



Flab To Fab Abs

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PR9.NET February 02, 2006 - Dallas, TX, Tight abs are frequently the most sought-after physical feature by novices and exercise gurus alike. Dallas-based personal trainer Nicole Masden with Lady Trainers To Go suggests some tips and techniques for going from flab to fab.

"Abs are one muscle group that recovers quickly," said Masden. She suggests starting the morning with a quick, 10-15 minute ab session to wakeup metabolism and get blood flowing throughout the body. By starting the day with targeted work on core muscles, the abdominal muscles will be engaged throughout the day – helping to maintain good posture.

Since the abdominal muscles recover quickly, Masden suggests getting in several ab-specific workouts throughout the day. The workouts can vary from traditional crunches to exercises using a stability ball or resistance bands. The hottest fitness trends – think yoga, Pilates, dance aerobics – each incorporate the abdominal muscles.

Having strong abs is not only desirable from a physical standpoint. The long-term benefits to strong core muscles can include good posture, easier breathing and less back strain. As with any workout, it will take several sessions before defined abs begin to emerge, but with a healthy diet, frequent exercise and targeted concentration on the abdominal muscles, fabulous abs will not be too far behind.

Lady Trainers To Go is a Dallas-based business founded by CEO Robert Korngiebel in 2005. The company caters to female clients by providing them with some of the best female nutritionists and personal trainers in the Dallas-Ft. Worth metroplex. All trainers' work with their clients in the convenience and privacy of the client's own home. They design programs based on individual needs and goals, and provide all equipment necessary for an effective, challenging workout. For more information visit <http://ladytrainerstogo.com> or e-mail news@ladytrainerstogo.com.

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About Fitness Trainers To Go Inc.

Fitness Trainers To Go provides in-home personal training in the Dallas/Ft. Worth metropolitan area. We've been featured on NBC5, The Dallas Morning News, The Plano Insider, Mix 102.9, and D Beauty Magazine. Don't have equipment, don't worry, we provide everything. We even have a staff nutritionist to help you with your dietary needs.

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