

THE **ABGURU** **SPEAKS**



*Straight
talk about
core training
abdominals
& fat loss*



Tom Venuto & David Grisaffi

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The Ab Guru Speaks

**Straight Talk About Core Training, Fat Burning,
and How to Get Great Abdominals**

*In this special report, Tom Venuto, author of **Burn the Fat, Feed the Muscle**, interviews ab guru David Grisaffi, author of **Firm and Flatten Your Abs**.*

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The Ab Guru Speaks

Straight Talk About Core Training, Fat Burning, and How to Get Great Abdominals

TOM VENUTO: Hi. This is Tom Venuto, and I'm the author of *Burn the Fat, Feed the Muscle*. That website is www.BurnTheFat.com, or www.BurnTheFatInnerCircle.com.

Today I'm with a special guest who's not only a trusted colleague in the fitness industry but also a personal friend and a guy I've spent many hours on the phone with, and exchanged many emails back and forth just to pick his brain. He's the guy I've turned to many times for expertise because he has such a depth and a breadth of knowledge in so many areas related to health, fitness, fat loss, and especially abdominal and core training. Every time I hear him speak, I never cease to be amazed with the information and the facts that just kind of flow out of his mouth like it was all second nature. I always learn something I didn't know before.

My guest is David Grisaffi, who literally wrote the book on how to get great abs. It's called *Firm and Flatten Your Abs*, and that website is www.FlattenYourAbs.net. David, welcome, and thank you for the interview.

DAVID GRISAFFI: Thank you very much, Tom, for taking the time out of your day to have this interview with me. I appreciate everything you do for me too.

TOM VENUTO: Well, it's my pleasure. David, I would ask you to introduce yourself and give all your qualifications, but I have a feeling from knowing you that you'd be overly modest. So if you don't mind, I'm going to introduce you to our listeners.

David has at least a half dozen certifications. I can't even keep track any more because he's very dedicated to continuing his education and he keeps adding to the list. Several that are worth

mentioning are ISSA Certified Personal Trainer, ISSA Certified Performance Nutritionist, and three Certifications from the C.H.E.K. Institute, including Corrective Exercise Kinesiologist. He's a Golf Biomechanics Expert and a Nutrition and Lifestyle Coach. David's experience is very broad but he's a specialist in Sports Conditioning, especially for boxers and golfers. He's been a wrestling coach, and a baseball coach as well. David is an expert at abdominal and core training, not just for sports, but also for rehabilitation and just plain cosmetics (if you want to get a great six-pack and look good on the beach), and he's very respected in the industry.

Charles Staley, who is himself one of the most respected strength coaches in the field said this about David: "David is a dedicated, intelligent sports conditioning professional with a demonstrated ability to obtain results with his clients. He's highly qualified to work with anyone at any level. He has my unqualified recommendation."

As for myself, when David rewrote the second edition of his book, *Firm and Flatten Your Abs*, he asked me to write the foreword and I gladly agreed. It's the only foreword I've ever written for anybody else's book and that's because I believe in what David is teaching and because he really knows his stuff. Did I miss anything there, David?

DAVID GRISAFFI: You might have missed my Cub Scout badge when I was like 8 years old, but I think you covered that fairly well, Tom.

TOM VENUTO: You're a familiar name in strength and conditioning circles, but a lot of the people listening to this interview may not be familiar with you, so I just wanted to emphasize that we have a pro here on the call today. Well, let's jump right in and start talking about how our listeners can flatten their abs, because that's what you do best.

I don't like to spend a lot of time on problems because I found that what you focus on, you tend to get more of. I like to focus on solutions, but before you can solve the problem, you must at least realize you have one and try to identify the real cause so that you can correct it. If you do what most other people do, you're

basically just treating symptoms. So before we talk about the specifics of ab training, let's talk about some of the causes.

Why do so many people have trouble with their abdominal region? Specifically, the muscles being weak and out of condition, and why is belly fat so common? What are the biggest causes of this problem?

DAVID GRISAFFI: I would have to say lifestyle. Lifestyle perpetuates the entire gambit of being able to be healthy and well. People say, "Okay, I want the six-pack of abs," but they're not willing to adjust part of their lifestyle that would contribute to the improvement in that area. A lot of people seem to be focused on one thing while not understanding that abs and health and life are holistically connected in different ways. Much of the problem is a sedentary lifestyle, which contributes to different modules of body fat, like belly fat.

One of the things that I think people really need to know is that there are two different kinds of fat. One is visceral fat and one is subcutaneous fat. As someone starts to gain weight, a lot of the fat collects around their body organs, so the belly tends to grow from the inside out. Then they go on a diet, or they try to lose weight through exercise and diet, which is the smartest way to do it. They may lose weight, but they find themselves looking down there and seeing that they don't look all that different. Most of the time, it's the visceral fat. It doesn't like to leave your body for numerous reasons, and some of them are lifestyle related. A lot of it comes down to lifestyle factors associated with insulin insensitivity and over-consumption of processed carbohydrates.

TOM VENUTO: I think what you just said is really important. Basically, you're saying that it's the big picture. It's the whole lifestyle and not one thing. People too often will pin it down to one cause and they'll try to solve a body fat problem with just a single approach. But if you don't tackle the entire lifestyle situation, then you're not going to succeed.

DAVID GRISAFFI: I would agree 100% on that. You also have this type of subcutaneous stubborn fat where you have too many alpha receptors and not enough beta receptors, and combined with the

visceral fat, these factors start to manifest themselves and the body just becomes a big fat-producing machine. And a lot of times, people are very deficient in minerals and vitamins, especially alpha-linoleic acid, which comes from not eating enough fish, which provides the Omega-3 fatty acids. This also contributes to less than optimal insulin sensitivity and compromises fat metabolism in the cells and the mitochondria. So when you're thinking about having to lose weight, you've got to understand that there's a lot of factors that go into reduction of body fat. It's important to understand every little step and not just do one thing like cardio and say, "Okay, I'm going to jump on this treadmill and go." If you don't also address nutrition and you get done with that cardio and you go slam that Gatorade or sugar drink down, you've just done yourself a disfavor.

TOM VENUTO: And that's one of the things that impressed me about your program too, is that it is a lifestyle program. Even though your program is focused on core conditioning and abdominal training, you don't leave the lifestyle aspects out of it. So you created an entire program; a structured system with distinct elements and action steps that addresses all these causes and helps to fix the problem from a more holistic point of view.

Let's talk about one more thing before we get into those individual action steps. A big problem that we face today is the amount of misinformation and myths, and they just never seem to die. You and I both keep hearing the same things pop up, the same questions over and over again. You go into 14 of those myths in your book and we won't have time to cover them all on this call. But could you name just maybe two or three of the biggest myths about either abdominal training or abdominal fat reduction that really hold people back, or even get them injured?

DAVID GRISAFFI: First thing that holds them back or gets them injured is a lack of total function of their entire body. And then also there's that myriad of different aspects of health and fitness, and not understanding them all holds people back as well. Like the fact that sleep has a lot to do with body weight. Water consumption also has a lot to do with body weight. So does eating over-processed foods.

I also find that people do way too many reps. Women especially tend to do a ton of reps. But 100 reps of crunches or sit-ups isn't advisable for losing any body weight let alone working the muscle tissue, because it leads to what? You're going to get an over-facilitated hip flexor and then you'll have low back pain. I think your body is designed to be strong, so reducing reps and increasing resistance is going to help if you've been doing endless reps.

TOM VENUTO: I know that you have an example about training other muscle groups, like biceps, and comparing that to abdominal training. Could you mention that?

DAVID GRISAFFI: Sure. Anybody who works out and goes to the gym would have a hard time explaining to a trainer or anybody why they did 100 bicep curls in a row. Yet I've seen, and I think you could back this up, Tom, people get on a roman chair and sit up for 300 reps and they think that is going to flatten their stomach out. Yeah, it might. But as you overwork all your tendons, all your muscular structures, all your ligaments, you're also setting yourself up for injury that will set you way back. And many times, even when I deal with athletes, keeping them injury-free is 90% of the battle. They're all in shape. They're all talented. But even when I take the boxers out and run them in the park, I've got to walk around in the field and make sure there are no potholes out there. You know, injury prevention in every way is just part of the job.

TOM VENUTO: So high reps don't necessarily get you that flat stomach. That's one of the myths. And the one you mentioned first was looking at the body as a whole. Are you talking about not isolating? Because there's a lot of talk about isolating a muscle these days?

DAVID GRISAFFI: Well, the basic fact is I'm working more on the function of the whole body as one entire unit. I'm trying to get people to squat and not just do leg curls and leg extensions, and calf raises. When we walk through our whole body—I mean when we walk through our whole life—there's not too many things that are singly done. If I had to throw a spear and kill a deer 10,000 years ago, man, I had to use my whole body. It's not just my bicep or tricep throwing that thing.

TOM VENUTO: So when we're talking about flattening your stomach and getting good abs, we're not just talking about abdominal exercises, we're talking about looking at how the whole body works together as a unit?

DAVID GRISAFFI: Yeah, because when one side doesn't work properly, just as one example, it's going to overwork the opposite side, which is going to lead again down that injury path. Most of the people that start exercise programs, Tom, go at it so vigorously that they set themselves up for that injury and then what happens to them? They say, "I'm done." Then they take another year off and get fatter before that mental chip inside their head goes, "I've got to go do this again."

TOM VENUTO: A lot of these injuries also occur, wouldn't you agree, because people don't have an understanding of anatomy and physiology?

DAVID GRISAFFI: Absolutely.

TOM VENUTO: Is there anything that every person needs to know about abdominal structure or body function, in order to train the abs safely? Feel free to take it wherever you want to go, but in particular, I'd like to hear what you have to say about the difference between the anatomy and physiology of the core and the abdominal six-pack muscles. And again, maybe you could elaborate a little more on how the body works together as a unit.

DAVID GRISAFFI: Basically the body has a couple of units, one outer and one inner, and I've discussed this a great deal in my writings in the past. A functional inner unit will lead to a very functional outer unit. The inner unit is basically your transverse abdominis, which is your "human weight belt," and then you have your multifidus muscles, which are your spinal stabilizers. Then you have your diaphragm and your pelvic floor, which are really also part of the core. This is where most women have a little trouble after they have children—with pelvic floor problems and the little pooch bellies, and much of that is caused by lack of neurological conditioning and their inability to maintain that flat stomach. A lot of times these women go down the road of diet and all this cardio, but they still have that pooching belly and they wonder why.

TOM VENUTO: We hear the phrase “core training” all the time—it’s gone mainstream, but you don’t hear that phrase “inner unit” mentioned very much. When you say inner unit, is that one in the same with what we call the core?

DAVID GRISAFFI: Right. To hear the term, “inner unit,” you probably have to go to certain educational institutes. A lot more good writers and good trainers are starting to fully understand what that means.

Here’s an example of a functional inner unit. Every time I would go to swing a racket—if I want to do a serve in tennis, like we’re watching the Wimbledon going on here right now—my core and my inner unit will fire probably 2–3 milliseconds before the rest of my body starts to move. And the reason it does that is because it’s going to protect your spine at all costs, because without a good functional spine, our survival rate is going to be a lot lower. Can you imagine breaking your leg 10,000 years ago? You probably wouldn’t live very long.

TOM VENUTO: So does this mean that if you have weak core muscles, you’re much more likely to get a lower back injury or a spinal injury?

DAVID GRISAFFI: Absolutely. There is massive correlation and lots of research on that exact subject. The people who sit and are sedentary, who have protruding bellies, they usually have back pain. And a lot of times, the iliopsoas (your hip flexors) get facilitated, which means it tightens and pulls on your lower back, holds you to your femur and your low back doesn’t like to be in that position. There are numerous ways you can alleviate it, one is stretching what is tight. But part of it is to understand where you are in your fitness paradigm before you begin an exercise program. Don’t just say, “Okay, I read this book called blah-blah-blah, and I’m going to do exactly what it says regardless of my fitness level.” As we go through my own book, you can see there are places that explain some assessment tests. It explains and gives you the knowledge to understand your capabilities before you jump into any type of exercise program. You want to know where you’re at because you don’t want to get yourself injured and then quit again.

TOM VENUTO: Right. Because some exercises are much more advanced and much more difficult than others.

DAVID GRISAFFI: Yes, like hanging leg raises, which I see people do and they're swinging like they're Tarzan. You know, I've got to walk over there and tap them, and I tell them, "You know, what you're doing to yourself—I wish I had time to explain this to you—but you're doing yourself a lot worse than doing nothing at all." However, if we take someone of your athletic ability and strength and physique, Tom, you wouldn't be swinging. Do you follow me on that?

TOM VENUTO: Yes, because I can do hanging leg raise controlled with no swinging at all.

DAVID GRISAFFI: Because you can stabilize your body and you can do the exercise properly, but Mom across the gym is watching you and saying, "I'm going to go try that because Tom is doing it."

TOM VENUTO: I want to ask you a little bit more about the specific exercises since you brought that up, but first let me ask you one more question about the anatomy and physiology. We talked about the core. What we call the abdominal six-pack muscles is the rectus abdominis. Would you consider that a surface muscle, whereas when we say "core muscles" we're talking about the deeper muscles. Is that correct?

DAVID GRISAFFI: Yes, you're going down the right road.

TOM VENUTO: Okay, so now I want see if you can help me in the longstanding debate here, that even the exercise physiologists and the trainers can't seem to agree on. Is there such a thing as the lower and upper abs? What does the science say about this?

DAVID GRISAFFI: The abdominals are technically one long muscle, but there is an upper and lower section. One stabilizes one area and the other can stabilize another area. And we can go into great detail on this, but you've got to understand that in looking at your six-pack, there's a reason for those lines that make it a six-pack, okay? From the linea alba, which is the middle line to the other horizontal lines, there's a reason those are there. When I turn and twist, those can't be one solid muscle, or we wouldn't twist. Do you follow me on that?

Okay, so now each one of those sections has their own nerve endings. Each one of those is controlled by a segment of the spine, and each one of them has sources. And muscles all have one primary nerve and one secondary nerve. Well, your core region has eight of them. Your bicep has one of them; your hamstring has two, one to hip flex, to hip extend and one to flex your lower leg. So now you can see your hamstring has two different jobs. Correct? One is to extend and one is to flex.

Your core, each one of those muscles basically has its own nerve intervention so they can talk to themselves. So if I have lower abs—really you have an eight-pack if you develop it and pull your pants down a bit—but what happens is, I can control my lower abs while I can relax my upper part and that's the ability to turn off one side and turn on the other.

TOM VENUTO: On a practical level, is it worth people trying to intentionally work upper or lower for a visual difference?

DAVID GRISAFFI: Not really, what I'm talking about would be more for functional.

TOM VENUTO: That's great information about upper and lower abs, because those are some details that I don't think most people realize, and the debate just rages on and on. I also think we should mention that for the visual difference, lower abdominal fat is the last place to go—it's that stubborn fat you talked about—so many people think they need certain lower ab exercises, to see the lower ab muscles, but its lower ab fat they have to get rid of before they can see the lower ab muscles.

Let me ask you some things about your web page. There are a few things you say on your website about your abdominal training philosophy, that it contains six important points. Your website says "precision pre-training muscle strength testing." And you said there were some tests or assessments that you do. I know that there's a saying in the strength-training community, "If you're not assessing, you're guessing," and I assume that's what you're talking about when you say, "Pre-training muscle strength testing."

DAVID GRISAFFI: Yes.

TOM VENUTO: On a practical, do-it-at-home level, what does this testing and assessment mean? What can people do right at home to figure out how to tell their current condition, and what kind of exercises they are ready to do?

DAVID GRISAFFI: Basically there are a few home tests that you can do on your own, a few of them that are in my ebook already. I'm going to mention those and then maybe one or two more.

One is to assess your lumbar curve, to understand how your lumbar curve contributes to your postural issues. Basically just stand against the wall and have someone slide their hand in behind your back. And if they can slide their hand all the way back through, you have excessive lumbar curve and I'll bet you dollars to donuts, most of those people have some low back pain issues because their iliopsoas is tightening down on it.

Number two is, if you can slide it through at about my finger level, then you pretty much have a normal size lumbar curve and I'll probably look at you and think, "I can do certain exercises and a little more with you than I can with the excessive lumbar back." Because if I have an excessive lumbar curve and I started squatting you with hundreds and hundreds of pounds, that would probably hurt more than help, until I can fix that kinesiological problem.

Number three is, if I can't even stick my fingers in there, then you have what you call a flat back, which means that your pelvis is tilted posteriorly. Okay, so those are three things that I would start with.

Now, granted, I use calipers for fat testing and other equipment like a blood pressure cuff for some other tests, but those are just some simple little things to look for. If I have the lumbar curve that's huge, I start stretching your hip flexors. Otherwise, you're fine, so we can do some other tests and you're going to be able to be loaded correctly. If you have a flat back, then we have to do basically the opposite of that.

Another test is to lie on your back and put a little towel underneath your back. If I have a blood pressure cuff I can use that for biofeedback reasons, and I discuss that in more detail in my book. Slowly you try to lower your legs from an upright position. So

you're lying on your back, a towel underneath you. You squeeze that towel a little bit with your feet straight at the ceiling, lowering your legs. Now, when your back starts to come off that towel, you can have your partner reach underneath there and hold that spine. When your spinal processes start to rise off that finger, that's when you're done. If you can lower your legs all the way to the floor and hold it, you've got the number one passing grade.

I've done this for hundreds of people, and I'd say only two people have ever passed it. Most people don't have the inner unit strength to hold the extended legs and lower them all the way down.

Next is to have an upper body test, which is the Janda test, to see if you have a functional upper body. And many pass that test, just by bringing their chest and upper back off the ground. Some people, if they can't do that, then you have some other mitigating circumstances neurologically that you really need to watch.

TOM VENUTO: Is that test from a sit-up position, just sitting on the floor?

DAVID GRISAFFI: Yes, just a normal sit-up position. Now the other way you can do this, if you're on your own, is to hook your heels behind something that's stable and try to lift yourself up.

TOM VENUTO: And if you score poorly on these, or if you find this difficult, then what?

DAVID GRISAFFI: Then there is a place within the exercise paradigm where you start. If you can pass those tests, that means your inner core unit and your body is working fairly functionally. For you, I can skip over in my ebook, "Level 1, 2, 3" and go straight to higher levels. I could try to start with some level one exercise with them. Of course they'll be able to easily do them right away or they'll accomplish the task within days, not weeks. Some clients who failed those tests come down to my studio to train, and it could take them a month before I can bring them out of level one because they don't have control of their muscular structures.

So when I say to the muscles, "Turn on and stabilize," it's like you and I are talking on the phone, but the line doesn't work so well and you can't hear me. Same thing—the muscles aren't getting the

message, neurologically speaking. So those are the kind of basic exercises I start with. And believe me, if I get a good athlete there are numerous other tests I will do, to nail it down to a more definite level. If you don't assess it, if you don't know where you're at and you just jump into level 7 in my book and you're more comparable to a level one, guess what's going to happen to you? Eventually those structures can't maintain themselves. They'll break down and your injury rate is going to go up.

TOM VENUTO: Right. And if somebody's in doubt, would it be good advice for them to avoid advanced exercises and start with things that might even seem a little on the easy side for them, and just slowly work into it?

DAVID GRISAFFI: Oh, absolutely. I mean, you've done some of those advanced lower abdominal exercises, so you know. They take a lot of concentration, because your outer unit muscles are used to moving naturally, like walking. You don't have to think about walking. But if you lie down and try to control your lower abdominals while you have a blood pressure cuff under your lower back and keep the needle within a certain range with muscle control, all of a sudden you've got to pay attention because your body isn't used to doing it. For example, if I throw a ball on the ground and have somebody reach over and get it, and if I have my hand basically at their front hip bone, I can feel their inner unit and their exterior and interior oblique. And when they bend over, if their belly goes out, I know it's not working properly.

TOM VENUTO: Yes. Some of those exercise are deceiving. Ones like the Swiss ball lateral roll look very, very simple and easy until you try them.

DAVID GRISAFFI: Right. And that's why you've got to build up a slowly. Build a foundation. You don't build your house on sand. Most of the time, in my studio, I will teach it to them, and basically their job is to go home and do what I taught them. I'll give them pictures. I've also got a video of me teaching them how to do it. They'll plug that in and do it. Now, how well they adhere to doing what they were taught determines their progress.

TOM VENUTO: I know that you don't recommend sit-ups, or at least not a lot of sit-ups. Why is that? This is still one of the most popular exercises, and actually I've seen them still being used in fitness testing. Is there any specific reason that anyone should do sit-ups or somebody should never do sit-ups?

DAVID GRISAFFI: I would probably say that the majority of the people probably should not do sit-ups. For one, because of the fulcrum point, as the research has said, most of the work is done by your hip flexors (or in technical jargon, your iliopsoas muscle), which again, as we've discussed earlier, becomes very tight. The last thing we want is that muscle to be tight because it conditions itself to be inhibited and there's a lack of oxygen, which contributes to low back pain. Most of the time it's a muscle that is short and tight and it's basically throbbing. You can't feel but it's throbbing at such a low level. I mean it's irritated—all the tissue around it. And so at each end of these muscles, we have tendons. Well, this tendon's going to radiate that energy out. Where does that muscle attach? At vertebrae L 1, 2, 3, 4, 5, which is where people have low back pain.

So I kind of steer away from that, just because most people do end up with low back pain, so why do I want to give them an exercise that might contribute to more? If I use the sit-up, like I discussed earlier, I use the Janda sit-up, where I basically take the iliopsoas muscle out of the equation, by making it work in the opposite way. I grab the back of somebody's heel, they contract into my hand, now it's all rectus abdominis work and that iliopsoas is now stabilizing your pelvis.

TOM VENUTO: Would you say that this is a bigger issue for a beginner or somebody who's got weaker abdominals, than somebody who's more advanced, because I've seen people do sit-ups for years with no problems, but obviously they're advanced and have a high level of abdominal and lower back strength.

DAVID GRISAFFI: Sure.

TOM VENUTO: So it's a risk-to-benefit thing and overall, the risk-to-benefit ratio is almost not worth bothering for most people. Is that what you're getting at?

DAVID GRISAFFI: Yes. Like I said, if you go through my ebook, in everything I have done, you'll hardly ever see your regular military type sit-up. There's just too much research that's been done and studying of people doing sit-ups who have developed those tight, overworked hip flexors. They're already predisposed to tightness, because most people sit in a chair all day and there are so many other exercises you could do instead. I'm always looking for things to alleviate pain, because I have to deal with people in pain a lot.

TOM VENUTO: So why take the risk?

DAVID GRISAFFI: Exactly. Why do it when I can train them with different exercises and positions? The only reason you still see so many sit-ups in the gyms and in calisthenics training is that in this area, the paradigm hasn't shifted all the way yet, especially as far as the public is concerned.

TOM VENUTO: Let's move on to one of the next points in your philosophy that you mentioned on your web page. You called it "strategic variation" with a wide variety of exercises. This is something that I'm really big on, which I learned as a carryover from my years in bodybuilding.

In bodybuilding, they have some catchy names for it like "muscle confusion," or they call it "shock training." Anybody who's in the know realizes that your body adapts really quickly to any exercise program and the more advanced you are, the faster you adapt to it. It's a given that you must change your workouts if you want to keep making progress. And it's also important so you don't get bored. I like what you call it, though. Because you say "strategic variation" and that sounds a lot more precise and less random than calling it what we bodybuilders call it—"muscle confusion"—but I think we're talking about the same thing here.

What I'd like to know is the strategic part about it. Instead of changing workouts at random, just to shock or confuse muscles, how do you determine what to change in your routine specifically?

DAVID GRISAFFI: I always think backwards. I'm going to use a tennis player as an example. I take them all the way to the exercise at the very end. I think about what exercises they should be able to do once they are

in peak condition, all the different parameters of it, you know, the whole routine, and then I pull them backwards from there to where they're at right now. So I have an optimal routine already in my head, about what the ultimate tennis workout would be, from reps to sets, to exercises, and then I progress them towards those more advanced exercises from where they are now.

For instance, standing on one foot on an Airex pad, swinging a tennis racquet and not falling off the pad. For some people, that's not happening. They have to build up to that. So I kind of do it in somewhat of a backwards way. Take football, for example.

Football players do the bench press, right? So football players basically lie on their back and bench press. Well, when you stand up and you have to push somebody, well what does it engage? When you bench press lying down, that core can go to sleep and you just use basically from your ribcage up, to press that thing. Your core isn't engaged anymore, is it? Granted, you have to stabilize a little bit, but it's nothing like standing on your feet, having that 300-pound guy come smashing into you. So I'll take that for an example and I'll have them start with some bench presses. Or to go backwards even further. The other rule of thumb for football players, and I also do it for high schoolers a lot, is if you can't do 30 good push-ups, you can't bench press.

TOM VENUTO: Can you give me a specific example of an abdominal exercise that you recommend for a beginner and what the progression would be? Also, how long should they stay with the first exercise, and then what's the next progression and when does that take place?

DAVID GRISAFFI: Neurologically, it will depend on the individual; whether they're more of an advanced neurological system, as we call a "cat system," or whether it's something very basic for someone, like if they're just coming over to the studio to hang out. You know, I'm not against crunches on the ground, in the very beginning of any system. But a lot of people don't have to keep doing them do them to advance farther. I don't mind Swiss ball crunches. Then I can go into some side crunches. I'd use the Janda sit-up again with somebody. I would use some stabilization exercises, using the Swiss ball. I'd use a plank, side-plank, to teach their body to functionally work within themselves. Also toes to the ceiling

exercise and all the other exercises that are basically in the ebook in the order of proper progression. I'd use alternating Supermans. Supermans get all the muscles and the firing mechanism working, so it all functionally fires at the same time.

TOM VENUTO: And how long would you stay with those before you switch the routine?

DAVID GRISAFFI: As soon as I see that they have it mastered, and they've mastered the technique and I run them up to a certain amount of repetitions and a certain amount of sets, then I move them on and out of that exercise.

There are some conditions when you'd want to have your clients stay down. Say if they have a little low back pain, I'll keep them down in a horse stance exercise program and the alternating Superman exercise a little longer than I would if someone doesn't have low back pain. So the progression is up to the individual as far as when they're ready to advance. Some people we can advance faster. I always prefer to be cautious and stay back a little bit longer, yet you always have that person who says, "I want to get to the end of this program as fast as I can," but that's not quite the way the exercise situation works.

TOM VENUTO: So you move up to the more advanced stuff when you're ready and no sooner? Is it not correct to say that after X number of weeks on a routine, you should absolutely move up to the next level of more difficult exercises?

DAVID GRISAFFI: Not necessarily because "grandma" might not be ready to. I think we discussed, even in the ebook, how this is done. I give general guidelines, but it's not absolute after X weeks that you progress. If you're not there, if you can't do the next level of exercises properly, you don't do them.

Now a lot of times I will say to someone on level one exercises, let's move on to level two exercises because I think they are ready. I'll give them one or two and see how it goes. If they have a little trouble, that's their homework. "Go home and work on these exercises more." Basically it's very individualized. And that's why when I see aerobic classes with a massive amount of different

body types and styles all running down the same road, my thought process, from my educational background, is that somebody in that room is getting benefit, and somebody in that room is getting hurt.

TOM VENUTO: That's a good point.

DAVID GRISAFFI: And you never know who is who until someone gets hurt in class. But sometimes you never know anyway because the one who gets hurt, gets hurt outside of class and never comes back. And that's not what we want in this profession. We want people to become healthy and feel good about themselves—body image, mental, spiritual, all that.

TOM VENUTO: That brings us back to what you were talking about before, your lifestyle. Another two of the components that you talk about in your whole philosophy are fat-burning nutrition and healthy lifestyle practices. You know, fat-burning nutrition is my own specialty, and I know that we teach a lot of the same principles when it comes to fat-burning nutrition. That could take up a whole call. But I find it really important and significant that you mention a healthy lifestyle so much and in the same breath as fat-burning nutrition.

What I've found from you and from other research I've done is that there are certain lifestyle factors that most people don't think of that could contribute to abdominal fat or abdominal bloat or that distended belly look that you talk about all the time. There are simple mistakes in your daily lifestyle that don't really have much to do with your training that can be a real problem, and I know you educate about many of those. Can you tell us about some of the lifestyle strategies that most people don't think about that would help them get the most results?

DAVID GRISAFFI: Certainly. I would have to say that probably one of the biggest things that people don't realize—at least not realizing the effect its having on their body—is they're sleep deprived. Our bodies have natural built-in clocks and they kind of know when to go to bed and when not to. Now that we have artificial light, we tend to stay up a lot later. Now that light stimulates adrenals. So I need to lie down. I need to have some passive time on my own. Most people

watch TV. Then they turn it off and go to bed. Well, your mind is still flowing—the “CD-ROM” is still spinning an hour after you went to bed. That’s why Ambien and all this stuff is coming out—*hello*—because people have poor basic sleep habits, some things as simple as not sleeping in a dark room. Even having that big bright light of their clock right in their face, keeps them up. Even though you feel like you’re dozing and you get eight hours of sleep, you still wake up feeling tired. So sleep is probably the number one thing.

Also try to avoid alcohol before you go to bed, which is another bad habit. Sure, it’ll put you to sleep and it’s a sedative. But it also has a bunch of sugar involved. So where is that sugar going? That sugar has to be processed, so guess what happens. About three to four hours later, some people wake up and then they have a heck of a time going back to sleep.

Number two is understanding how important water consumption is. The rule that I’ve learned is make sure you drink half your body weight in ounces. If you weigh 200 pounds, drink 100 ounces. There’s a great book called, *Your Body’s Many Cries for Water*. If you want to know more about water, about how good it is for you and how it can benefit you in all different parts of your life, from sleeping, to food digestion and so on, it’s a good read.

You know, water makes up 75% of your body and 85% of your brain. Now if you have a low amount of water in your body, and if you went outside today, and tested a bunch of people just average people out in the world, I’ll bet you 90 out of 100 would be dehydrated. And a good little trick you can do is to take your hand, pinch the back of your skin, pull that skin up. If that skin doesn’t go immediately down and disappear immediately but kind of sticks up there a little bit, then you are in need of higher water intake.

TOM VENUTO: Some people, I think, underestimate the importance of water and also sleep, because they might think it’s too simple. I mean, what kind of actual measurable results could somebody produce? If they’re water-deprived and sleep-deprived and they get that part of the lifestyle correct?

DAVID GRISAFFI: Well, one, you're going to sleep a lot better. Your digestion is going to be a lot better. Your fat is going to fall off your body. Number two, on the water consumption, you have two movements in your body. Most people, when they start slamming water, they say they have to go the bathroom all the time. There's a reason why. Because your body is saying, "What is this?" So it's getting rid of it because there has to be an equal amount of osmolality so that water on the outside of a cell is the same as the inside of a cell, so they can freely move back and forth. A lot of times the water running through the outside of the cell, which I'm drinking right now, doesn't really match up, until your body gets hydrated. Inside their brain, inside the pituitary gland, there's a little switch, and when you're dehydrated, guess what? You go and eat. That's what you do.

Instead of saying, "I'm thirsty," like you would in a football field running in 100 degrees with a helmet on, saying, "I'm thirsty." Most people say, "I'm hungry." And so you will reduce body fat, I guarantee it, if you start drinking 1/2 ounce for every pound of body weight per day. And try to get yourself some good water too. Don't be drinking the tap water stuff unless you filter it. The stuff in your refrigerator's probably all right. But start with whatever you've got, okay? Let's make it as simple as that. Whatever you have, start with that. Get some good mineral-based waters, Evian, Volvic, things like that. But then there's another lifestyle issue with things like plastics, but I won't go down that road today.

TOM VENUTO: Yes, I know there are a lot of other lifestyle factors too, but there are two simple places where everyone listening can start.

DAVID GRISAFFI: Also, don't eat the same food every day—get variety—and stay away from processed food.

TOM VENUTO: Let's talk more about food. Let's talk about your best fat-burning tips for nutrition, specific steps that we can take every day: foods we can choose; foods that we should avoid. Give us the bottom line on nutrition to decrease your body fat.

DAVID GRISAFFI: The foods that you should eat, I would definitely go on a medium or moderate carbohydrate diet. I'd get rid of all the displacement foods in my diet and what I mean by those foods are processed foods like sugary boxed cereals and anything that's processed by man. I'd eliminate it from my diet immediately. Another thing you've got to worry about is some insensitivities, which is an intolerance to a specific food. Wheat-gluten and dairy are obviously the big two. Now if you can eliminate those two things out of your diet, many people are going to watch body fat fall off.

A lot of people have intestinal problems and bloating. Forty percent of people are affected by some type of GI problems. You can't go down to the store and buy Wonder bread and shove white bread into your mouth all the time. Anyone that eats white bread, who is listening to this, please stop. Okay? You want to go eat sprouted breads and things like that. There's a lot of studies in this area, if you go to Price-Pottenger you can look at studies they did years and years ago about how they fed plants organic material and then fed plants these chemicals, and how the plants thrived on one and died on the other.

TOM VENUTO: And how important is it to individualize nutrition? You and I have talked about this before. You talked about metabolic typing, for example. And while I know metabolic typing is not universally accepted, I do know that it's very accepted now that there is such a thing as being "carb tolerant" or "carb intolerant" from a metabolic point of view. Should everybody know whether they're a carb type or a protein type?

DAVID GRISAFFI: Yes, I would. That's why some people do really well on the Atkins diet and other people do really terrible. Some people are protein-dominant people. Some people are mixed types and some are more carb types. Now those are three things that we talk about metabolically speaking and some of it comes down to genetics. It comes down to heredity. It comes from what part of the world your ancestors came from. It comes from the foods that you were allowed to have as a child. So are you parasympathetic dominant? Are you sympathetic dominant? Is your autonomic nervous system out of whack? What foods bring that autonomic nervous system

back into play? Once I find out what type you are, then I go down this path of recommending the foods best for your type.

TOM VENUTO: Do you think it's sufficient to make a distinction between whether you're a carb sensitive or carb tolerant type and pull back on carbs if you are the former, or do you think it's absolutely necessary for everybody to go get a complete metabolic typing test?

DAVID GRISAFFI: I don't know if it's necessary for everyone to get one. To cut to the chase, I ask every one of my clients, "After you're finished eating a meal, how do you feel? Do you feel like you're going to fall asleep or do you feel energized?" When people start to notice and say, "Hey, I ate this and I felt this way," that's a good start, because people don't think about it. They just follow the same old routine. Then they wonder why they're not getting a different result.

So if I have a person who eats his protein meals and feels very sluggish and burned out, well guess what? My brain says, "This high-protein, low-carb diet isn't your thing." And for the carb-tolerant type, a very simple way that I do it is just look at your plate. A protein about the size of your palm, a vegetable the size of your whole hand; carbohydrates probably two-thirds the size of your palm. And we're talking about a starchy carbohydrate such as a potato.

TOM VENUTO: And for people who are interested in going ahead and taking a metabolic typing test, what are some resources?

DAVID GRISAFFI: You can call me. I can help them out. They can directly email me at David@FlattenYourAbs.net. You can also go to Mercola.com. Dr. Mercola has a test right there on the spot. You can figure it out for yourself. There's also William Wolcott's book, *Metabolic Typing Diet*, which Paul Chek mentions in *Eat, Move and Be Healthy*. And that's the foundation when you go through Paul's nutritional lifestyle programs. That is the basis by which he created his programs, because Dr. Timmons helped Paul get through a lot of things, because Paul was a case of a stressed, adrenal burnout person. Timmons started having him eat right. He figured out that Paul's a protein-dominant person. He quit eating all these carbohydrates. It made him feel a lot better. He says,

“You know what? I’ve been on 100 diets in my lifetime and this is the one that fits me to a tee.”

TOM VENUTO: So the bottom line is everybody is different and it wouldn’t be a bad idea for everybody to eat a balanced diet of natural and processed foods, but there are definitely some people who will function better with more carbs, and some people who will function with less carbs and eating more protein and fat?

DAVID GRISAFFI: I would agree 100% with that. You better believe it. That’s why when you look at something like the South Beach Diet, it works. So does Atkins. It works, and you know, South Beach may work a little bit better in the long run because they reintroduce more of a balanced diet. You bring carbs up only until your weight stabilizes and you make sure your blood stabilizes. That’s half the problem right there. All of a sudden we have insulin sensitivity, and what we refer to as Syndrome X in this day and age, and people burn their pancreas out. Then we see the body fat, that stubborn fat, accumulate. We have more Type 2 diabetes than ever before because we feed ourselves so much processed food. The processed food has to be digested.

TOM VENUTO: Do you think insulin insensitivity, Syndrome X, is one in the same with somebody not being a carbohydrate type, or is that completely different?

DAVID GRISAFFI: It’s different. You could be a protein type and if you eat a carbohydrate-dominant diet, you’re going to begin to cause that increased insulin resistance and that belly fat, and that cluster of Syndrome X symptoms way more than if you were eating the proper way for your type. So if I’m a protein-dominant person, my macronutrient pie chart would say I need a protein base, and about 30% carbohydrates, but if I’m eating 70% carbohydrates, my body is screaming, “What are you doing to me?”

It’s kind of like alcohol being introduced to societies. People have developed these gene structures over thousands and thousands of years, where you don’t have a lot of alcoholism in Mediterranean countries, because alcohol has been around for thousands of years. Look at Indians. Alcohol has only been introduced to their systems for a couple of hundred years, and you can see what happens when

you're not coded to handle that as well. I'm not saying that alcohol is not a bad thing. It is. What I'm saying is that Europeans eat a certain way and they drink a certain way because of their heredity and the way they inherently are. If you throw alcohol and bad food at Native American Indians, you see what happens to them—they have a major obesity problem. There are great books on that, if someone wants to go down that road of study.

TOM VENUTO: If you have someone who's very overweight, a lot of times when I see them, the very first thing they inquire about, before they even look at their lifestyle, before they look at their diet, they first look at something like liposuction or pills. What's your best advice for somebody who's overweight and considering something like liposuction right out of the gate.

DAVID GRISAFFI: I would steer them away from it because that's a short-term fix for a long-term mental problem, basically. I'd get them metabolically tested. I'd make sure that they're sleeping right. There are many avenues we could go down first to avoid liposuction, which is major surgery, not a first step. You know, granted, the procedure has been fine-tuned; however, that shouldn't ever be your very first thought. That's if you can even afford it—it's not cheap to have done. However, after you have liposuction and they suck the body fat out of you, guess what? You still have body fat, and those fat cells will start to grow again and even multiply if you stay with your same lifestyle. So you've used cosmetic surgery to patch up or band aid a bigger problem.

And do you really look any better in a bikini afterwards? Do you look any better—more toned or muscular? Do you feel better mentally? A lot of times, being really overweight has as much to do with the psychological component as it does with the physiological component. If they followed a good nutritional program with good sound advice, a good exercise program, a good health and wellness thing, and then have no luck with that, only then should something like that be even considered.

TOM VENUTO: So do a lifestyle review first and be honest with yourself. Ask yourself, "Do I really have, not just the nutrition and the exercise, but also my sleep in place? I'm avoiding alcohol. I'm drinking

plenty of water.” The entire lifestyle checklist has got to be in place first.

DAVID GRISAFFI: Right. But it’s a lot easier to say, “Hi, Doc. I want this fat off. Here’s your \$20,000. Put me to sleep. I’ll wake up skinny. It hurts a lot, but the pain will go away.” If you continue down that same road with the same eating patterns with the same lack of consideration for your body, health and wellness, the fat will come back.

TOM VENUTO: Exactly. I agree 100%. And I guess we could probably say the same thing about pills. Is there any pill that’s not a drug, where you could expect any kind of substantial fat-burning? And even with drugs, are we talking about the same type of situation as with liposuction? Just putting a little patch on a bigger hole in our lifestyles?

DAVID GRISAFFI: You know, Tom, I would say that I don’t really recommend any pills to anyone. The basic guidelines for supplement pills is a very good multivitamin, some good essential fatty acids. That’ll help a lot of people out. All of you people out there listening to this, if you’re having joint pain and arthritis problems, essential fatty acids are a great way to get those joints to be much more supple. If you don’t get them from food you can get them from supplements.

Those are some of the basic things that I try to get everybody to take, and notice that none of what I recommended are fat burners. Even if you take effective stimulant fat burners, you can end up with adrenal burnout, which is another topic that can take a whole other discussion. And so pills, Tom, are not the answer, because that’s “cosmetic surgery” for not taking responsibility for your own nutrition, wellness, and action.

And then there’s the subject of the claims these companies make versus the reality of what even the best product can really do. Look at MuscleTech, not to single out MuscleTech, but you know, look at a product like Hydroxy-Cut. I mean, every one of those big fat-burner companies including MuscleTech have been hammered on by the FTC, but I’m sure you already know that.

TOM VENUTO: They sure have.

DAVID GRISAFFI: Think about what you're doing to a person long term when you crank up their metabolism artificially with guarana or caffeine and ephedrine. Yeah, it does work, but if a person wants to be a good lifestyle person, they're not going to need to follow this path. Now if I have an athlete, let's say a boxer, and I have to get this body fat off in 30 days, well, you know what? I'll use it, okay? I'll use some of the other legal things that are at my disposal to facilitate this goal because he is about athletic performance in a high pressure, time sensitive situation. He's about winning the boxing world title. He ain't about health, at the same time. Do you follow? That's competitive sports for you.

So there are different things that I would do for some people that I wouldn't recommend to the masses, because they're short-lived strategies. When he's done with that fight, he can go back to the natural way of eating and he probably won't do a hell of a lot of damage to his body, and he got that extra edge when it mattered. But if I have somebody that's constantly cranking fat-burner pills down, especially when the rest of the lifestyle isn't in place, they are wreaking havoc on their whole body. You can't keep yourself going like that long term because your body starts seeing stress-related symptoms from being over stimulated.

TOM VENUTO: Right. Taking the pills, which was aimed at reducing fat—a positive outcome—actually becomes one of the negative lifestyle factors itself, just like not getting enough sleep or not getting enough water. It's taking too many stimulants.

DAVID GRISAFFI: I can't agree more with you on that. I know you've done an immense amount of research on that subject and I've read a lot of things of yours about abuse of stimulants. It's just not good for you long term, and yet it's portrayed as the thing to do with no down side at all.

TOM VENUTO: It's portrayed as the Holy Grail of fat loss, when really it's just dismissing the big picture. It's the entire lifestyle that matters.

DAVID GRISAFFI: Right. So you go on those "get ripped" pills and they tell you to take three caplets during the day. And then you're taking three caplets at night, so when does the person sleep? Now you suffer due to a lack of sleep and you're dragging in the morning. So

guess what the normal person will do? They're going to take more of those pills. They need them just to wake up in the morning. Before you know it they're all out of whack and they're sleeping wrong.

You know, women can have menstrual cycle problems as a result of this stimulant abuse cycle and the cycle can go on and on and on. Even though at the very beginning, it's like any drug, it makes you sharper and you see real benefits. In the end, though, it makes you duller and you start to see the costs.

TOM VENUTO: Well, I think we've totally hammered home the importance of taking a lifestyle approach and the shortcomings of quick fixes. If you focus on only one little thing, whether it's a pill or even a surgery, it's not going to solve the problem long term if your lifestyle is not in order. In fact there's probably no one single thing that is the Holy Grail of flattening your abs. I mean, if I were to ask you, "What is the *one* six-pack ab secret?" Is there even an answer to that question?

DAVID GRISAFFI: I'd say proper nutrition, although I understand your point, and nutrition is a huge area, and isn't really one single thing. But if you have good nutrition and you understand yourself metabolically and you understand what you're putting in your body, you will get great results with improvement in that one area.

You know, no one puts 87 octane fuel into a Ferrari, okay? So why don't people consider their bodies as high performance machines and as temples, and feed them everything they need to perform better? Amazing. It's a mystery. As an example, just look at the line at McDonald's. If people were thinking their bodies were a temple and treating them as such, we wouldn't have the situation we have today.

TOM VENUTO: We're just about out of time. Do you have any parting words for our listeners? Any final advice you'd like to share with us?

DAVID GRISAFFI: I would definitely recommend that you become a wellness person—a lifestyle person. Look at the big picture. Stay away from thinking that thermogenic fat-burners, such as caffeine and ephedrine are a real answer to the problem. Drink plenty of water.

Rotate your foods. Don't just sit there and eat the same things. Eat different proteins every day and try not to eat the same proteins all the time. Avoid processed foods. Eat organic whenever possible. Look into that subject.

There are many more nutrients in an organic apple than there are in a processed apple. If you can't afford organic, start by just eating more fruits and vegetables in general. Also here's a tip: Just go with any food that's covered, like an orange, because you can peel off the outside. Then you're probably okay as for pesticides and so on. Anything that's open, like leaf lettuce for example, you may want to consider eating the organic variety.

Also, use both resistance and aerobic exercise. I don't think we got down that road very far today, but be sure you're doing both. You can use some interval training for cardio but don't forget the weights. And keep your reps a little lower. On the other hand you've got to do the cardio to lose weight most efficiently. You've got to do it.

TOM VENUTO: Well, this has been great. We may have to do another call to go down those roads and talk more about the training.

DAVID GRISAFFI: Thanks very much, Tom.

TOM VENUTO: Thank you. And for anybody listening who does not have David's ebook, *Firm and Flatten Your Abs*, you can go to www.FlattenYourAbs.net to get more information. It's an excellent training course. It's got 44 ab and core exercises. There are 129 photos. There are 7 levels of workout programs; 14 myths busted; 41 question and answers; 15 secrets (I counted all these); 15 nutritional secrets.

And then if you want to go even deeper into the nutrition aspects of fat loss, you can get a lot more on that at my website, www.BurnTheFat.com. Thank you, everyone, for listening. Thanks, David.

DAVID GRISAFFI: Thank you, Tom. ■

About Tom Venuto



Tom Venuto is an NSCA-certified personal trainer (CPT), certified strength and conditioning specialist (CSCS), lifetime natural bodybuilder, freelance writer, and author of the #1 best-selling ebook ***Burn the Fat, Feed the Muscle (BFFM): Fat Burning Secrets of the World's Best Bodybuilders and Fitness Models.*** Tom is also founder and CEO of **Burn the Fat Inner Circle**—the internet's premier fat loss support community.

Tom has written hundreds of articles and has been featured in *IRONMAN Magazine*, *Australian IRONMAN*, *Italian IRONMAN (Olympian's News)*, *Natural Bodybuilding*, *Muscular Development*, *Exercise for Men*, and *Men's Exercise*. Tom's inspiring and informative articles on bodybuilding, weight loss, and fitness motivation are featured regularly on dozens of websites worldwide.

For information on Tom's *Burn the Fat* ebook, visit www.BurnTheFat.com. To learn more about the **Burn the Fat Inner Circle**, visit www.BurnTheFatInnerCircle.com.

About David Grisaffi



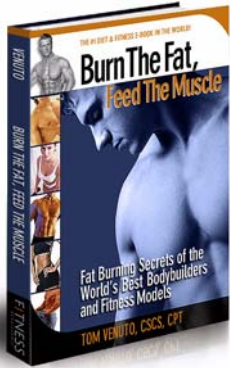
David Grisaffi majored in physical education and holds multiple certifications including three from the prestigious CHEK Institute: Level II High Performance Exercise Kinesiologist, Golf Biomechanic, and Health and Lifestyle Counselor. He is also certified with the International Sports Sciences Association as a personal trainer and specialist in performance nutrition.

David was a high school wrestling and baseball coach and is currently an independent trainer and strength coach. He has been sought after by some of the top athletes in professional sports including world champion boxer Greg Haugen and professional golfer Michael Putnam.

David's ebook, ***Firm And Flatten Your Abs*** is an online bestseller that teaches you how to lose body fat, develop six-pack abs while improving strength, function, and athletic power. You can contact David or learn more about his programs at www.FlattenYourAbs.net.

Recommended Resources

Burn the Fat, Feed the Muscle by Tom Venuto



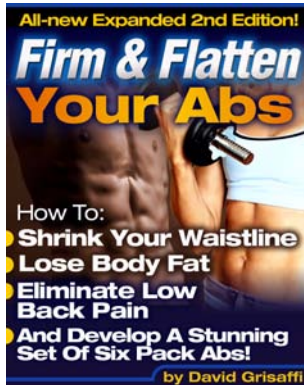
Burn the Fat, Feed the Muscle is not only the #1 bestselling diet and fitness ebook in Internet history, it is also completely unique and different from other programs on the diet market because it's not a weight loss program, it's a fat loss program. This may seem like mere semantics at first, but once you've read just the first three chapters, there will be no doubt in your mind that pursuing weight loss is not only the wrong goal, it may be the reason that you've failed to reach and maintain your ideal body weight.

Burn the Fat shows you exactly why it's *fat* you must lose, not weight (which includes muscle, water, and other lean tissue), why you cannot with starvation diets, and then goes on to show you exactly how to burn off fat, step by step. It is one of the most detailed fat loss nutrition books ever written.

If you're interested in learning exactly what to eat to lose fat the natural way—without supplements, without drugs, and without slowing down your metabolism—while learning the “why” behind it all at the same time, then this is the fat loss and diet program that could transform your life. Get more information at:

www.BurnTheFat.com

Firm and Flatten Your Abs by David Grisaffi



“Shrink your waistline, lose body fat, eliminate low back pain, and develop a stunning set of six-pack abs while gaining strength, muscle tone, and raw athletic power at the same time.” That may seem like a lot of promises, but that’s *exactly* what you will accomplish using David Grisaffi’s *Firm and Flatten Your Abs* core and abdominal conditioning course.

The program is unique because it doesn’t require hundreds of crunches or expensive equipment and, believe it or not, you don’t have to do a single sit-up! David’s techniques are proven and have been scientifically tested in the sports training and rehabilitation world.

Even if you’re out of shape, even if you are obese and have difficulty doing traditional abdominal exercise, even if you have low back pain, and even if your abdominal muscles have been cut from surgery, these exercises will work to help you flatten and trim your waistline in the shortest time possible.

Firm and Flatten Your Abs provides numerous valuable tips on nutrition and lifestyle, but the most valuable feature of all is the exercise instruction, including 7 levels of workout programs from rehab to athlete, 44 abdominal and core exercises, and 129 exercise photographs. Find out more at:

www.FlattenYourAbs.net