

Abs Over 80!

Bob Delmonteque Talks Training and Truth About Longevity And Abdominal Exercises.

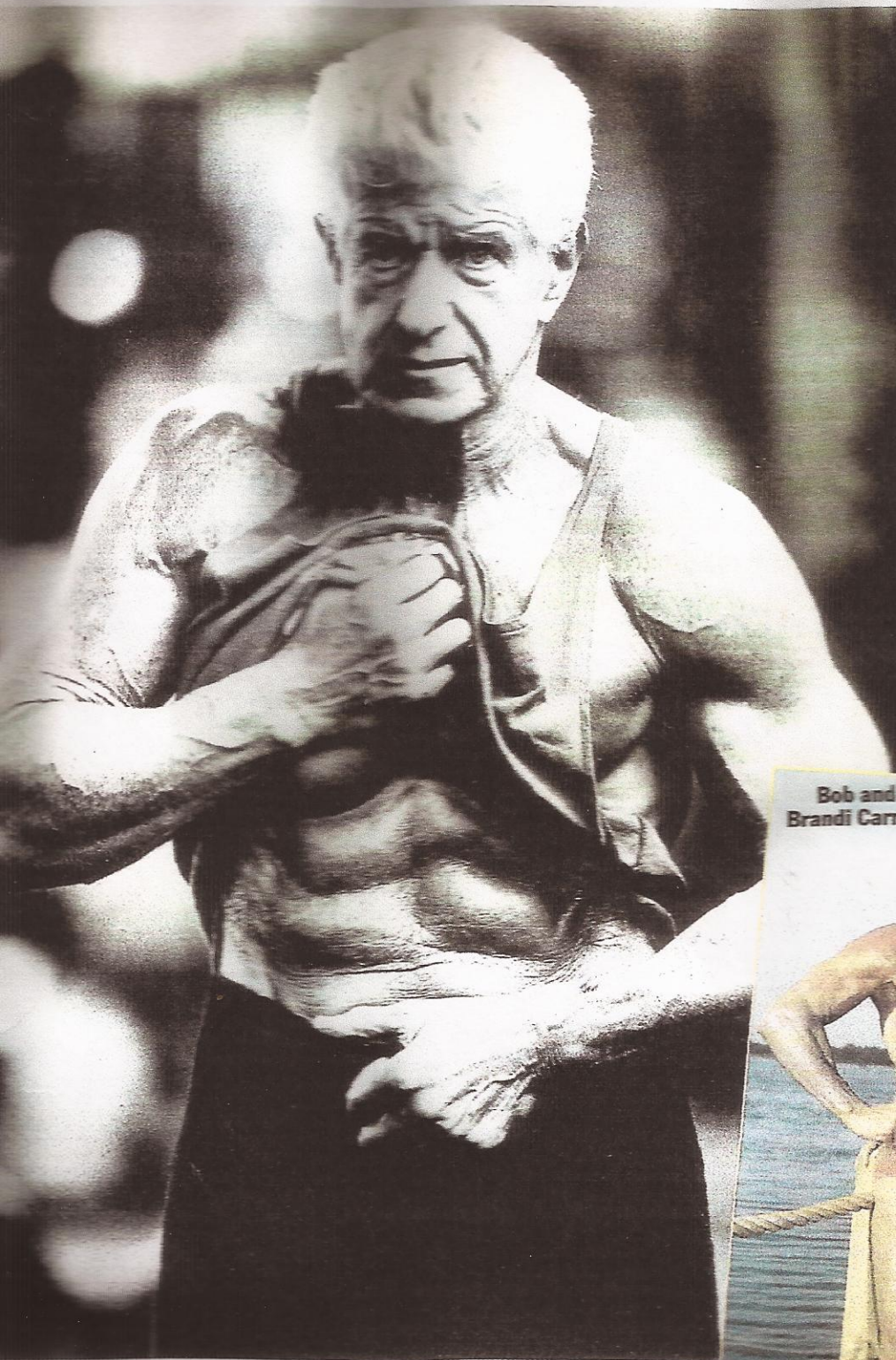
By Bob Delmonteque

I've been training abs for a little over 60 years now, and I do the same number of situps today as I did in my 20s. Each night, no matter what, I do 100 situps. That's right – 100 situps each night before I turn in and go to bed! Even though the experts say you shouldn't exercise before bed if you want to sleep, I sleep like a baby after I do my situps. There's probably only one other thing that helps you sleep sounder, and I think you might be able to guess what that is!

I've always followed the philosophy that says, "If you don't use it, you'll lose it." I really believe that to be true because I've used it and I haven't lost it yet. In fact, I'll be turning 80 in a couple of months, I have a sharp midsection, and I haven't lost one inch off my six-foot-two-inch frame. Why? I've

Abs can be trained at any age – and they attract the ladies too!

Layout by Sarah Wells



Bob and Brandi Carrier

