

# Getting Six Pack with Crunches

Yes and No. It may in conjunction with a plan that helps you reduce body fat over the abs. If done alone it will tone the area but you will not see your Abs because the fat layer is still there. In other words the only way for you to see your abs you need to get rid of the fat over them. The way you get rid of the fat over your abs is through proper diet, resistance training, and aerobic exercise. When you do that in conjunction with the crunches the Abs will show up. **BOTTOMLINE: Just doing crunches will not give you a six pack.** Yes, like sit ups (which you should not do) crunches help you build muscle, but the fat will be covering the muscle so you will not see them. **They can help the belly appear flatter and more toned though.** Remember there are other exercises that can help toning up the belly such as bird dogs, planks, and side planks (see our core program, they also create stability), but you will not see the abs without getting rid of the fat that covers them. **Many studies has shown that spot reduction of any type does not work.** A recent study found that six weeks of abdominal exercise training alone was not sufficient at reducing abdominal subcutaneous fat and other measures of body composition ( See research 1 ). See research 2

***RESEARCH ARTICLE EXCERPT:** Bottomline: Do whole body training if you want to see fat loss at abdomen. Progressive resistance training has been shown to be effective in decreasing abdominal subcutaneous and visceral fat, even without changes in body weight. Further, there is evidence that aerobic exercise may have the benefit of keeping the waistline trim by significantly reducing total abdominal, abdominal subcutaneous, and visceral fat. Other researchers have shown a loss of total abdominal, abdominal subcutaneous and visceral fat after aerobic and progressive resistance training. Support for “spot reduction” in body fat is mixed and generally not considered valid without creating a consistent energy deficit (reducing calories), it is questionable whether or not abdominal exercises alone are sufficient to produce abdominal fat loss.*



Spot reduction is promoted as a way to quickly reduce fat in problematic areas. Do not be fooled spot reduction does not work unless if it is cosmetic surgery.

This method appeals to the belief that working the muscles in problem areas is the best way to burn the fat in that specific spot.

Yet, fat loss doesn't work that way, and there is little scientific evidence to back this claim.

Though targeted toning exercises will strengthen and build muscles, in order to see definition, weight must be lost through calorie-burning workouts and a healthy diet. See Article