

# **“Why Almost Everyone Is DEAD WRONG About Achieving 6-Pack Abs”**

## **Free Fat Burning Lesson**

**By Sean Nalewanyj**  
**[www.HowToBurnFat.com](http://www.HowToBurnFat.com)**

## **Important Notice: You MAY give away, share and distribute this report!**

(As long as none of the content is altered, extracted or re-sold and all of the links remain intact)

### **In fact, I encourage you to share this report!**

If you know of any friends, family, co-workers or anyone else who would benefit from the advice given here, feel free to pass this report along to them.

If you have a website, newsletter, blog, forum or e-zine of your own, feel free to feature this report to your visitors. I can even code it with a special link so that you earn commissions for any sales that are generated as a result of people reading the report. If you're interested, visit my affiliate section for details: [www.Fitness-Profits.com](http://www.Fitness-Profits.com)

### **Disclaimer**

Before beginning any new exercise, nutrition or dietary supplement program you should consult a physician first. The information presented herein is not meant to treat or prevent any disease or to provide the reader with medical advice. If you are looking for specific medical advice then you should obtain this information from a licensed health-care practitioner.

This publication is intended for informational use only. Sean Nalewanyj and [www.HowToBurnFat.com](http://www.HowToBurnFat.com) will not assume any liability or be held responsible for any form of injury, personal loss or illness caused by the utilization of this information. The individual results obtained from these methods will vary from person to person and we make no guarantee as to the degree of results that you will personally achieve.

© [www.HowToBurnFat.com](http://www.HowToBurnFat.com) - All Rights Reserved

## About The Author

**Sean Nalewanyj**

[www.HowToBurnFat.com](http://www.HowToBurnFat.com)



Once an awkward, out-of-shape “social outcast”, Sean Nalewanyj is now a renowned fat loss and muscle building expert, best-selling fitness author and success coach.

Sean has been researching and promoting natural fat loss and bodybuilding techniques for the past decade, has written articles for dozens of the most popular fitness sites on the web, and is recognized as an expert authority on the subjects of building muscle and burning fat fast.

Through his highly successful website, [www.HowToBurnFat.com](http://www.HowToBurnFat.com) and his information packed online email lessons (visit his website using the link above for signup details), he has helped thousands of average everyday people from all over the world burn fat, build muscle and get into the best shape of their lives.

Sean is well known as the creator of the renowned online body makeover program, “[The Real Body Transformation System](#)”, which teaches people how to burn fat, increase their muscle definition and look their best without supplements, drugs, fad diets or fancy equipment of any kind.

The full package includes his best-selling e-book, “**The Truth About Burning Fat**”, along with a detailed collection of fat loss support modules and free bonus gifts. The system is backed by a ton of dramatic before/after success stories and is also endorsed by several top fitness experts in the field.

In a weight loss world where intense marketing hype and exaggerations have become the norm, Sean is well respected for his direct, no-nonsense approach. He admits that getting into impressive shape is not a walk in the park, but believes without a doubt that he can help anyone achieve the body they desire as long as they are willing to put forth the effort.

You can read more about Sean and his full-blown fat loss success system by [clicking here](#) to visit his website.

# Why Almost Everyone Is DEAD WRONG About Achieving 6-Pack Abs!

---

Sean is also the author and creator of a best-selling natural bodybuilding program known as "[The Muscle Gain Truth No Fail-System](#)". If your primary focus is to build overall muscle size and strength, this program is for you.

This explosive muscle building package contains every single tip, trick and strategy you need to achieve a powerful, jaw-dropping physique without spending countless hours in the gym or slaving away to a tedious diet plan.

Lastly, Sean is the owner and operator of "[The Muscle Building & Fat Loss Inner Circle](#)"... A private, members-only body transformation community dedicated to keeping subscribers up to date on all of the most cutting edge fitness strategies available.

Not only do M.F.I.C members gain access to a massive library of regularly updated muscle building and fat burning information, but they are also able to meet, chat and make friends with one another using the vast collection of "interactive" applications provided, such as instant messaging, discussion forums, live chats and more.

# Why Almost Everyone Is DEAD WRONG About Achieving 6-Pack Abs!

---

## WAIT!

Before you go any further, take 2 short minutes to visit my personal website using the link below and sign up for my free 6-part fat burning email course.

It's called "**6 Critical Keys To Rapid Fat Loss Revealed**" and will teach you even more great no-nonsense tips for maximizing your body's fat burning capabilities.

You'll also have the chance to download the first 2 chapters of my widely acclaimed e-book "**The Truth About Burning Fat**" at no cost.



 [Click Here For Instant Access](#)

# **Why Almost Everyone Is Dead-Wrong About Achieving Ripped 6-Pack Abs**

**207 million dollars.**

This is the amount of money that was spent last year on abdominal exercise equipment sold through infomercials.

Aside from the fact that a few wealthy marketers are cleaning up big time on the sweat and dreams of all the sculpted-ab hopefuls out there, this tells us one thing...

### **6-pack abs are in high demand!**

It's no secret that virtually every single person out there, even those who aren't involved in bodybuilding and fitness, desire a flat, tight and well-defined midsection. 6-pack abs are at the top on most people's list of priorities in the gym, and everyone seems to be on a mission to get them.

How do most people go about this?

They perform endless sets of situps and crunches, training their abs 3, 4 or even more times in the gym per week.. slaving away on sets of 50 to

# Why Almost Everyone Is DEAD WRONG About Achieving 6-Pack Abs!

---

100 reps or more... they pop back their thermogenic fat loss pills and then they wait for the results to come.

Unfortunately for the vast majority of trainees, those results never show up in any significant form.

Why?

It's because almost everyone out there is structuring their 6-pack ab program based on a false premise... And that false premise is the myth of "spot reduction".

## **The Spot Reduction Myth**

The spot reduction myth is one of the most common misconceptions in the entire fitness industry, and results in endless hours of wasted training time around the world.

Simply put, spot reduction implies that it is possible to target fat loss from specific areas of the body by training them with resistance.

For example, spot reduction would imply that training your biceps with weights will burn fat off of your bicep area, or that training your chest with weights will burn fat off of your chest area.

# **Why Almost Everyone Is DEAD WRONG About Achieving 6-Pack Abs!**

---

The truth is that this notion of targeting fat loss from specific areas of the body is downright false, illogical and untrue.

**Let me clear this up once and for all...**

**You CANNOT target fat loss from a specific area of your body!**

Let me repeat that because it's so important...

**You CANNOT target fat loss from a specific area of your body!**

When you train your body with weights, all you are doing is stimulating the specific muscle groups involved in the movement, but this stimulation has no effect on the stored body fat in and around that particular area.

Fat loss only occurs on a holistic level – in other words, when the body is stimulated to burn fat through proper diet and cardiovascular exercise, it will burn fat from the entire body as a whole. You have no control over this, and there is no way to stimulate fat to be burned from specific areas of the body by training them with weights.

**So what does all of this have to do with achieving 6-pack abs?**

Well, everything.

## Why Almost Everyone Is DEAD WRONG About Achieving 6-Pack Abs!

---

You see, EVERYONE already has a 6-pack. The problem is that for most people it's simply hidden underneath a layer of fat. This layer of fat causes the midsection to appear soft, smooth and protrusive.

However, underneath that layer of fat are the abdominal muscles, and causing these muscles to appear flat, defined and separated is a simple matter of removing (or more accurately, significantly decreasing) the layer of fat sitting on top of them as well as the layer of fat behind them surrounding the internal organs.

The layer of fat lying on top is known as "subcutaneous fat" (that is, the fat directly underneath the skin), and the layer of fat behind them is known as "visceral fat" (that is, the fat that surrounds the internal organs).

Now, since spot reduction is flat-out impossible and since there is no way to specifically target abdominal fat through exercise, we can conclude that carving out 6-pack abs has very little to do with the specific ab exercises that you perform... rather, achieving a set of flat, sculpted and defined 6-pack abs is, for the most part, a simple product of your bottom line body fat percentage.

If you're following a sensible weight training and cardio routine and a proper fat loss diet that focuses on burning fat from your entire body, flat

# Why Almost Everyone Is DEAD WRONG About Achieving 6-Pack Abs!

---

and defined abdominals are just one of the many things that come with it.

On the other hand, if your overall body fat levels are too high, no amount of abdominal exercise in the world can save you, and until your overall body fat percentage is low enough, those 6-pack abs you desire will always be out of reach.

## **The bottom line?**

Any program that claims to deliver 6-pack abs is essentially a fat loss program, because the ONLY sure-fire way to sculpt out the impressive abdominals you're after is to gradually lose fat from your entire body.

As you lose fat from your entire body, your stomach will continue to flatten out, and the layer of fat underneath the skin will continue to melt away, revealing those impressive abdominals that were there all along but simply couldn't be seen.

Now, this isn't to say that specific abdominal training isn't needed, as it is certainly still part of a complete weight training program.

Here are 5 quick tips for implementing proper abdominal training into your routine...

# Why Almost Everyone Is DEAD WRONG About Achieving 6-Pack Abs!

---

**1) Train your abs directly 1-2 times per week** - The abs need time to recover and grow just like all other muscle groups, and because they are stimulated indirectly on virtually every exercise you perform in the gym, they don't require a lot of direct work.

**2) Perform each set using a rep range of about 8-15** - You would never train your chest or your biceps using 50-100 reps, so why train your abs that way? Again, the abdominals are just like all other muscles and therefore should be trained in the same fashion.

**3) Perform between 3-6 total direct abdominal sets per workout** - As long as you train hard, you do not need to perform an endless number of sets. Keep in mind that since the abs are constantly being worked when you perform all of your other exercises, they don't need a large amount of direct work. I don't see any reason at all why you would need to perform more than 6 sets for your abdominals per workout.

**4) Focus on basic, straightforward exercises** - You don't need any fancy workout gadgets or revolutionary techniques to get an optimal abdominal workout. Stick to basic, straightforward movements such as weighted crunches, rope crunches, swiss ball crunches, weighted leg raises, hanging leg raises and swiss ball leg raises in order to get the best results.

## Why Almost Everyone Is DEAD WRONG About Achieving 6-Pack Abs!

---

**5) Train with a high level of intensity** - The abdominals react to muscular overload just like all other muscle groups, and in order to get them to respond you must be willing to train hard. If the last 1-2 reps of each set are not extremely difficult to perform, you're simply wasting your time.

As you can see, abdominal training is very basic and straightforward, and there is no need to get fancy or over-complicate things. Training your abs is certainly important, but it simply needs to be understood that direct abdominal training is merely being used to develop the abdominal *muscles*, and is NOT helping you to burn off the fat stores in and around your midsection.

**So, how exactly do we go about losing fat from our entire body?**

Read below for more details...

## Are You Ready To Achieve Your Dream Body?



If you're ready to put all the talk aside and start taking action towards achieving a lean, sexy and impressive body...

### **Congratulations!**

I commend you on your decision to do what it takes to get into impressive shape. Most people never have the courage to take that step, and instead spend their entire lives unhappy and unsatisfied with the way they look and feel.

While the information in this lesson will help you lay the groundwork for an effective fat burning and muscle-sculpting program, the truth is that there are **many** other factors to take into account if you *really* want to achieve dramatic results quickly.

There is such an obscene amount of false information out there, and if you don't have the right training and nutrition system in place you'll be literally guaranteed to fail in the long run... or you'll at least slow down your progress considerably.

# Why Almost Everyone Is DEAD WRONG About Achieving 6-Pack Abs!

---

That's exactly why I created "[The Real Deal Body Transformation System](#)".

This full-blown system includes my best-selling e-book, "**The Truth About Burning Fat**", along with a detailed collection of fat loss support modules and bonus items.

I'm talking step-by-step workout routines... customized eating plans... progress tracking tools... mp3 audio courses... video lessons... bonus reports... and much more. It's every single tool you need to slash fat, define your body and enhance your health & energy levels in lightning speed.

No hype, no fluff, no filler... Just the **honest** facts from a genuine expert who truly cares about your success and makes a living transforming people's bodies and lives.

Don't take my word for it though...

**Just check out what other people are saying about my renowned fat loss system...**

# Why Almost Everyone Is DEAD WRONG About Achieving 6-Pack Abs!

---

## **“I Feel Strong & Healthy... I Can Finally See My Abs!”**



I've had several knee surgeries and spent 2 years laying in bed, on walkers, in a wheel chair and on crutches... My health was failing, I felt sick all the time, and decided it was time to do something about it... I'm happy to report that my body weight dropped from 227 pounds down to 199 pounds, and my body fat percentage went from 27% down to 10%!

**Matthew Eubanks**  
**Montana, USA**

## **“This Can Be Done... Even After Having 4 Kids!”**



I love how your program explains everything to the point, and doesn't confuse us with any fancy scientific lingo. All the tools are given - we just have to apply them. I started off at a plump size 16, and now fit comfortably into a size 4. My energy levels have increased, and I'm not afraid to wear tight-fitting clothes anymore. I'm so proud of what I've achieved!

**Sandra Peebles**  
**Georgia, USA**

## **“Can Date Just About Any Girl I Want”**



Since beginning the program my body fat has dropped down to an impressive 10%, and my entire physique is more defined and muscular than I could have ever imagined. I never get made fun of anymore. All of my friends say they wish they had my body! And guess what? I got the girl! In fact, I can date just about any girl I want now.

**Logan Amy**  
**Indiana, USA**

## **“I Wasn’t Even This Fit In High School”**



The strategies in your program are great. Nutrition really is 90% of the battle! Doesn't matter how much cardio you do if you aren't eating properly... I started at 175 pounds and am down to 112, and went from a size 14 to a size 4. I have way more energy and confidence... I used to get migraines all the time, but not anymore... People actually come up now and ask me for advice!

**Dara Wiles**

## **“I Feel Amazing... My Whole Life Has Changed...”**



I was constantly fatigued, and was never in the mood to spend time outside with my boys like a father is supposed to. I started off with 25% body fat and weighed 242 pounds... I'm now at 10% body fat at a weight of 198! I even quit my job and started my own business... I'm now making 3x my previous salary because I finally have the energy to be a success!

**Willem Steynberg**  
**Port Elizabeth, South Africa**

## **“I’m Getting Noticed More By Guys Now!”**



I was an athlete in high school, but once I went off to college my weight got out of control. I was sick and tired of being unhappy with my body... I just wanted to feel confident in a bikini again. I ended up slimming down from 176 pounds all the way down to 135! I now feel confident with myself... I love going out in public and dressing up, because I feel hot! I'm even getting noticed more by guys now...

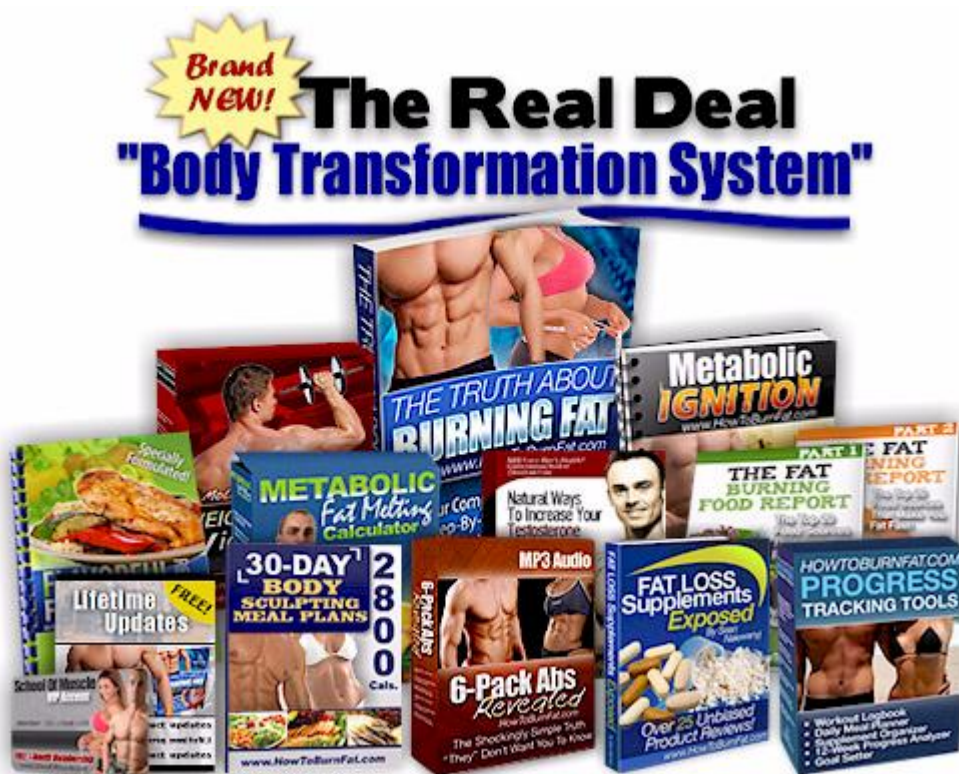
**Lindsay Fullerman**

# Why Almost Everyone Is DEAD WRONG About Achieving 6-Pack Abs!

---

If you're ready to get started and finally achieve the lean, sexy, head-turning body you've always dreamed of, just click the link below to get started...

The program is backed by a full 8-week money back guarantee... So you have absolutely **nothing** to lose. (Except the fat!)



[Click Here To Get Started!](http://www.HowToBurnFat.com)

Here's to your brand new body,

[www.HowToBurnFat.com](http://www.HowToBurnFat.com)

# Why Almost Everyone Is DEAD WRONG About Achieving 6-Pack Abs!

---

## Additional Product Information

Learn more about Sean's other 2 best-selling fitness products below...

### **"The Muscle Gain Truth No-Fail System"**

**Complete Muscle Building Success Kit**

[www.MuscleGainTruth.com](http://www.MuscleGainTruth.com)



Learn the exact step-by-step strategies for maximizing your muscle size and strength gains and achieving a powerful, head-turning body in lightning speed.

Contains the best-selling e-book, "The Truth About Building Muscle" along with a comprehensive collection of support modules and bonus items.

[Click Here For More Information](#)

### **"The Muscle Building & Fat Loss Inner Circle"**

**Online Fitness Support Community**

[www.FitnessInnerCircle.com](http://www.FitnessInnerCircle.com)



A private, members-only body transformation community that keeps you up to date on all of the most cutting edge fitness strategies available.

You'll also have the chance to meet, chat and make friends with other members from all over the world...

[Click Here For More Information](#)