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# How to get Abs

How to lose fat from your  
Stomach and hips  
develop a six pack and keep it  
while still living

## Secrets covered:

Hormones, lifestyle, nutrition, mindset  
and exercise what to do and what not to  
do...

# Topics covered:

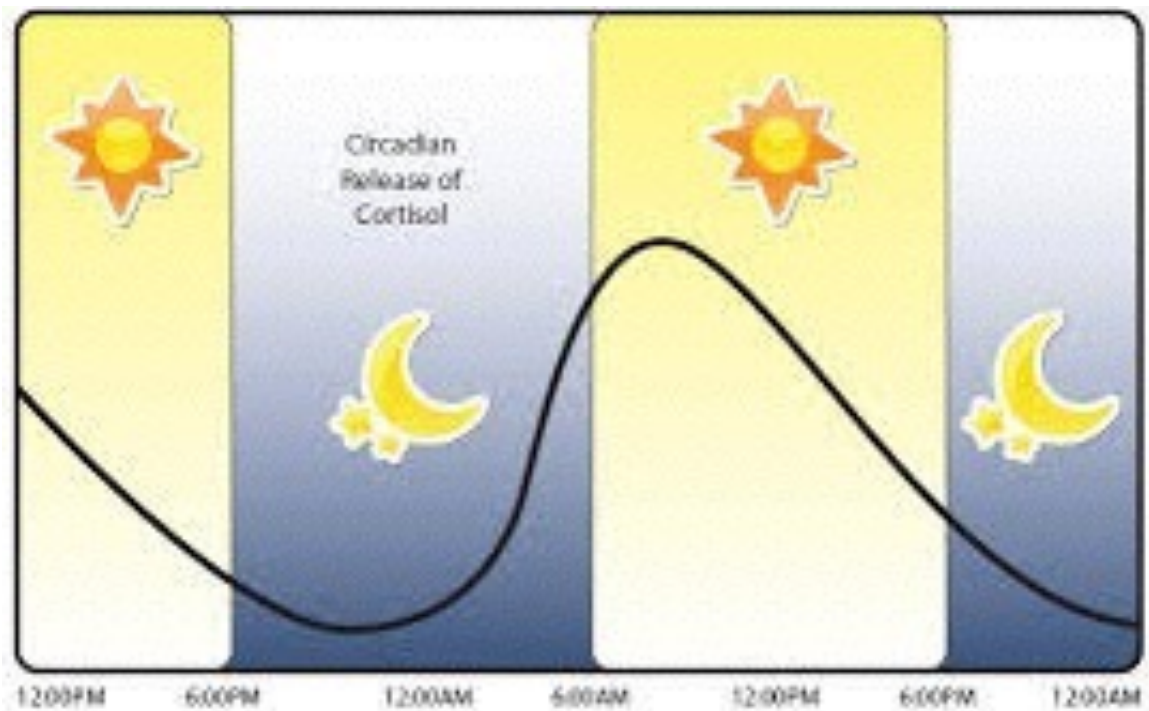
- 1. Stress** management and lifestyle changes. The production of your stress hormones affects greatly your ability to lose fat, or not. Learn instant techniques to rid your body of the **cortisol hormone**, a hormone which is proven to add fat cells to your stomach. Stressors come from everyday life including exercise.
- 2. Food:** These changes will have the biggest impact. Let me get rid of some myths, teach you some changes to reduce **blood sugar fluctuation and inflammation**. Then I'll teach you what to avoid and why, and what you can replace it with.
- 3. Exercise:** My top exercises to **develop inner and outer** layers of abdominal muscles to both support your spine, flatten your abs and get a six pack.

1. Stress - Is it making you fat?

We all understand 'feeling' stressed - Not all stress is bad, however we need to understand how to get the body out of 'stress' for the following reasons:

- You cannot be 'resting and digesting', while 'stressing'
- In order to lose fast we must be able to 'rest', 'repair' and 'digest'... not just simply cut calories to lose fat.
- Excess Cortisol hormone leads to the production of more fat cells. Use the breathing technique to reduce cortisol immediately.

# Stress levels should naturally rise and fall with the sun



## 2. Nutrition -

Abs are made in the kitchen

# How to apply food Rules

To get the best from yourself long term:

I suggest following the rule of implementing one thing at a time. I promise everything I've listed here will make an impact on your health and therefore your waistline.

I'm not suggesting that you may never EVER again have the following foods, however what I am suggesting is that once you master the list I have given you will understand how and why your body reacts to things the way it does. Then you will have unlocked your bodies own metabolic secrets. Because as you reintroduce things you will understand more about how your body reacts.

# How do you know if a change is working?

Within **2 weeks** you will feel:

- More energetic
- Sleep better
- Be more even tempered
- Reduced headaches, constipation, bloating, pms symptoms just to name a few
- **NO Hunger** - do not reduce calories unless under specific guidance and only ever short term

Oh did I mention your waist will shrink! ;)



# My do and don't table

Eliminate this	Why ?	Replace it with this:	This will help with cravings:
Sugar	<p>It raises your blood sugar levels. Doing this repeatedly leads to storing fat, particularly on the hip and stomach region (love handles or muffin top).</p> <p>It also feeds bacteria which live on sugar (candida). This will make you want more sugar.</p>	<p>A small amount of dried fruit (make sure its nitrate free). Or preferably Low Gi fruits like green apples, unripe bananas or berries. Stevia/ Natvia are OK</p> <p>sweeteners. Beware of the hidden sugars (and high Gi) in rice sugars and agave syrup.</p>	<p>Eating protein regularly throughout the day. Eg, Salted nuts, cheese. Plus 900/1200 mg of fish oil daily. Just a basic eph/dha blend will suffice. I recommend Poliquin brand or Nordic naturals. Nothing else come close in quality.</p>

# My do and don't table - continued

Eliminate this	Why ?	Replace it with this:	This will help with cravings:
Wheat	Gluten in wheat is often hard for people to digest, especially the way we process it these days. You may introduce it again later once your digestion and elimination has improved. It also spikes insulin levels enormously. This contributes to belly fat.	200/400g Sweet potato each day is often ok. 100-200g Quinoa is OK too. 100-200g Rice is the next option. 100 g is approx 1 handful of cooked ingredients.	Carbs aren't all bad, we just need to clean up your digestion. Eat more sweet potato and roasted vegetables and/ or quality saturated fats to curb cravings.

# My do and don't table - continued

Eliminate this	Why ?	Replace it with this:	This will help with cravings:
pasteurized dairy (especially Milk)	It spikes insulin as it has a High Gi. It has also had all the fat and the live enzymes stripped and split inside it during the heating process (pasteurization) which makes it very hard to digest in large frequent doses. Cheese is ok as a replacement initially.	Almond Milk, coconut water, filtered water, full fat cream (organic only), small amounts of unsweetened rice milk, goats dairy. Note: Some whey protein powders are ok (choose one with very little additives). However it's always a good idea to rotate protein powders, if using dairy based and swap to pea or rice based.	Nuts, almond milk, coconut water smoothies with Goats yogurt. Plus a small amount of cheese initially.

### 3. Exercises -

What to do  
and how to use it to get results

# A note on Stomach exercises:

- Building all over muscle tone is what will increase your metabolism therefore burning stomach fat - not doing 100 crunches
- Make sure you balance forward flexion exercises with extension exercises (front vs. back)
- Never train through joint pain (particularly back)
- Weights vs. cardio for fat loss is individual but I do recommend the following: interval training max 3 x wk. No more than 50% of your exercising week should be cardio.

# My top 4 ab exercises

## Level 1: Diaphragm breathing

core coordination focus - inner ab layer transverse abdominals - diaphragm breathing,

Start by laying your back with your knees bent to learn this exercise.

inhale and focus on your stomach raising as if you are filling up your stomach with air. As you exhale let your stomach fall in. To exaggerate the exercise pull your stomach in towards the end of the exhale and hold it in for 1-2 seconds.

After you have mastered this then learn to do this breathing in every different position, such as while driving. And also in the all fours position. Note to post natal women: add a pelvic floor squeeze to the end of the exhale to help re-coordinate the pelvic floor. Squeeze with an effort level 2/5 only.

The benefits of this are many in relation to fat loss, particularly in the form of stress reduction.

## Level 2: from the all fours position



# 2: Reverse crunch

## Level 1: On the ground - bent legs

(this is usually comfortable if you have a sore back)

Reverse crunches. Version 1, on floor with hands under your butt checks (just below your coccyx) see pic.

The aim is to lift your pelvis from the floor only slightly then let it drop then rpt straight away, the aim being to do 15/20 reps. This motion can and will happen fast, that's ok, as soon as you hit the floor and your hand with your hips, lift straight back up again. (Note: you are not aiming for the roof with your knees, the aim is simply to get your hips off the ground.) Keep your upper body relaxed.

This exercise works the lower (outer layer - six pack) abs and also the obliques at the bottom.



## Level 2: Longer legs without the hip lift.





# 3: Reverse crunch using a bench

Again making sure you lift your hips only, then rpt.

Level 2 of this is to elevate the bench on an incline.



# 4: Traditional sit up from floor, pause at 45<sup>0</sup>

Laying on the floor with your knees bent, tuck your chin in first then pull yourself up to a 45<sup>0</sup> angle, aiming towards your knees - not the roof.

hold for one second at the 45<sup>0</sup> angle then lower yourself taking 4 seconds to slowly roll back on to the floor one vertebrae at a time.

Initially it is very hard to get up, so you may cheat and pull yourself up with your hands on your legs, however still try to focus on going slow on the way down and taking your full weight with little use of the hands on the legs. The muscles will get stronger just by focusing on the downward phase of the movement, allowing you to eventually lift yourself up. It wasn't long ago I could not do this without pulling myself up either.

A harder version of this exercise is crunches on the ball, because 1: it's scarier and more unstable on the ball and 2: because you get more stretch from the abs as the spine is allowed to extend over the ball and the muscle is therefore moving through a fuller range of movement. Be careful of your neck if you use the ball.



# Extra Tips and tricks

- Done everything mentioned here already?  
Then try the following:
- Rotate your food, especially protein sources
- Have 2-4 meat free days per month
- Fast after 6pm, 3 nights per week
- Add fresh lime juice to your water
- Drink cinnamon tea
- Drink green tea or take 1-2 green tea capsules/day
- Supplement with fish oil, chelated Zinc and chelated Magnesium. (Until your levels are above average when red blood cell levels are tested.)

# Remember

- The right mindset - be grateful and positive
- Surround yourself with images of what you want to look like.
- Stick to one thing long enough to get results and measure the results somehow
- Surround yourself with people and environments that support you. People and relationships can cause stress too
- You are amazing and gorgeous now, be happy with what you have and how you are. (Remember years ago you thought you were fat and you weren't..)