**Lesson #3: Abs**

Abs.

Abs are the focal point of an aesthetic physique.

They are a symbol of attractiveness. Getting abs is probably the number one goal of most new guys imaging.

They will definitely help out with the ladies. If you don't believe me, watch some of my videos.

But this leads to people unnecessarily worrying about training abs. Your abs are different than other muscle groups. You might hear some people say that abs are just like any other muscle group. It's complete bull shit.

Abs do not have near as much of a potential for growth.

You can make them a little more rounder and fuller, but it will look relatively the same no matter how hard you work them out. The key is getting your abs, the abs that you already have, to show. And you have to do that by being at a low body fat. And I've explained how to do that in pervious sections.

Working out your abs in the gym doesn't really have anything to do with getting your abs to show, but when they do show it might make them look a little bit fuller and a little bit rounder. The thing is that in my opinion not everyone benefits from fuller and rounder abs. It really depends on genetics. Take me for example. When I train abs my mid section actually gets thicker. Everything just becomes a little bigger, my abs and my obliques. So in my opinion this does absolutely nothing good for the aesthetics. It just makes my waist bigger which makes my v-taper smaller.

And this is actually why I have not trained abs for a while.

You guys need to see what works for you. If you have a super small waist or your abs are really flat, you might benefit from working out your abs. Train them and see if you like the difference or not. If you stop training them completely they should go back to how they were after a few months.

If you've been training abs for a while and you want to make them smaller like me, here's what I did. Wear a weightlifting belt throughout your entire workout. You'll hear conflicting stories that these belts make you use your abs more and that they make you use your abs less. Well both sides are actually true. It depends how you use the belt. You can use it to push your abs against it and actually use them more or you can use it as stability and allow your abs to relax during the exercises. If you want to make your abs smaller, get a belt and practice keeping your abs relaxed during the exercises, especially dead lifts and squats which usually work your abs a little bit more.

But, if you do have the certain genetics where bigger abs actually look better on you, I don't really train abs so if you want a good ab routine I would go check out Brandon Carter's program Instant Abdominals. It's a good one guys. Link below right here.

[Instant Abdominals](https://brandoncarter.clickfunnels.com/instant-abdominals-book-dh-abs-meal-plan-bundle-a908zauy589?affiliate_id=649442)