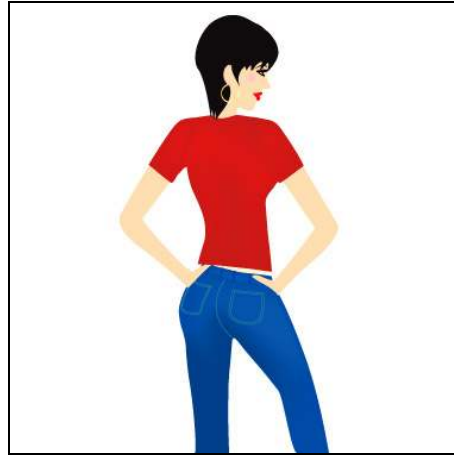


Get Great Abs For Your Extreme Low Rise Jeans



**Brought To You By:
Arthur M**

For More Information Go To:
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Have you ever seen someone wearing extreme low rise jeans, but they were neither athletic nor had the waist to pull off a good look? Chances are you didn't like that style, so here are some tips to help you improve your abs so that you can wear your favorite pair of jeans, including extreme low rise jeans.

First, drink more water. The U.S. FDA has indicated that many people are dehydrated, some even chronically. With the surge in drinking caffeinated beverages to stay awake, water drinking has never been more important. The recommended minimum from most certified nutritionists and medical professionals is 6 to 8 cups (each 8 ounces) each day. Some recommend a higher minimum amount. Dehydration can cause several problems, many of which can be reduced by simply drinking more water.

In addition, increased water drinking will help your body remove STORED water under the skin. While this may seem to be contradictory at first, realize that your body stores water in excess amounts during periods of dehydration. This is so the body will have water reserves necessary to handle its functions such as blood transportation. If you are not drinking the minimum amounts of water, start doing so. Remember that what most people perceive as body fat is, in actuality, a combination of body fat and excessive water stored under the skin. By getting properly hydrated you can reduce the amount of excess water stored under the skin, and reduce what others might consider "body fat." In turn, you will have taken the first step toward getting abs worthy of showing off in low rise jeans.

The next step is to incorporate exercises which move your body through multiple planes of motion. If you have been going to the gym and working on exercise machines, yet still have extra body fat, consider adding exercises which move your torso through more than one plane. For example, chin-ups and pull-ups will move your torso through a plane; this is in contrast to a lat pulldown where only your arms and shoulder girdle are moving. Consider yoga, calisthenics, martial arts, kickboxing classes, or even basic sports drills for sports like basketball or soccer as choices for exercise which moves your torso through at least one plane of motion. Moving your torso will require extra work from your abdominals and help sculpt your abs to get them ready for wearing extreme low rise jeans. Of course, some specific abdominal exercises will be helpful! Make sure that you have medical approval and have learned how to exercise with proper, safe form before doing any exercising.

Another minor adjustment you can make is to stop eating late-night sugars on a regular basis. To keep the physiological process simple, just remember that late-

night desserts (cookies, ice cream, etc.) will hamper your developing the abs you want to show off in a pair of extreme low rise jeans. The sugars, in essence, have nowhere to go except to fat stores. If you have to eat before bed, have some lean protein (such as egg whites or cottage cheese) and some green vegetables like broccoli, string beans, or spinach. Think of it like having a "mini-breakfast" before bed!

Try these three techniques for three weeks. If you stick with it then you will go a long way toward getting those abs you want. Over time you will be ready to wear extreme low rise jeans and genuinely like the look you present!

Here is a link to the NIH regarding dehydration:

<http://www.nlm.nih.gov/medlineplus/ency/article/000982.htm>

For more information come visit:

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