

Forum:[Hack Forums](#)

Thread: [Can you get abs through the beer belly?](#)

f o r m i d a b l e - January 20, 2020, 9:08 am

I hope it doesn't stick on the outside, but I think it may harden down?

When I did incline situps before, the abs show from the top down. Lower abs is hard to get.

Fudge - January 20, 2020, 10:13 am

Use your brain as too why appeared doing that exercise

Linux X - January 20, 2020, 10:23 am

Yes it's possible, but you need to workout really hard.

webdev77 - January 20, 2020, 10:26 am

A good looking core is largely made in the kitchen not the gym. It's pretty easy to get a strong core, but having it look good is going to require cutting body fat to make it show.

f o r m i d a b l e - January 20, 2020, 2:05 pm

(Jan 20, 2020 11:26 AM)webdev77 Wrote: [\[CITE\]](#) A good looking core is largely made in the kitchen not the gym. It's pretty easy to get a strong core, but having it look good is going to require cutting body fat to make it show.

I cut off some fat, because I want to keep my weight (+40 180 lbs) I've been toning. My thighs grew doing deadlifts, etc. + light cardio to burn.

I feel weight distribution but the belly is still hard to burn, but like Graphic said, I must work harder on the abs.

Charger - January 20, 2020, 2:12 pm

(Jan 20, 2020 03:05 PM)andromeda-m31 Wrote: [\[CITE\]](#) I cut off some fat, because I want to keep my weight (+40 180 lbs) I've been toning. My thighs grew doing deadlifts, etc. + light cardio to burn.

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You can't target areas to burn fat despite what infomercials tell you.

Your body stores fat in certain areas based on evolution and your DNA.

SIM-3205632 - January 20, 2020, 2:16 pm

(Jan 20, 2020 03:05 PM)andromeda-m31 Wrote: [\[CITE\]](#) I cut off some fat, because I want to keep my weight (+40 180 lbs) I've been toning. My thighs grew doing deadlifts, etc. + light cardio to burn.

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get to 10-13% bodyfat to see ur abs most of the greatest bodybuilders never trained abs. It's literally all done with squats/deadlifts.

f o r m i d a b l e - January 21, 2020, 2:52 pm

(Jan 20, 2020 03:16 PM)Ace Wrote: [\[CITE\]](#) get to 10-13% bodyfat to see ur abs most of the greatest

bodybuilders never trained abs. It's literally all done with squats/deadlifts.

Interesting, I wouldn't have thought squats/deadlifts even affected the abs. I barely feel any abdominal burn.

Charger - January 21, 2020, 2:56 pm

(Jan 21, 2020 03:52 PM)andromeda-m31 Wrote: [\[CITE\]](#) Interesting, I wouldn't have thought squats/deadlifts even affected the abs. I barely feel any abdominal burn.Daily:

8x15 Butterfly kicks

10x20 sit-ups will build your ab muscles

The kitchen will determine if they show

f o r m i d a b l e - January 21, 2020, 4:02 pm

(Jan 21, 2020 03:56 PM)Charger Wrote: [\[CITE\]](#) Daily:

8x15 Butterfly kicks

10x20 sit-ups will build your ab muscles

The kitchen will determine if they show

Situps ok... Butterfly kicks OUCH ?

I will try but similar I did was burpees.

Worse than butterfly kicks is the one where you hang both legs at a degree, then another degree, then another degree. I hate that.

Musik - January 21, 2020, 6:45 pm

You most likely need to lose overall body fat if you want to get a six (or eight) pack.

IHasBrains - January 21, 2020, 6:53 pm

I'd advise you to burn the body fat.

But why do you want a six pack when you can have an entire keg?

Richer Morin - January 27, 2020, 10:33 pm

fasting i only eat once a day and i can drink 20 beer and still no beer belly at 29 years old.

grady - January 27, 2020, 10:45 pm

anatomy says not really

unless you have very little fat, it won't show through

KyO - February 29, 2020, 8:12 pm

Dude do jumping ropes for 30min everyday.. guaranteed results, doesn't matter how long you have to take to do those 30min... breaks in between or w.e, just do it

Geralt - March 1, 2020, 4:09 pm

Yes, you can "get" abs by working them out regularly. However, they won't show until you drop your body fat percentage by eating right. To see 6 pack you'll need to be around 12-14% body fat. Abs are 80% food and 20% working out.

frostbite - March 1, 2020, 6:26 pm

My abs only show through when I am getting ready for a contest. You can drink beer, as long as your diet is fine.

LionsNest - March 2, 2020, 1:12 pm

It's really simple my friend. As few comments said, it's all about your fat %. All you need is caloric deficiency. It's all about that caloric intake. So you can either do cardio and balance it out (which will still not work if your caloric intake is bigger than what you burn), or you can do it in the kitchen. First you should know your basal metabolism, then you add those calories that you need for your daily basis. Like working out and other activities. Certain body fat parts is impossible to target, it's your genetics that placed that fat there. Same as your body will use it when you need it. Same as your genetics will dictate if you will have 6 or 8 pack even if your body fat % is low. I'm somewhere around 8-9 and i cant still express that lover part of abs perfectly so it's not that easy. I can provide you more info about this, send you some quality content, instructions, workouts, videos and diet plans. If anybody needs it message me, I'm here. I'm finishing University of Sports Science and have already finished Nutrition course. I'm planing to help people on this community and later sell my programs to make some extra money while i study. But for now i want to make some good votes, so feel free to ask anything. We can help each other out.