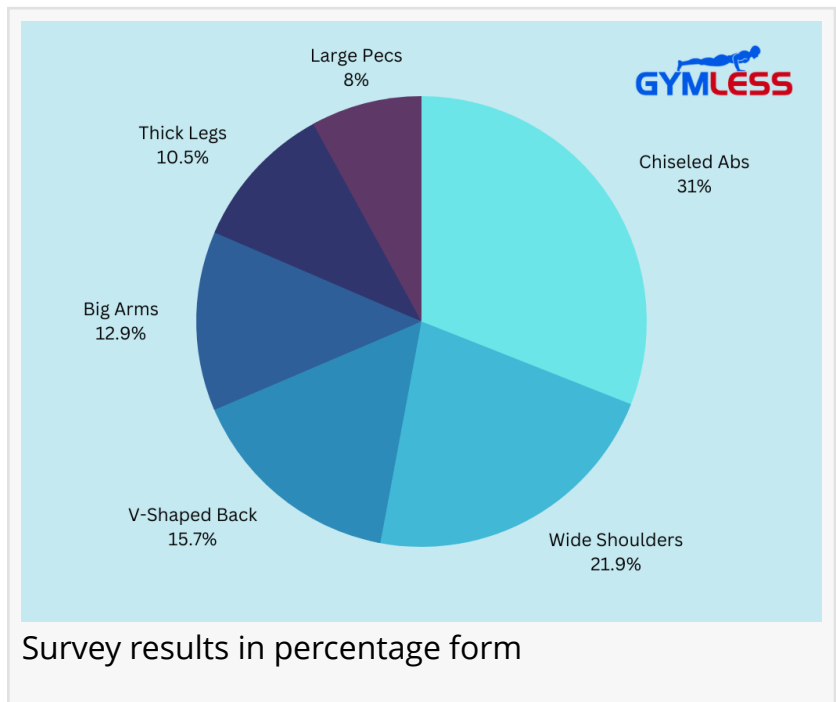


# New Survey: Chiseled Abs Tops List of Fitness Enthusiasts' Desired Muscular Attributes

*This preference for abs aligns with broader fitness and societal trends, emphasizing both aesthetic appeal and the health challenges posed by global obesity.*

NEW YORK, NEW YORK, UNITED STATES, September 18, 2023

/EINPresswire.com/ -- A recent survey conducted by [Gymless.org](https://gymless.org) polled 285,000 fitness enthusiasts to find out which muscular attributes are most desired. The clear favorite? Chiseled abs, with a whopping 31% of respondents choosing this over other options.



While other muscular attributes, such as wide shoulders and a V-shaped back, received significant attention, the coveted six-pack stood out as the leading desired body feature. Large pecs surprisingly fell to the bottom of the list.

This trend aligns with a previous poll, launched by Muscle & Fitness magazine, that declared abdominal muscles as the "sexiest male body part" by female participants. But beyond aesthetics, the focus on abs has a broader implication.

"The significance of the results lies beyond just the cosmetic appeal of abs," says Liam Hunt, one of the study's co-founders. "Visible abdominal muscles are often considered a symbol of vitality in a world in which obesity is increasingly prevalent. For some, visible abdominals are a proxy for financial status and self-discipline, considering the investment of time and effort that attaining them requires."

The findings offer a perspective into current fitness culture and the individual's desire for health, vitality, and a defined midsection, especially in a world where sedentary lifestyles are common

However, Pat Chadwick, the Head Trainer at Gymless, reminds everyone of the physiological benefits of a strong core. "A strong core isn't just for show. It's the foundation of a strong, functional physique," says Chadwick.

What is perhaps more surprising is that large pectoralis muscles of the chest are considered the least preferred among those polled. Having a strong bench press or an intimidating front-facing appearance, it would seem, is not a priority for some fitness enthusiasts.

About Gymless.org:

Gymless.org is a leading online resource for calisthenics and bodyweight fitness information, offering free educational content for fitness enthusiasts worldwide.

Survey Highlights:

31% of respondents favor chiseled abs

Large pecs ranked the least favorite

21.9% opted for wide shoulders, and 15.7% for a V-shaped back

The survey reflects the challenges of combating rising obesity rates and the benefits of core strength

See the complete report at:

<https://gymless.org/breaking-survey-reveals-the-fitness-worlds-obsession-with-this-body-part/>

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