

The 1924 Oakland 6-54A Four-Passenger Coupe was advertised as the "True Blue Oakland Six." Oakland was the first car to use DuPont's Duco Satin Finish paint - initially available only in Oakland Blue. This paint not only provided a better finish, but also significantly reduced drying time, thus eliminating a major bottleneck in manufacturing. It was named for Oakland County, Michigan, where its cars were produced. By 1919, Oakland [Alpha Surge Male official site](#) was ranked sixth in the American auto industry with sales of 52,124. But Oakland Division sales fell in 1920 and never fully recovered until Pontiac arrived. Priced just above Chevrolet, Pontiac was an immediate hit and outsold its parent. By 1932, the slow-selling Oakland was gone. A 44-bhp, 177-cid L-head six replaced an ohv six of the same size and power. This might sound like a step backward, but the overhead-valve six was expensive to build and had durability problems. The new six soon gained a reputation for reliability.

[external page](#) The six was also smooth and gave lively performance for its day. Cruising speed was 35-40 mph. Also new for [Alpha Surge Male official site](#) 1924 were mechanical four-wheel brakes. Almost every car in Oakland's price range made do with rear brakes only. Automatic spark advance was also an unusual feature for the time. Most cars of the period had manual spark advance controls mounted on the steering wheel hub. Oakland's elimination of the spark advance allowed it to conveniently locate the throttle, choke, headlight switch/dimmer, horn, and ignition switch on the hub of a walnut-rimmed steering wheel. No key was provided for the ignition, but a transmission lock discouraged theft. The four-passenger car shown here was one of two Oakland coupe models offered in 1924. The front passenger seat folds under the dash revealing a large heater vent. A cutout routes exhaust through pipes in the heater. The price for the four-seat coupe in 1924 was \$1,350, but did not include step plates or the accessory gate on the running board. Expanded, this held extra luggage. Our featured car is owned by Ken and Barbara Spencer, of Santa Clarita, California. The paint and upholstery were professionally done, but most of the restoration was done by Mr. Spencer, his son, and a friend.

Discover how long it takes to get a six-pack and the key lifestyle changes you need to make. Learn why common pitfalls like carbs, booze, and lounging can derail your fitness goals and how to overcome them for a shredded core. Many aspire to one day have six-pack abs, but let's be real, few have succeeded because carbs, booze, and time are not on your side. But, if we unpack (pun intended) how to obtain that coveted "six-pack," you'll find it's not mission impossible after all. What you really need to know is how long it takes and exactly what behaviors (ahem: endless couch chilling and junk food) you need to kick to the curb. First and [Alpha Surge Male deals](#) foremost, getting a six-pack (or four-pack, or eight-pack if you have great genes) comes down to the amount of body fat you have. Reducing body fat is a necessary step to reveal your chiseled midsection. To lower body fat safely and effectively, it's important to focus on both diet and exercise.

With everything nutrition and fitness related, there remains one true constant: There is no one-size-fits-all when it comes to achieving a goal. Genetics, body shape, and build always factor into individual results. But seriously, how long does it take to get a six-pack? Your timeline to a six-pack depends on the body fat percentage you're starting with. A good rule of thumb (and a safe one) is to aim to lose 1 to 2 percent of body fat per month. So, unveiling your abs can take anywhere from 3 months to 2 years. It really does vary. It's also a good idea to consult a registered dietitian and certified personal trainer or exercise professional before beginning any nutrition and fitness plan. There's a lot of noise and misinformation in the food and exercise world, and it's important to be sure you're on the best plan for your individual needs. For starters, the ideal body fat percentage to see your midsection muscles pop is 14 to 19 percent for women and 6 to 13 percent for men. [external frame](#)

From:

<http://nccproduction.com/wiki/> - **NCC Production**

Permanent link:

http://nccproduction.com/wiki/it_was_named_fo_oakland_county



Last update: **2025/10/16 18:08**