

4 – Week Sexy Abs Workout For Couples

MORE LOVE,
LESS FAT



A Couple's Guide To Transforming Your Body and Relationship

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<http://www.MoreLoveLessFat.com>

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Video Demonstrations

Watch video demonstrations for the exercises and the workouts by clicking here... [Video Demonstrations](#)

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<http://www.facebook.com/profile.php?id=731457580>

Become Angie's friend on Facebook...

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Be sure to stay informed and up to date with more fat loss information from the 6 Pack Abs Couple at our blog...

www.UnstoppableFatLoss.com/blog

Get a **full year of workouts** for couples plus the motivational book to inspire you to achieve optimal health together as a couple and bring the sparks back in your relationship by visiting...

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Excerpt From More Love, Less Fat

Scott and I . . . Our Journey To Fat Loss Success

When I decided to join my husband, Scott, on a journey to get in the best shape of my life, I had no idea how much our relationship would enhance on so many levels...

So what exactly *changed* between us?

I think what changed the most about our relationship was that I felt we were now a **TEAM**. I was no longer on the 'outside' looking in, but was with him side by side all the way through. Before I decided to challenge Scott to getting in awesome shape with me, I was not very supportive of his lifestyle. To be more specific, I was making negative comments a lot and I did not even realize it! I would say, "Oh, you're going to the gym AGAIN?" or "Is THAT what you are eating?" or "You should be happy with how you look." Or "Why are you getting up so early?" I even made the comment, "You look good with a little belly." Gee...is that the epitome of the word 'support' or what? Why would I say that?

Well, I've learned through some self-analysis that it was **comforting for me to have Scott be overweight because I knew that I was not in ideal shape**. Comfort is felt when you know you are not alone, right? Most people fear change and I knew that he was moving forward to get in the best shape he could be in. I felt that I was walking on some wobbly terrain for a while because my comfort zone was now being tested.

My husband made a decision to get in the best shape of his life. Do I sit back and watch or do I join him? I did fear taking that plunge with him. Obviously, it was one of the best decisions I had ever made in my life. We are so much more connected today as a couple. A heck of a lot healthier too!

I had a lot of fears about getting in better shape. Here are some of them:

I feared the idea of eating cleaner. Would I feel deprived? What if I couldn't do it? I simply feared the idea of truly challenging myself to live optimally through exercise and nutrition. **I feared failing at it so I never took my health very seriously.** What if I put my best foot forward and nothing changed? How would I feel then? Would I let my defeat affect other aspects of my life? In my mind, I was setting myself up for failure. No wonder I was so scared!

I also **feared that I would be centered out.** I wanted to just fit in with my family and friends. I did not want to call attention to myself because I was not drinking alcohol and/or eating exactly what they were. I also did not want people to think that I was not happy with myself. It was not this at all. I was not happy knowing that I could greatly improve on what I was feeding my body. I wanted to eat healthier and feel awesome all the time. You see, I knew I could feel better because the foods I ate made me feel very sluggish in the afternoon. My mind was foggy and unfocused.

I truly wanted to prove to myself that I could stick to something. I wanted to prove that I had the persistence and ambition to achieve my goal. Achieving my mission meant more to me than just getting in better shape. It meant that I could achieve anything in life if I set out on a plan and stuck to it. It meant that I was tough, I was dedicated, I was not just all talk, but a lot of action! I knew, on some level, that succeeding in the fitness aspect of my life would give me confidence in other aspects of my life.

How did I get over these fears? Well, actually, I remembered a very inspiring quote that I often tell myself today, **“Aim for progression, not perfection.”** There is no such thing as perfection. Perfection does not exist. So if you set yourself up for perfection, you are setting yourself up for failure. Accepting this fact has helped me in my everyday life and has made me realize that, “Yes, I did have room to make progression towards a healthier body...so why not?” Who cares what everyone else thinks!

I also understood that I could still make progress every day, despite my imperfections along the way. There were days I could not work out. However, I could still eat well. Or, days when I was sick and wanted 'comfort' foods like ice cream. So I did eat my share of junk. However, I only had small portions and always had a clear vision of what I wanted to achieve. I knew that this minor setback would not affect my goals. Only if I chose the "all or none thinking" would I have sabotaged my efforts. This kind of thinking consists of thoughts that will only derail your success and follow the tune: "I haven't worked out for a week, I'll never lose weight. I give up." "I've had too many sweets today, I'll never succeed." "I'm just a failure." "I might as well throw in the towel, because I didn't stick to my plan today."

People that choose to think this way believe that they need to be 'perfect' in their eating, 'perfect' with their workout plans, and 'perfect' with their cardio. If this is you, you really need to throw that kind of rigid thinking out the window because it will only leave you frustrated as you are striving for a non-existent state. Know your long-term goal. Know your actions steps on how to reach that goal. Get rid of rigid timelines. Create a clear vision of your path to get there. Believe that imperfections along the way may slow you down, but can never stop you from achieving your goal. Only your thinking and actions, or 'lack of' actions will derail you. Your success is your choice.

Once I became aware of my fears, faced them, and consciously made the decision to move forward, our relationship as a 'team' truly began to mold. I took off my narrow restrictive glasses, and saw an entirely different portrait of our life unfolding. I realized that I could CHOOSE to live as healthy as possible.

Once I made the decision to be on the same TEAM as Scott, we just took off! I mean on all levels. **Our intimacy increased, our communication deepened, and our friendship found new roots to grow upon.** This journey together gave us that connecting link that we were missing. It was in October 2007 that I decided to move forward and not look back.

Oh, and talk about **attraction**...well, where do I begin? I mean I was always attracted to Scott, but this new attraction took on a life of its own! I just could not keep my hands off him! It was a great feeling

because we had fallen into the having kids 'trap' where everything became about 'them' and nothing about 'us.' We just did not make the time or commitment to one another to improve the intimate part of our relationship. Of course this attraction was reciprocal. He had a little twinkle in his eyes when we were working out. He was always complimenting me on how great I looked.

After our transformation, I could not believe all of the compliments we received. People wanted to know how we did it. What was the secret? What were the magic words of wisdom we had to offer? It was inspiring to know that so many people wanted advice from us. Yet, I felt we could not offer any miraculous answers. We were in the same boat before that some of these couples questioning us were in now, and THAT was what made us attractive to talk to. We understood. We had been there and made the necessary changes. We are just an everyday ordinary couple. Watching our bodies transform was amazing to say the least.

Another awesome change took place...our **communication had more substance to it.** We had a topic that we could both relate to. Finally! He could not really understand my day handling two little ones. I did not really 'get' what he was talking about with his online business. So our commitment to workout together gave us that basis of communication to grow upon. We both had our goals to achieve, which tied us into a pleasant knot. We could now encourage each other to stay on track. Not only did we talk more; our conversations now reflected a commonality. He would experience similar food cravings such as: chocolate and ice cream. We would be there for each other to talk each other out of it. Or, these cravings were a 'treat' to be rewarded with! It was just fun to have someone right there to support me and to offer support to.

I also felt that he began to **RESPECT** me more. I finally wanted to hop on the 'healthy train!' I was now more empathetic to his lifestyle and he saw that I was willing to challenge my own beliefs. This was not about doing what he wanted me to do. It was all about me, and my choices to eat healthier. I began to respect my body and what I was feeding it. We still have our differences in terms of how many carbohydrates (carbs) to eat and how many 'treats' I allow myself. This is okay too. 😊

The journey itself, full of challenges and victories, is what ultimately created our identity as the “6 Pack Ab Couple.” The journey alone strengthened our relationship. The fact that we did it together has now allowed us to have that reference to go by. The power in hindsight has given us the gift of wisdom to apply toward our future challenges.

This was an excerpt from the book *More Love, Less Fat – A Couples Guide To Transforming Your Body and Relationship*. Get a **full year of workouts** for couples plus the motivational book to inspire you to achieve optimal health together as a couple and bring the sparks back in your relationship by visiting...

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4 – Week Sexy Abs Workout

Monday

Repeat Superset 3times.

Exercise	Reps	Weight
Heel Slides		
Reverse Crunch		

Repeat Superset 3times.

Exercise	Reps	Weight
Lunge With Twist		
Renegade Row		

Repeat Superset 3times.

Exercise	Reps	Weight
2 Dumbbell Twist		
Side Plank		

Repeat Superset 3times.

Exercise	Reps	Weight
Ball Push Ups		
1 Leg Bridge		

HIIT Cardio – Repeat 4 times for a total of 10 minutes

Exercise	Time
Skip	30 seconds
Marching on the spot	20 seconds
Quick Steps	30 seconds
Marching on the spot	20 seconds
Shuffle Steps	30 seconds
Marching on the spot	20 seconds

Notes: _____

4 – Week Sexy Abs Workout

Wednesday

Repeat Superset 3times.

Exercise	Reps	Weight
Horse Stance		
T-Roll		

Repeat Superset 3times.

Exercise	Reps	Weight
Shoulder Abs Combo		
1 Leg Squat		

Repeat Superset 3times.

Exercise	Reps	Weight
Jackknife		
1 Dumbbell Twist		

Repeat Superset 3times.

Exercise	Reps	Weight
Triceps Extension		
1 Leg Biceps Curl		

HIIT Cardio – Repeat 4 times for a total of 10 minutes

Exercise	Time
Jumping Jacks	30 seconds
Marching on the spot	20 seconds
Stairs	30 seconds
Marching on the spot	20 seconds
Mountain Climbers	30 seconds
Marching on the spot	20 seconds

Notes: _____

4 – Week Sexy Abs Workout

Friday

Repeat Superset 3times.

Exercise	Reps	Weight
Plank on Ball		
Leg Cycle		

Repeat Superset 3times.

Exercise	Reps	Weight
Clock Lunge		
Piston Row		

Repeat Superset 3times.

Exercise	Reps	Weight
Ball Sit Ups		
Butt Ups		

Repeat Superset 3times.

Exercise	Reps	Weight
Step Ups		
Ball Leg Curl		

HIIT Cardio – Repeat 4 times for a total of 10 minutes

Exercise	Time
Burpees	30 seconds
Marching on the spot	20 seconds
Knee Ups	30 seconds
Marching on the spot	20 seconds
Jumping Squats	30 seconds
Marching on the spot	20 seconds

Notes: _____

This Concludes The 4-Week Sexy Abs Workout Program

Upgrade to the full version of “More Love, Less Fat – A Couples Guide To Transforming Your Body and Relationship” today and receive...

- **An entire year of Workouts – 12 unique programs**
- Video demonstrations of over 100 exercises included in the program.
- **Over 80 pages of the kick in the butt motivation for you and your partner**
- More Love, Less Fat Nutrition Guide
- **More Love, Less Fat Recipes**
- Incredible support community

Join Angie, myself, and all the other amazing couple's on their journey to a firm and flat stomach and get our complete full year program by visiting...

<http://www.MoreLoveLessFat.com>

