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Hey everyone, it's Josh here, and thank you so much for checking out this audio story time. So today, I'll share my story with you - so that you'll get a glimpse of my daily life. A glimpse means a quick look at something. I'm going to talk about how I got the six pack abs - we sometimes also say washboard abs. How did I get the six pack abs in three months? Acai berries! No, just kidding. There is no such thing as a magic bullet in my opinion. It takes a combination of three factors - exercise, food, and focus.

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Number one, exercise. There are two kinds of exercise that I did and they are weightlifting and high intensity interval training. Weight lifting means you are lifting weights. Lifting weights is much better than jogging or walking because it burns more calories and the fat. It also improves your metabolism. If you want to have a better physique, you want to build toned muscles. This goes for both men and women. Of course you want to go for the heavyweights because you want to build your strength, but the most important things are your posture and movement. You have to have the right posture and movement. When I began weightlifting, I was a complete beginner, so I had Mr. Anderson, aka Wolverine, to teach me how to lift weights properly. When you lift the weights properly, you start to feel the muscles you never knew existed. So for example, I didn't know how to do pull ups properly, so when my coach taught me how to do the pull ups, I started to feel my back muscles. I didn't know I could target and stimulate my back muscles. Also, I couldn't squat without losing balance. It took me some time to learn to squat.

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The second type of exercise I did is high intensity interval training. In short, it's called HIIT. Hiit is a type of cardiovascular exercise. Cardiovascular exercise is a type of exercise that uses air, uses breathing, and it increases your heart rate. In short, we say cardio. Cardio is the short word for cardiovascular exercise. Hiit is much better than running or jogging on a treadmill. It's more effective. I used a stationary bike to do hiit.

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Okay, so I talked about exercise and now I'm going to talk about food. Diet. There are three macro nutrients in food, carbohydrates, protein and fat. Instead of carbohydrates, sometimes we say carbs. Some carbs turn into sugar quickly, so you want to reduce bad carbs. I avoided eating rice, noodles, bread and anything that's too salty, spicy or sweet. I also didn't put any sauce on my salad or a meat. Instead, I had oatmeals and sweet potatoes for my carbs. I had eggs in the morning and for the rest of the day I had a chicken breast, meat and vegetables, and I just had the same meal every single day. I also had a cheat hour each week, which means I can eat whatever I want for one hour, one hour every week. On the day I have a cheat our. I still have to exercise though because I'm eating chocolate and ice cream and cake, so I have a lot of calories so I still have to go and exercise on the day. I have the cheat hour.

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Okay. I talked about exercise and food. Now let's talk about focus. Mental power. Like many people, including myself, we give up on a goal too easily. That is because there's no consequence for not achieving a goal. People are motivated by two things. We are either moving away from pain or we're moving

towards pleasure. My motivation to move away from pain is far greater than my motivation to move towards pleasure. So I made a bet with a friend and I gave myself a punishment if I didn't achieve my goal - if I didn't get the six pack abs in three months then I have to join, then I have to go to my friend's church and joined the choir and sing in front of many people. I wouldn't do anything to avoid this. That was a huge motivator. I'm not going to join a choir. I'm not going to sing in front of many people. So I really wanted to avoid this consequence. So what about you? You know, maybe you're motivated by reward or maybe you're like me, you're motivated by punishment. You have to find what motivates you.

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The second way to keep focus is to measure your progress. There is a saying. "What gets measured gets managed." I think that applies in fitness. So I took pictures of myself after each workout. I also tracked my body fat percentage. So I would have looked at my own pictures and I also make sure that my body fat percentage is going down as long as my body fat percentage is going down. I know I'm on the right track. I know that I'm in the right direction. As a result, my body fat percentage went from 25 percent to 11 percent.

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In the beginning. I just want it to look good, but as added benefits, you know, I had more energy, I was more focused with work and my confidence has gone through the roof, go through the roof means to rise to the highest level and because I felt confident, I felt good about myself, you know, before I would have some negative chatter in my head, but now I say positive things about myself, because I'm confident, I like myself better.

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There are also other lessons that I learned, right, but one of the most important lessons that I took away from this experience is this: when your behavior changes, your attitude will follow. That means even if you don't feel like it, you have to go to the gym, you have to go through the motion, and when you do, your attitude will also change. I think the same can be said for other areas of life, whether you're making music as a musician, writing a book, or learning a foreign language, you need to do more output and do it everyday. Making music every day. Write something every day. Learn new words every single day. When your behavior changes, so does your attitude, and that's how I was able to keep my focus for three months.

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Okay. I hope you enjoyed my story. If you have any questions about English or about my experience, please feel free to leave some comments or questions in the comment section below. Thank you so much for listening and I'll see you next time.