

“How To Build A Ring Of Fat Burning Fire Around Your Whole Midsection”



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The key to the whole secret is... learning how to flex each midsection muscle, and I'm not just talking about crunches. I'm talking about totally flexing the muscles in front, both upper and lower, the sides and the back. These are the... furnace that burns fat around your waist.

The problem is... we know how to move the trunk while doing sit-ups and leg raises, but we really don't know how to flex each individual muscle which is the secret to torching fat but... we're going to change all that.

You're going to learn how to gradually increase the heat of this fire until the walls of your fat burning furnace glow red with burning fat. Even the “hard to get at” fats on the low back can't hide from this intense heat.

“Here's What's Going To Happen To Your Very Own Body”

The first week you won't see much but you should start to notice your pants getting a little looser. Soon you'll look down at your belt and realize the tang on your buckle is sticking through a new hole.

You'll think, “Oh man, this is so great,” and your faith will spring to life. You'll discover that it truly is possible to recapture your teenage waistline because...

“You'll Discover the Secret Of The Synapse”

But in order to do this, you've first got to build your nervous system. So listen carefully: When we Pump Iron, Push Weight or Grind Out Reps, it's the wrong focus. Even the expressions are wrong. We shouldn't be sending energy “out”. We should send energy “in”. The weights aren't alive. They can't hear or feel but... the muscles and the nervous system can and... They lift the weights not us. That's why...

Our job is... cheer-leading... not lifting.

Whether you're trying to build muscle or burn fat, you want to do it as efficiently as possible and... getting in touch with the muscle... is the secret to the whole process. This is especially true if you're trying to burn fat because muscle is the Furnace where fat is burned. In fact studies indicate...

“Each New Pound Of Muscle Will Burn Over 5 Pounds Of Fat”

The key to rapid muscle growth is... to identify which muscle is working... then we can assume our proper role as “cheerleader”.

“The Incredible Domino Effect Of the Synapse”

“It is well known the body responds to exercise by developing up to 45% more... New capillaries... within the muscle. That’s a 45% increase in nutrients going to the muscles which accelerates their growth.

D. Barker reported in the quarterly journal of Micro Science that a single neuron often doesn’t activate all its assigned muscle fibers because a stimulus may not be strong enough to trigger some of the “lazier”, less responsive muscle fibers.

But, when you learn how to mentally crank up the stimulus... the neurons are capable of a tremendously powerful “domino effect”.

Here’s what happens...

A nerve impulse travels from the brain to the central nervous system and out to the nerve cells like a spark traveling along a string of gunpowder at 270 miles per hour. If this burst of power is strong enough it will arc to adjacent neurons as well.

The arcing between two nerve fibers is called a Synapse. Here the ends of the axons are very close to the brush like endings of the dendrites of other neurons... the synapse becomes the point of communication between one neuron and another. The nervous impulse travels along an axon and across the synapse to the dendrites of another neuron and then to another neuron, ‘till finally all the muscle fibers, the whole muscle... flexes as hard as a rock. This is the key to accelerated progress and the wonderful thing is...

You only need it once... per muscle... per workout. It’s all the muscle needs to reach it’s wonderful magnificent potential.

There’s a possibility, you may not even need to hit the gym at all if you could get this Synapse just by flexing. But most of us are so out of touch with our muscles we have to go through the process of exercise until we learn to ... “Shoot For The Synapse”.

“Here’s Why This Domino Effect Can Save Us Countless Hours Of Wasted Effort”

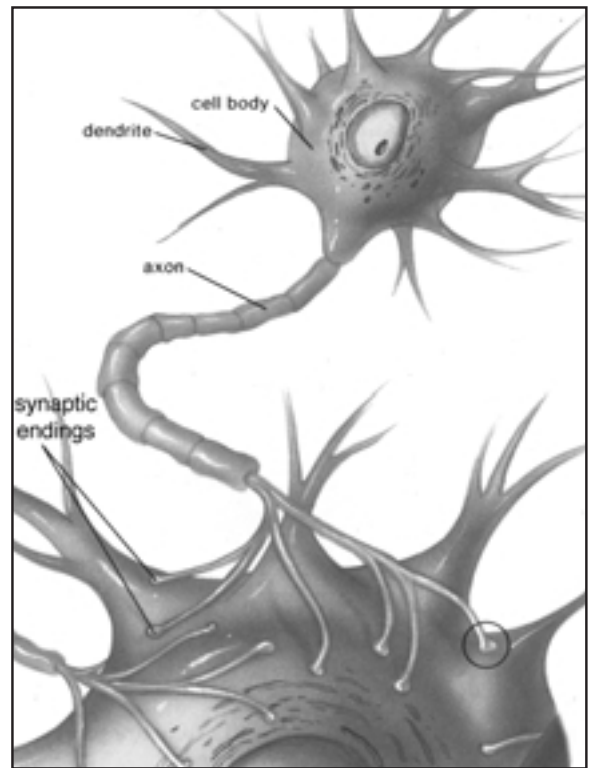
We’ve all got these different muscle fibers... some alert, some attentive, some down-right lazy. It’s kind of like a class room full of kids. You’ve got some raring to go, front row, kids who want to learn... take notes, all that kind of stuff.

Then you’ve got the “drag in, plunk themselves down on the back row kind”. Just barely there. Never really with the program. Your goal as the cheer leader is to get everybody as involved as the front row guys. Once you do this... man... you’ve got energy and power. Now you’ve got more than just the front row pitching in. You’ve got everybody going for it. You can get the room so full of energetic, alert muscle fibers... The window panes will be falling out... on the school yard.

How do you do this?...

First, you’ve got to eliminate momentum from your exercises. This is where the back row guys are hiding.

Start each rep... by stretching way down... to the bottom of the movement. You should purposely look



“A nerve ending showing the dendrites as they connect to the individual muscle fibers.”

for “new bottoms”. Find muscle fibers that have been coasting... hiding out... never been worked. Then once you find them, slowly, caress them with electrical impulses as you pass through their midst. Yeah, there will be sparks and quivering as muscle fibers bang into each other trying to get in cadence but they will love the stimulus, because... for the first time... they are fulfilling the measure of their creation.

As you pass through the “front row”, cells... the ones that normally do all the work... don’t forget them just because you’ve found some “lost sheep”. Encourage these front row guys! I mean, really cheer them on. As the weight passes to them send out mental energy... something like, “Come on guys, go for it. Show everybody else how it’s done. You can do it. That’s it. Great”.

Next you come to the other group of back row fibers... the ones that never really get to... contract... flex... tense.... the way they could. It’s almost like they begrudge all the attention you give everybody else.

But that was before... now you’re going for the whole class. you’re going to show every single muscle fiber how important they are.

So... at the top of the exercise... flex those little devils like you’ve never flexed them before. Squeeze those hummers to life. Mentally crank up the voltage in your nervous system so it arcs across the floor through the air into every single lazy muscle fiber you’ve got.

Perhaps for the first time... in your life and theirs, you’ve actually done a “full repetition”. You’ve got everyone’s attention. Waiting to see what you’re going to do next. Do you think they are going to listen?

Get real...

Your muscle fibers want nothing more, than to hear from you. They love it... Just like the kid on the back row loves it when the teacher shows him personal attention.

And you’re not... just...the teacher.

You’re The Lord Of Your Whole Body... Imagine the excitement! Every muscle fiber and... every Nerve Synapse gets to hear from the Master! A message from the King! Isn’t that what we all want? That’s cause for celebration. No wonder the back row guys become “standing on desk, stopping feet, front row guys”. Is it any wonder your exercise takes on a whole new perspective?

It’s no longer just... you... pumping and pushing weights. It’s a combined effort between you, your nervous system and your muscle fibers. For the first time you feel everyone working as a team.

Once you build a nervous system with enough voltage to trigger this kind of flexing, you’ll make progress so easy you won’t believe it.

If You Can’t Flex It You Can’t Build It

Just so you’ll know what I’m talking about, pick an area on your body... like your midsection and... flex it for all your worth.

Is it still soft in lots of places?

You can see why you’re carrying flab all around your waist. If you can’t even make the intercostals, external obliques, lower abs and the quadratus lumborum (muscle over the low back) hard, how do you expect to get rid of the fat riding on top of these muscles?

Once I learned to build my nervous system so it could flex these muscles and... I mean really flex... not just abdominal crunches but Synapse type flexing... my waist started shrinking daily. It’s down to 31 1/2 inches (smaller than it was when I graduated from high school and I only weighed 135 at the time).

I know... they tell us there's no such thing as spot reducing that to lose fat we have to do endless aerobics but... believe me when you learn to flex your abs, intercostals, spinal erectors and quadratus as hard as a rock. They'll go on a witch hunt for fat deposits that'll rival the witch hunts of the 1800's.

And... where do you think these muscles will look first?

You got it...

They'll look at all that squishy old stuff smothering them day and night. Isn't this a better way to get rid of fat? Then, of course, you can do endless hours of aerobics and examine every gram of food for fat but wouldn't you rather use this method that works 24 hours a day... even when you're sleeping... constantly munching away... eating fat cells?

If you would...

It's hidden in the Power Of The Synapse. Remember the analogy about the classroom full of alert, lazy and bored muscle cells. This is how you kick that class into shape... quick.

You'll need to totally concentrate on what I'm about to tell you... It's just a matter of focusing enough mental energy through the nervous system to get it to respond.

When you concentrate on flexing the muscle and continue sending this mental energy to the muscle, a strange thing happens. The repeated volleys of nervous impulses soon cause a maximum response.

In other words when you "crank up the voltage" to one particular muscle group and keep focusing (sending flex signals)... gradually that muscle will flex to it's maximum.

Don't get discouraged, if you find it's difficult. Like I said earlier, right at first I couldn't flex some of my stomach muscles either. You'll get better quickly and while you're doing it you'll be burning fat at an accelerated rate. Because now you're getting more and more muscle fibers coming to life. One day you'll achieve a Total Synapse as the muscle flexes so hard it almost goes into a cramp.

When that happens you're on your way to the hardest most muscular midsection you've ever had in your life.

"The Best Way To Get A Total Synapse"

It dawned on me one day... This slow concentrated method of training is very similar to a Marital Art known as Tai Chi. So figured I might be able to pick up something by looking into Tai Chi a little.

In a book called "Complete Tai Chi" written by Master Alfred Huang he states, "most of the time when practicing Tai Chi we stand on one foot, all 5 toes touching the ground".

Quite frankly, I don't know much about Tai Chi but I liked the feel of what he said so I tried standing partially on one leg. It helped me tremendously to get a better flex on each muscle. Here's a few things I learned that will make it easier for you:

- I've found if you place most of your weight on the leg opposite of the muscle you're flexing you'll have better luck. For example if you're trying to flex your right intercostals, place most of your weight on your left leg. Or if you're trying to flex the left intercostals, place most of the weight on your right leg.
- Your goal is to get the origin of the muscle and the insertion of the muscle as close together as possible. This is done by lifting the hip as high as possible first before flexing down over it.

“How To Build Your Own Ring Of Fire”

Stand at a lat machine, take the bar off, and attach a Tricep rope attachment. If it has “hand stops” on the end it’s better because your hands don’t tire out.* Grasp the rope with both hands, pull the rope down so the elbows are in next to your trunk and the hands about shoulder height. (I use about 60 lbs)... Use this stance throughout this Ring Of Fire. * See our Bio-Phase catalog for “Tricep Rope” under accessories.

Lower Abs...

Standing with the rope held as described above, lift the pelvis as high as possible. Both feet flat on the ground. Using the lower abdominals, pull the pelvis up, take a little breath, then lift it higher, take another little breath, continue lifting and panting to a count of 20 each time taking a little breath and pulling up harder. Take about 20 seconds. The only muscle that can lift the pelvis is lower abs. The lower abs are the bottom row of your six pack and even lower. This movement gets rid of pot belly and low back pain. Stretch out to get rid of the lactic acid and move on to the next muscle...

Upper Rectus Abdominals...

This should be easier. Your head is facing forward, chin down. Feet still about 1 foot apart equally balanced on the floor. Crunch down over your abdominals, again taking a 20 second count with little short breaths. Try to get the muscle to go into cramp. If it goes into cramp before 20 seconds stop, stretch out to get rid of the lactic acid and move on to the next muscle...

Right Intercostals...

This is a little harder... Raise up on the ball of your right foot. Turn your head to the right so it’s right over the intercostals. Lift your right hip as high as possible and crunch down over it using the same 20 sec flex and pant method. Stretch out to get rid of the lactic acid and move on to the next muscle...

Right Oblique...

Staying up on the ball of your right foot, shift your attention to the right oblique. Again lift the right hip, turn your head to the side right over the hip, crunch down over it using the same 20 sec flex and pant method. If it goes into cramp before 20 seconds stop, stretch out to get rid of the lactic acid and move on to the next muscle...

Right Quadratus Lumborum (Muscle over the kidney)

Shift your right leg about 1 foot back staying up on the ball of the foot. Turn your head and look over your right shoulder. Try to lift your right hip up into your back just like you did with your right intercostal only this time you are lifting the back of the hip. Crunch down over it using the same 20 sec flex and pant method. If it goes into cramp before 20 seconds, stop, stretch out to get rid of the lactic acid and move on to the next muscle...

Left Quadratus Lumborum (Muscle over the kidney)

Move your right leg forward again and shift the left leg back about a foot, don’t forget to raise up on the ball of the left foot. Turn your head and look over your left shoulder. Try to lift your left hip up into your back just like you did with your right hip. Crunch down over it using the same 20 sec flex and pant method. If it goes into cramp before 20 seconds, stop, stretch out to get rid of the lactic acid and move on to the next muscle...

Left Oblique...

Now move both legs forward but stay up on the ball of your left foot, shift your attention to the left oblique. Lift the left hip, turn your head to the side right over the hip, crunch down over it using the same

20 sec flex and pant method. If it goes into cramp before 20 seconds stop, stretch out to get rid of the lactic acid and move on to the next muscle...

Left Intercostals...

Turn your head so it's right over the intercostals. Lift your left hip as high as possible and crunch down over it using the same 20 sec flex and pant method. Stretch out to get rid of the lactic acid and move on to the next muscle...

Upper Rectus Abdominals...

Your head is facing forward, chin down. Feet still about 1 foot apart equally balanced on the floor. Crunch down over your abdominals, again taking a 20 second count with little short breaths. Try to get the muscle to go into cramp. If it goes into cramp before 20 seconds stop, stretch out to get rid of the lactic acid and move on to the next muscle...

Lower Abs...

Lift the pelvis as high as possible. Both feet flat on the ground. Using the lower abdominals, pull the pelvis up take a little breath, then lift it higher, take another little breath, continue lifting and panting to a count of 20 each time taking a little breath and pulling up harder. Take about 20 seconds. The only muscle that can lift the pelvis is lower abs. The lower abs are the bottom row on your six pack and even lower. This movement gets rid of pot belly and low back pain. Stretch out to get rid of the lactic acid...

Finish Off With Just... The Synapse Ring Of Fire

This is done without any weight. Right at first you need to pull down on the weight because it helps you get the feel of which muscle you are flexing. After a while you'll be able to do it without any weight. It's very similar with just a few variations. It's done as follows....

Lower Abs...

Hold on to something about shoulder height. Both feet flat on the ground about a foot apart. Using the lower abdominals, pull the pelvis up, take a little breath, then lift it higher, take another little breath, continue lifting and panting until you feel the muscle going into a cramp. Stop, stretch out to get rid of the lactic acid and move on to the next muscle...

Upper Rectus Abdominals...

Don't hold on to anything but hold the hands out in front as if your were holding on to something. Your head is facing forward, chin down. Feet still about 1 foot apart equally balanced on the floor. Crunch down over your abdominals, crunch down, take a little breath, crunch down again, take a little breath. Continue until you feel the muscle going into cramp. Stop, stretch out to get rid of the lactic acid and move on to the next muscle...

Right Intercostals...

Grab hold of something about shoulder height with your left hand, hold the right arm bent at a 45 degree angle and in close to the trunk. Raise up on the ball of your right foot. Turn your head to the right so it's right over the intercostals. Lift your right hip as high as possible and crunch down over it using the same flex and pant method until the muscle cramps. Stretch out to get rid of the lactic acid and move on to the next muscle...

Right Oblique...

Keep both arms in the same position as above. Staying up on the ball of your right foot, shift your

attention to the right oblique. Again lift the right hip, turn your head to the side right over the hip, crunch down over it using the same flex and pant method until the oblique goes into cramp. Then, stretch out to get rid of the lactic acid and move on to the next muscle...

Right Quadratus Lumborum (Muscle over the kidney)

Keep both arms in the same position as above. Shift your right leg about 1 foot back staying up on the ball of the foot. Turn your head and look over your right shoulder. Try to lift your right hip up into your back just like you did with your right intercostal only this time you are lifting the back of the hip. Crunch down over it using the same flex and pant method until you feel it cramping. Then stop, stretch out to get rid of the lactic acid and move on to the next muscle...

Left Quadratus Lumborum (Muscle over the kidney)

Change your arm positions so the right hand is holding on to something about shoulder height and the left arm bent at a 45 degree angle and in close to the trunk. Move your right leg forward again and shift the left leg back about a foot, don't forget to raise up on the ball of the left foot. Turn your head and look over your left shoulder. Try to lift your left hip up into your back just like you did with your right hip. Crunch down over it using the same flex and pant method until it starts to cramp. Then, stop, stretch out to get rid of the lactic acid and move on to the next muscle...

Left Oblique...

Use the same arm position as above but move both legs forward but stay up on the ball of your left foot, shift your attention to the left oblique. Lift the left hip, turn your head to the side right over the hip, crunch down over it using the same flex and pant method until the muscle starts to cramp. Then stop, stretch out to get rid of the lactic acid and move on to the next muscle...

Left Intercostals...

Turn your head so it's right over the intercostals. Lift your left hip as high as possible and crunch down over it using the same 20 sec flex and pant method. Stretch out to get rid of the lactic acid and move on to the next muscle...

Upper Rectus Abdominals...

Your head is facing forward, chin down. Feet still about 1 foot apart equally balanced on the floor. Crunch down over your abdominals, again taking little short breaths until you feel the muscle starting to cramp. Then, stretch out to get rid of the lactic acid and move on to the next muscle...

Lower Abs...

Lift the pelvis as high as possible. Both feet flat on the ground. Using the lower abdominals, pull the pelvis up take a little breath, then lift it higher, take another little breath, continue lifting and panting until you feel the muscle cramp. Stretch out to get rid of the lactic acid...

Note: These muscles are not easy to get into cramp. It's going to take some time. As you get better at it, you'll be able to get your cramp in just a few seconds.

In fact you'll get to where you can slowly rotate the tension all around your midsection from front to side to back to side and back to the front again. It will feel just like a Ring of Fire all around your mid-section.

I wish I had the words to express not only how effective this will be in building a wonderful midsection but how fantastic it makes you feel. It's truly addictive.

Once you learn to control these muscles. You can run through a ring of fire first thing in the morning while in the shower or even while you're driving to work. It's one of the greatest abdominal breakthroughs I've even seen.

There's a kind of zest, a freshness that is simply intoxicating. I was trying to figure out why! So far the best answer I've run across is something I read in the Tai Chi book I mentioned earlier.

A chapter on breathing the author was talking about what happens when you use the diaphragm to breath. He says, "beneath the diaphragm is the stomach, on it's right is the liver, on its left is the spleen, and underneath is the intestines. When we move the diaphragm up and down we massage these inner organs. This massage increases the blood and the "chi" circulation around them, and greatly improves the digestion of food, the assimilation of nutrients and assists in the elimination of waste. Because when you learn to flex all 8 sections of the midsection you are massaging all those internal organs. If that's true, no wonder it gives you such a boost of energy. I know you'll love this as much as I do.

"Here's a Neat Diet Tip To Speed Your Progress"

If you keep slugging away too many refined carbs it will take a long time to get your beautiful mid-section so... Try to maintain a ratio of 55% proteins, 25% carbs and 30% fats. It will do wonders. Here's a little trick to make it easy.

When ever you sit down to eat, look at your plate... The proteins on your plate should be about the size of your hand (palm and fingers out stretched). The carbs should be about the size of your palm. The fats should be about 1/2 the size of your palm.

If you maintain this ratio of protein, carbs and fats while using this amazing Ring Of Fire, you'll soon look better than you ever have in your life. I promise!