



get alos

with

sophia getfit

free e-guide



intro

Hi! Welcome to this e-guide to GET ABS! I get tons of questions about 'HOW TO GET NICE, FLAT, SEXY ABS' and I'll tell you all about how I reach my abdominal goals in this short e-book. I hope you like it and that it will get you to your goals as well!

You have to remember that *abs are made in the kitchen*. You can do as many ab-workouts as you want, if there's a layer of fat over them, no one will ever see them. So that's why I splitted this e-book into two sections. There's a part about the 'kitchen' and a part about 'workouts'.

If you truly want to see results, make sure you commit to BOTH sections. Getting nice abs isn't easy, it's hard. It takes commitment and perseverance. If you have the discipline, I can show you the way.

How long will it take? There's no general answer to that, it really depends on your current shape. It might take only two weeks or it could take an entire year. The most important thing is that you WILL get results!

Now let's get started!

Love,

Sophia_GetFit

www.sophiagetfit.com

www.instagram.com/sophia_getfit

[Youtube: Sophiagetfit](https://www.youtube.com/Sophiagetfit)



Kitchen

There are a million things to say about this 'kitchen'-part. I have seven basic rules for myself that I'm going to share with you. Let's list them up:

1. Eat the right amount of kcal

Simply said, our body needs food as fuel to get through the day. There's an amount of calories we need to get our body to function (to make our heart beat and organs do their work) and just exist. This is called the Basal Metabolic Rate (BMR). The actual amount of calories you need is this BMR multiplied with a number that says how active you are. That depends on the kind of job you have and on the type and amount of workouts you do. To calculate your own amount of calories, go to *Appendix 1*.

You now calculated the amount of calories you need to maintain your weight. If you're looking to lose some fat (like on your belly to get those abs through), you'll have to eat 5 to 10 percent less of the calculated number.

For example, if your total amount of calories is 2000 you'll have to eat 1800-1900 kcal a day to lose weight.

2. Find the right amount of macro's

Now it's important to split your kcal over the different macro-nutrients: carbs, fats and protein. To lose weight, you should divide it like this:

Carbs	Protein	Fats
40-50%	20-30%	20-30%

So for example, from those 1800 kcal you could eat: 900 kcal carbs (= 225g), 450 kcal protein (= 112.5g) and 450 kcal fats (= 112.5g).



3. Watch what you're drinking

All drinks have sugar in them, the best thing you can do is drink water. I'm pretty strict with this rule, only water or tea for me. Since I don't like sparkling drinks this isn't much of a big deal for me. **BUT** I know lots of people struggle with banishing drinks like coca cola. I would really suggest to **get rid of these drinks** if you want to reach your nice, flat abs. It will be hard the first weeks but you'll get used to it. Remember, it takes time to build a habit!

I try to drink around 2 liters of water each day. Tip: drinking with a straw really helps! You can even find water bottles with a straw these days.

4. Eat the right fats

Our body needs fats, the only problem is we often choose the wrong ones. Fat provides nutrition for growth, energy, your brain, metabolism, hormone health, ...

There is good fat and bad fat. The good fats are unsaturated, the bad ones are trans fats. The saturated fats increase the risk of heart disease and stroke **BUT** apparently contribute to weight control and overall health. So let's say you have to eat a little bit of these saturated fats.

A little overview so you know what to eat:

Unsaturated fats (EAT THESE)	Trans fats (DON'T EAT THESE)
Avocados	Baked goods (cakes, cookies, ...)
Olives	Snacks (chips, popcorn, ...)
Nuts	Fried food
Natural peanut butter	Margarine
Walnuts	Refrigerator dough (frozen pizza, ...)
Soymilk	Ice cream
Fatty fish (salmon, tuna, ...)	
Sesame seeds	



5. Get good snacks

Leave out the unhealthy snacks and replace them with good snacks. I believe snacks are important to keep your metabolism going throughout the day. So make sure not to skip your snacks, you want to remember your body to keep that metabolism going! But instead of a cookie, grab a piece of fruit, some nuts or raw veggies.

It's the hardest in the evening but if you're really craving for something sweet like chocolate, try to eat a piece of fruit which contains sugar as well but is less bad than chocolate. For example pineapple works really good for me.

6. No late night binge eating

This rule sounds easy but is the biggest challenge for me. Watching TV late at night just asks for a nice snack. That's when you have to be tough and **not give in** to the craving! Grab a healthy snack if necessary.

7. Balance is key

The best rule of all, **keep the balance**. Make sure to eat varied and don't exaggerate the amount of a 'healthy' product. Allow yourself some treat meals once in a while. It's a treat meal for your hard work, not a cheat meal. You don't have to feel bad! That's how I see it anyway.

This rule is extremely important because you want it to be a **lifestyle change**, not just a one-time thing. If you don't allow yourself a treat once in a while, you'll never be able to keep doing this for the rest of your life. I suppose you want you nice, flat abs for a long time. Not just for a month and then getting back to eating unhealthy and destroying your hard work.



Besides these rules, I made a list with items you should avoid and items you should eat (in moderation obviously). Keep rule number 7 in mind, balance is key. There's nothing wrong with eating something from the *to-avoid-list* once in a while. We're still human and like to eat! Also, not every food on the planet is on this list, it's an indicator of what you should avoid and what not.

TO-AVOID (bloat-causing)	EAT THIS
Salt	Almonds
Sugar	Pistachios
Candy	Plain yoghurt
Cookies	Fruits: Watermelon, Kiwi's, Pomegranates, Apples, Berries, Papayas, Citrus Fruits
Soda drinks	Whole grains (<i>ex. Brown rice, sweet potatoes</i>)
Fast food	Celery
Alcohol	Chili peppers
Refined grains (<i>ex. White rice, potatoes</i>)	Water (<i>go for 2 liters a day</i>)
Cheese	Green tea
Soft drinks	Egg white
Mayonaise	Soy beans
Ice cream	Leafy greens
Canned soup	Salmon
Soy sauce	Quinoa
Popcorn	Cucumber
Dried fruit	Extra virgin olive oil
...	Beans
	Spinach
	Avocados
	Tomatoes
	Mushrooms
	Chicken
	Turkey
	Broccoli
	Asparagus
	Garlic
	...



work-outs

To lose the fat over your abs, you need to eat clean and you should incorporate some cardio into your workouts. I recommend High Intense Interval Training (HIIT). Lots of research proves this is the most efficient way to lose weight. It's my favorite cardio as well, because it's quick and you'll be sweaty in a minute! The concept of HIIT is to switch between very intense exercises and exercises with low intensity or absolute rest.

For example, when you're riding a bike: 30 seconds as fast as you can, 15 seconds very slow, 30 seconds as fast as you can, 15 seconds very slow, ...

I'll share with you 3 of my HIIT on the following pages. I'd recommend doing such a training 2 to 3 times a week, it doesn't take long so this shouldn't be a problem!

Besides doing cardio, you'll obviously have to train your abs. There are a million of exercises you can do, I'll share my favorites and most effective ones with you. How much do you have to train your abs? I recommend doing ab-exercises 3 to 5 times a week to see quick results. Once you are where you want to be, you can reduce it to 1 or 2 times a week.

So conclusion, want these abs fast? Do the ab-exercises 5 times a week and take in HIIT at least 3 times a week as well. Make sure to listen to your body, it will tell you when it needs rest. Take your rest when you need to, it's good to challenge yourself but forcing your body to go over its limits is not the way you'll get to your goals. You need to avoid injuries to get stronger!



high intense interval training

Try doing the exercise for 30 seconds and take 30 seconds rest, when you're more advanced do the exercise for 45 seconds and take 15 seconds rest. You can do these exercises easily at home so no excuses!

Workout 1: 3 rounds

- Burpees
- Knee push ups
- High knees
- Lunges
- Jumping jacks

Workout 2: 4 rounds

- Box jumps
- Front kicks
- Bicycle abs
- Squats

Workout 3: 2 rounds

- Plié squats
- Triceps dips
- Jumping lunges
- Side plank R
- Side lunges
- Side plank L
- Butt kicks
- Mountain climbers



ab-workouts

You can make your ab workouts as challenging as you want by adapting the number of reps for each movement. I'll give you a number of reps I want you to work towards. Do as many reps as you can and build it up over the weeks. If it's too easy for you, add some weights wherever you can. Good luck!

Take a short break after every round. Listen to your body if you need more breaks. You'll get stronger every time!

Workout 1: 3 rounds

- 20x bicycle abs
- 20x heel taps
- 15x reverse ab crunches
- 10x double leg lift
- 1 min. plank

Workout 2: 2 rounds

- 20x Russian twists
- 20x V sit-ups
- 20x side-crunches
- 20x cha-cha abs
- 20x regular crunches

Workout 3: 3 rounds

- 20x single leg drop
- 20x butterfly crunches
- 20x touch toe switches
- 10x star abs

Workout 4: 2 rounds

- 30 sec side plank L
- 30 sec side plank R
- 1 min plank
- 30 sec plank while pointing toes

Workout 5: 4 rounds

- 10x toe touches
- 10x crunch claps
- 20x mountain climbers
- 20x low scissors
- 20x Spiderman plank



tips

1. While doing ab-exercises:
 - a. To isolate your abs and keep other muscles from doing all the hard work, keep your movements small.
 - b. Slow down your movements. Try pulsing very small a couple of times at the hardest part of a crunch.
2. Train your back to make your abs looks slimmer. Training your back and shoulders makes your posture look better and creates the illusion that your tummy is smaller!
3. Set realistic goals. This is the only way you'll stick to the plan! Don't expect to get a flat belly tomorrow morning!
4. Laugh! You're training your abs while laughing so find someone to tell you some jokes!
5. TRACK what you eat! I created the #getfitjournal to keep an eye on what I eat and which workouts I do. You can get a copy at <https://meidenavond.eu/product/getfitjournal/>
This website is in dutch, if you don't speak dutch you can mail to info@sophiagetfit.com for the journal.
The book is in English as well!



appendix 1

calculate your total amount of calories needed in a day:

The total amount of calories needed in a day = BMR * activity level

1. We're using the revised version of Harris and Benedict to calculate the BMR:

BMR for a woman = $447.593 + (9.247 \times \text{bodyweight in kg}) + (3.098 \times \text{lenght in cm}) - (4.33 \times \text{age in years})$

BRM for a man = $88.362 + (13.397 \times \text{bodyweight in kg}) + (4.799 \times \text{length in cm}) - (5.677 \times \text{age in years})$

The total amount of calories needed in a day = BMR * activity level

2. Determine your activity level:

1.2 = office work, a few or no workouts

1.375 = easy workouts 1 to 3 days a week

1.55 = medium workouts 3 to 5 days a week

1.725 = hard workouts 6 to 7 days a week

1.9 = hard workouts 2 times a day OR once a day and physically hard work



about me

I'm a 'fitgirl' with a weakness for fashionable activewear. I love motivating and inspiring others on their fit journey through instagram and my blog. This e-guide is a perfect way to share how I reach my ab-goals.

I hope you liked this GET ABS e-guide. I'd love to see your results, please tag them on social media with #getfitjournal so I can see them!

Love,

sophia getfit

Blog: www.sophiagetfit.com
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