



Sexy Abs Without Sit-Ups

By
Evan Hundhausen

www.nomoresitups.com

NO MORE SIT-UPS © Evan Hundhausen

NO MORE SIT-UPS

SEXY ABS WITHOUT SIT-UPS

By Evan Hundhausen

Published and manufactured in USA by

Lotza Marketing, LLC
PO Box 18653
Boulder CO 80308

© 2005 Evan Hundhausen and Lotza Marketing, LLC. World Copyright reserved under the Universal Copyright Convention. Reproduction prohibited by any method without permission in writing by the Publishers and Author.

This book is sold as information only, and is not intended as a diagnosis or prescription or as a guarantee of successful results. Neither the author nor the publisher and its dealers and distributors shall be liable to the purchaser or any other person or entity with respect to liability, loss or damage caused or alleged to have been caused directly or indirectly by this book.

CONTENTS

1. FOREWARD By Daniel M Knowles, III, D.C.	p.3
2. INTRODUCTION	p.4
3. THE ANTI SIT-UP EXERCISE	p.5
4. USE YOUR LEGS: THEY'RE CONNECTED TO YOUR BELLY	p.6
5. WALK IN PLACE	p.6
6. LEG LIFTS	p.6
7. THE LUNGE	p.8
8. THE SPECIAL PUSH-UP	p.8
9. OTHER SUGGESTIONS	p.8
10. DIET	p.9
11. CONGRATULATIONS	p.10
-BONUS-	
12. SPECIAL REPORT #1	p.11
13. SPECIAL REPORT #2	P.12
14. SPECIAL REPORT #3	p.13
15. AUTHOR'S BIO	p.16

FOREWORD

By Daniel M Knowles, III, D.C.

In our countries and our worlds health is failing. The system we have called a health care system is really a disease care system. We have been taught to disregard the choices we make for our body because our bodies are essentially weak and helpless. Once we have a symptom or condition that is treatable by medication or surgery someone else will help us regain our function if possible (a doctor) and someone else will pay for it (an insurance company). Even with all of our nation's resources and health care technology we lead the world in deaths from heart disease, cancer and diabetes. This system has not worked and if we adhere to it then we deserve the results that follow.

The solution lies not outside us but within us. Taking care of our bodies consistently throughout our lives by simple non invasive methods is the key. Taking actions such as the ones described by Evan Hundhausen in this book are the real solution. These kinds of efforts will do more for our quality of life and our longevity than the surgery or medications we attempt after the damage we have done.

The next new gadget or weight loss fad will not be the answer to slimming your midsection. It will be taking a proactive approach through changing how we move and eat that will change our bodies and extend our lives. Enjoy this book and know that you are taking a step on a path to a new you.

INTRODUCTION

There have been many advances in technology that make our lives easier when it comes to losing weight and toning our physique. More and more commercials for new devices come out every week. But these things don't stop people in the modernized world from eating cheeseburgers and fries at lunch, guzzling beer throughout the weekend or getting a mocha-chino-latte with whip for breakfast. These things are highly available and along with everything else in this modern world convenient as fuel for our survival.

This book in no way claims to be a fast, quick or even an efficient way to getting rock hard abs. Getting fit takes time and lots of work and effort. The author has no degrees or professional training in this subject like your paid instructors at the local YMCA and schools might have. This book is just some personal thoughts and an introduction to doing simple things to help get help on a world wide problem, fat bellies. This information is intended to help those who may not want to spend time doing traditional sit ups and don't want to buy the next great technological gadget that the infomercials are promoting.

THE ANTI SIT-UP EXERCISE

My favorite exercise for getting a toned stomach has nothing to do with doing a sit up or crunch. In fact you can do this exercise anywhere, standing in an elevator, sitting at your desk in a chair, before you eat at the Chinese Buffet (although that's not such a good idea because of cramping).

What I'd like you to do is sit in a chair for now. This is a great place to start.

Sit up straight with both feet flat on the ground. Now lift your head and think about your posture. Straighten your back and keep both arms calmly on the arms of the chair. If there are no arms place your hands in your lap or hang them down by your sides.

Now I want you to start taking deep breaths in and out and get used to the sensation of your stomach going out with every intake of breathe and going in with every outtake of breath.

After practicing that I want you to consciously blow all the air out of your lungs. Do it until you can't blow anymore air out. While you are at this place where all the air has been blown out flex you stomach muscles. You should notice tightness down there.

The key is to make sure you have blown all the air out on the out breath so that your stomach is tightly pressed into your body. At this point you will have several seconds before you take another in breath where you will flex your abdomen back and forth and feel those ab muscles working.

If you feel dizzy after doing this several times please discontinue for a while and start up again later so you can spend time getting used to it.

I would do this exercise until your abdomen feels it's had enough. That's how you get the "burn" effect. Sometimes I like to do it until I sweat in the abdomen area (but I sweat very easily and a lot! So don't always do as I do!) Continue doing this exercise for a small period of time everyday and you should start to see great results.

You can do this exercise practically anywhere, in bed, watching TV, while you walk up and down the halls of your workplace, almost anywhere which is the great thing about this little exercise!

USE YOUR LEGS: THEY'RE CONNECTED TO YOUR BELLY

Anytime you exercise your legs you are also exercising your abdomen. Most that do these sports regularly have pretty thin bellies. Ever seen an acrobat? All they use is their arms and swing about but they have great abs. It's because they use their legs to do spins and back flips and to get the trapeze bar moving back and forth.

What about a boxer? Well they are quick on their feet. They "float like a butterfly and sting like a bee".

How about figure skaters or gymnasts? Tiny little things with super tight abs!

In fact people, who run, jog, bicycle, swim, wrestle, play volleyball, and play basketball or whatever on a regular basis usually have fairly thin bellies.

Let me introduce you to some exercises where you work your legs and you'll start to see those abs getting slimmer.

WALK IN PLACE

Make sure you bring each knee up towards your chest in alternating on one leg. Just lift your knee up to your chest standing in place. If you can't do it all the way to your chest try to get the knee bent with your foot faced with your sole flat to the floor.

You may think this is like doing sit ups only standing up. Well, don't think of it that way. Think of how not only your abs will look good but your legs too. Maybe it will help you get a better kick for your martial arts class.

For a variation put your elbow to each knee. You can go from right elbow to right knee and alternate or vice versa, right elbow to left knee and vice versa. You don't have to hit your knee with your elbow to get results. The motion itself will get your abs motoring.

LEG LIFTS

In this next exercise sit in a chair, support yourself on the arms of the chair or support yourself by holding on to the sides of the chair. Lift both feet off the ground and straighten at the knee.

Lifting you feet and legs off the ground like this should automatically trigger your abdomen muscles. Be sure to breath. It's important to note here that the longer you keep your feet off the ground the longer your abs have to work.

Again there are many places you could do this exercise, watching TV at home or at work.

You can also lie down and try this, but this time you need to lift both legs up from your thighs down. Put you palms down at each side of your waist and press into the floor as you lift your straight legs up off the floor. If you find this hard to do it's supposed to be. The more time you spend steadying yourself without the aid of your arms the more your torso and abdomen have to work to keep your legs up and keep you from falling to your side.

If you want put your palms against your buttocks with elbows against the floor to steady yourself.

Do this exercise slowly and feel the burn.

You can also do a variation by doing a scissor motion crisscrossing your straightened legs over one another in repetition.

This is a great exercise not only for your abs, but your thighs and your back. If you start to have a backache from this exercise please stop doing it and see a doctor for advice.

THE LUNGE

This exercise is terrific for your legs so that means it's terrific for your stomach as well.

Stand up straight and put both arms akimbo. You can either hold your sides with your palms or make fists.

Lunge forward with one foot. And land on it bending at the knee with your other leg behind you. Then push off with the same leg and put yourself back in the standing position. Now alternate on the other leg.

You should feel burning in your calf, thigh muscles, but and lower abdomen section. This one is convenient to do while watching TV.

Also you can skip two or several stairs on a staircase and get a similar effect working both legs and abdomen muscles.

THE SPECIAL PUSH-UP

Well I did say no more *sit ups* right?

I learned this one in a Judo class once and it's great for stretching your abdomen and also working your arms and your whole body.

Get into a regular push up position.

Now with your legs straight, bend at the waist with your butt pointing up to the ceiling so that you are almost looking through you legs. Now push forward bending your arms so that your chin almost touches the ground, continue this pushing forward motion, pushing yourself up with your arms so that your back arches, stretching your chest and abdomen as your arms straighten and your eyes are looking up towards the ceiling.

Hold yourself there for several seconds and you should feel muscles all over your arms and stomach twitching. Then straighten your legs and bend at the waist again and repeat.

When you've gotten the hang of this, it should be one full motion, every part of your torso working through you arms and shoulders into the arched stretching position. It's important to resist the temptation of dropping your belly to the floor. The longer you can stay in this ending position the longer you'll feel your abdomen working.

If your back ever aches discontinue this exercise and see your doctor for advice.

OTHER SUGGESTIONS

You could start walking around the block every night with your significant other or a friend. Go jog, go hike, walk your dog, go bike, go play Frisbee, play golf, go dance at the club, take salsa lessons, do jumping jacks, do yoga, aerobics. Learn meditation and learn to breathe deep. Just move your body on a regularly basis and it will respond in kind.

My favorite exercise right now is going to the Y and watching the flat TV screens they've installed on every stationary bike. It's great. I can spend a half to an hour pedaling and my abs and legs have gotten worked on.

Might I also suggest practicing better posture?

Now don't put your chest out and suck your belly in. That's not good posture even though that's what we've been taught.

In tai chi, they actually teach it is better to walk with the weight of your belly leading you rather than your leg. Practice this and you'll notice there's less stress on your legs and back.

You might want to take some tai chi classes to learn more, I'm no expert, but if you walk with good posture with your stomach sticking out I imagine it would give you extra incentive to get those abs in shape.

DIET

This might help a lot. If you have the discipline to change your diet, you probably don't need to do these exercises. Ha! If you can give up stuff like dairy, sugar, salt, wonder bread, processed, canned, fast, fried foods, then you are an amazing person and I will never be as amazing as you.

For other folks who like all those nasty things for your body try drinking more water everyday. It cleanses your whole body. It's almost magical the way I feel after overdosing on water. Apparently women need 91 ounces a day and men 121, but I'm sure its ok for you to intake more. I think one person told me if you can do eight glasses of water a day it's really great for you.

Try Tea instead of coffee. Try fruit instead of sugary deserts. Drink juice instead of pop. Try eating stir fry with vegetables instead of fatty meats. Baked potato instead of fries. Low fat milk, low fat cheese, Vegetarian, vegan foods like tofu, tempeh, and seitan instead of meat.

I take supplements myself (Preferably in the morning as my breakfast instead of sugary cereals and donuts). They make me feel great! REALLY!

I encourage you to look into them here at this website:

<http://www.lifeforce-intl.com/20443167>

Try the Body Balance juice which has every mineral and vitamin you've every heard of and the ones you haven't. I also highly recommend the True Greens and Amino Charge in fruit smoothies and shakes.

CONGRATULATIONS on getting through my e-book. My hope is you've discovered some new ideas on the age old problem of having a spare tire. Maybe you won't get abs of steel, maybe you'll discover losing some extra pounds is all you need. In any case it's great, because in the end it makes YOU feel great!

BONUS SPECIAL REPORT #1 by Evan Hundhausen

LIQUID VITAMIN ENERGY – IT FEELS AND TASTES BETTER!!!

Buy BODY BALANCE here: <http://www.lifeforce-intl.com/20443167>

Imagine a beverage of your choice in one hand that's filled with vitamins of your choice and now imagine these same vitamins in pill form in the other. Which one would you prefer to take?

I am a huge fan of liquid vitamins. Vitamins in liquid form are 98 percent absorbable compared to 40-60 percent in pill form. So that means not only are your cells getting that much more power, you'll most likely feel the energy right away too.

If you are really living on the edge try shots of wheat grass everyday, straight up! It's an unbelievably high nutrient boost. If that's not your style just look around your local organic market. You can choose from mega potent juices to bottles of water with vitamins added to them.

One of my favorite ingredients in drinks is Ginseng. Ginseng was used in ancient China for sex and fatigue problems. Now days you can get it in your bottle of Arizona iced tea at the super market and even in soda or root beer! Talk to a nutritionist for plain ginseng in liquid form.

Did you know yogurt is food that is alive? It's really good for you if you get it in plain, Greek style or in a drink called Keifer. Keifer's popularity comes from Europe. It's pro-biotic so it lubes up your cells and gets you motorin'.

When it comes to alternatives to coffee, that's a tough one, since I'm a coffee lover myself, but herba mate is my first choice. This is a natural healthy energy drink grown from the herba mate plants in South America. Sweeten it with Agave Nectar instead of sugar and you got a nice morning cup there. Another alternative on the health food market shelves are fake coffees made with ground carob.

You could also mix a spoonful of Brewer's Yeast in juice every morning. It's a vitamin power house hosting lots of B vitamins. Apple juice tastes best when mixing health drinks, shakes and smoothies.

BONUS SPECIAL REPORT #2 by Evan Hundhausen

HOW TO GET GREAT ABS DURING SEX

When I was in college having nothing to talk about except sex was common. One of my friends confidently told me he got a great abs workout from sex. Then another friend, to my amazement, told me how much his arms hurt after sex. Needless to say by the time I lost my virginity the girl sat on top.

As I got more experience through the years I started to agree. The spread eagle position has to be the best way for a guy to get in shape. It's great for flexing the butt, working the back and toning the arms and chest. It basically works about everything but the legs, even though sometimes I feel like I've run a marathon after.

Now go tell your partner you want to have sex with them for two reasons, because they are the sexiest gal on the planet and because you need a work out! Show them this article so they won't think you are making it all up. Your partner will probably agree she needs a work out too!

If you are lesbian you can simulate the same exercise or you can get creative and go out and buy adult toys called "strap-ons". If you're a gay male you guys will just be spreading a different kind of eagle.

Always be respectful of who's under you. Let them tell you if the position or angle you are in is ok or not.

If you have health problems or high blood pressure get advice from your doctor first. If any back aches occur, stop doing the spread eagle position and maybe see a chiropractor. They may have suggestions on how to have better sex without backaches.

BONUS SPECIAL REPORT #3 by Evan Hundhausen

LOSE WEIGHT WHILE YOU SLEEP!

We human beings lose a LOT of weight while asleep. In fact it would be really smart if every human being had a nutritional breakfast in the morning since it is prime time to feed those starving muscles and cells that have been deprived of food all night.

If you like cereal, try oatmeal instead, its the healthiest thing out there. If you have to have cold cereal do one that promotes lots of fiber, whole grains and less sugar and flour.

It's a hard habit to break, but if you get real vitamins in the morning from fruit and stuff, you are eventually going to notice a big difference in your energy levels and your appearance! No kidding.

If you drink coffee, try it black without sugar or milk.

Try to avoid donuts of course and three dollar mochas at cafes.

;0)

I know it's not easy and that's why you bought my e-book No More Sit-Ups to help you.

Do me a favor and check out this website and look up a product called DREAM AWAY ®.

Order DREAM AWAY® at the website below!

<http://www.lifeforce-intl.com/20443167>

You just take one tablespoon from this liquid supplement and mix it with water before you go to bed. That's it! Done. You're on your way to losing weight while you sleep!

Here's what the bottle says :

"The first 90 minutes of sleep is a very active time for the body. As you sleep, your body is repairing tissues and cells. DreamAway Supplies certain amino acids to help spare muscle tissue and burn fat, fueling your night-time metabolism."

- © Lifeforce International TM DREAM AWAY [®]

It's very important that your order contains this ID code :

20443167

Order a bottle online or e-mail me at evan@evanhundhausen and I'll help you. Or order try this handy 800 number.

1-800-531-4877

Tell the customer service person you want a bottle of DREAM AWAY [®] and remember to give them this code # 20443167, so that I get acknowledged as a distributor.

It's only \$37.00 for one bottle that should last you a month. You can also order it on a monthly basis and get it one bottle every month for \$33.00 dollars. That's \$5 bucks off right there!

There's a 45-DAY MONEY BACK GUARANTEE on the product. So call them right now and tell them you want to try DREAM AWAY [®] Right Away!

If you get results from it you may want to sell the products at Lifeforce International TM yourself and get some NICE commissions. If you order DREAM AWAY [®] every month you should be able to just use your customer ID which you want to talk to the customer service department about making a MEMBER ID instead.

There's lots of info about this AWESOME opportunity at the Lifeforce International™ website so look into it. You can also e-mail me about it at evan@evanhundhausen.

And remember, you can also make 50% on the 1st level and 15% on the second level telling your friends about nomoresitups.com. Just go to the website and sign-up as an affiliate and off you go on your sales journey!

Disclaimer

Lifeforce international and DreamAway ® are not associated with No More Sit-Ups.com and Lotza Marketing LLC. in any way. When ordering their health products you will have to abide by their terms and agreements which are different from No More Sit-Ups.com and Lotza Marketing LLC.

No More Sit-Ups.com and Lotza Marketing, LLC. do not guarantee successful results. Ultimately it is up to the individual to strive for results and use the techniques and products that suit them best in these endeavors.



Evan Hundhausen received his MFA in creative writing from Naropa University. He has won awards in poetry, journalism, playwriting, screenwriting and short story writing.

In his spare time he likes to work out and DJ, visit www.djcola.net for his original music.

This is his first e-book.