. Spread into a greased and floured 9" x 5" loaf pan. Bake about 60–75 minutes, or until a wooden pick inserted in the center comes out clean. Let stand in the pan for 10 minutes, and then turn out onto a rack to complete cooling. Serves eight.

Stuffed Peppers

Green, yellow, and red peppers
93%-fat-free ground turkey breast
Rice

Tomato Sauce

Cut peppers in half, boil until soft, and brown turkey meat in separate pan. Cook rice completely. Combine meat and rice and stuff into pepper halves. Line in a cooking dish, cover with tomato sauce, and bake at 350 degrees for about 40-50 minutes. These are great little compact meals complete with all the necessary macronutrients.

*“Most of the important things in the world have been accomplished by people
who have kept on trying when there seemed to be no help at all.”
— Dale Carnegie*

Get Lean Quick with Sodium Restriction

I often get e-mails from people asking how to get ready for a photo shoot or shed five pounds fast. What I've done for shoots over the years is sodium deplete. This is a sure fire way to get any excess water off your body and drop a few pounds. You must realize, however, this is just a temporary fix and shouldn't be done on a regular basis. It really works great for special events.

Let's say you need to get ready for an event on a Saturday:

On Tuesday, start drinking only distilled, sodium free water. Drink at least 2 gallons per day.

Use distilled water for cooking, rinse all utensils and cooking equipment in distilled water prior to use, and brush your teeth with distilled water.

Bake, microwave, boil, or pan fry (in Pam) all meals

Use only Mrs. Dash, Parsley Patch, Basil, Oregano, Bay Leaf, Pepper, Cinnamon, Nutmeg, Sage, Dill, Caraway, or Vinegar to spice up your meals.

Don't lift weights or tan after Wednesday (this advice is mainly for competitive body builders).

Don't do a cardio workout after Thursday.

Flex your muscles or practice your posing routine a few times on Thursday and Friday

Drink 3 quarts of "Miracle Water" Friday and Saturday. Have a 16-oz. electrolyte replacement drink on hand for Saturday in case of cramping.

Discontinue all supplements Thursday morning, except for a multivitamin/mineral supplement.

Choose meals from the following menu:

Protein Choices

Chicken breast

Turkey breast (strips, not ground)

Flank steak or London Broil

Salt-free tuna (rinse in distilled water before eating)

Carbohydrate Choices

Unsweetened oatmeal (mixed dry with unsweetened applesauce or plain)

Yams

Potatoes

Pasta

Rice

Cream of Rice or Cream of Wheat

Malt-o-Meal

Apples or unsweetened applesauce

Fat Choices

Salt-free peanut butter

Salt-free almond butter

Olive or Safflower oil

Fun Fitness Facts

Exercise can strengthen bones, slowing down the process of osteoporosis, a bone thinning disorder commonly found in older women. Studies have shown that women can slow down bone loss by exercising 30 – 60 minutes, 3x per week.

— *I Village/Better Health*

A well-balanced exercise program improves overall health, builds stamina, and fights the ageing process. Many of the disabling diseases that affect 1 – 5 million Americans each year could be improved or possibly treated through exercise.

— *I Village/Better Health*

Do you know the difference between fruit, fruit juice, and fruit drinks? Fruit drinks have extra sugar, flavor, salt, and coloring added. Even though they may have additional vitamin C or other vitamins, it also means higher calories...sometimes as much as 50%.

— *Harry Greene, M.D.*

Weight is best controlled by a combination of proper diet and exercise. Exercise uses excess calories and can help shed pounds. A brisk walk of 1 mile burns about 100 calories.

— *I Village/Better Health*

Reports have indicated that athletically and nutritionally fit individuals can be as many as 10–20 biological years younger than their true chronological age. Exercise may be the closest thing there is to an anti-aging pill.

— *I Village/Better Health*

Did you know...a 20 minute, full body circuit weight training workout performed at an aerobically effective pace will throw your metabolism into overdrive! A gain of as little 2-3 pounds of muscle means you'll expend an additional 70-100 calories per day.

— *Indiana University*

42. The percentage of men who would like to lose weight.

62. The percentage of women who would like to lose weight.

— *I Village/Better Health*

Fact or Fiction...You only need to drink water when you're thirsty.
FICTION! If you wait until you're thirsty, you're already dehydrated. Considering your body is nearly 80% water, it's imperative that you drink at least 8, 8-oz. glasses of water each day to avoid dehydration and help detoxify your system.
— *I Village/Better Health*

Conclusion

Thank you so much for letting me share my Miracle Moves with you. I guarantee that if you apply yourself to these workouts and movements, along with sound nutrition and rest, you'll soon see the body—and the abs—of your dreams!

God Bless,



Clark Bartram