HOW TO EAT & TRAIN FOR SIX-PACK ABS

MICHAEL MORELLI JR.
COMPLETE GUIDE FOR A FLAT STOMACH AND SCULPTED SIX-PACK

Consult your physician and get permission before starting any exercise program or altering your diet. The programs and information expressed within this book are not medical advice, but for educational purposes only. This program is designed for healthy individuals over the age of 18.

If you are taking any medications, you must talk to your physician before starting any exercise program, including Six-Pack Finishers. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

The author is not responsible in any manner whatsoever for any injury or health condition that may occur through following the programs and opinions expressed herein. Dietary information is presented for informational purposes only and may not be appropriate for all individuals.

The editors and publishers advise readers to take full responsibility for their safety and know their limits. The ideas represent the author’s opinions and are solely for informational and educational purposes.

No part of this book may be used or reproduced in any manner whatsoever without written permission except in the case of brief quotations utilized in articles and reviews.
Lean, Attractive Abs

Every day, I see many people who have been through that “depressive” cycle of weight loss. In fact, you can check out my Instagram page @instagram.com/morellifit if you want to see some proof of how many people are fed up with the fitness industry. As a result, there are more than a half a million people following me because they want real answers, which is what I bring to the table.

And despite being online for only a couple of years, the effectiveness of my unique approach to sculpting abdominal muscles, fitness, and fat loss has allowed me to create a successful membership site, MFIT90, that people rave about. Also, I created HIIT MAX, a 60-day training program that effectively burns fat and builds muscle.

Noticeable Differences

With an effective abs program, such as Six-Pack Finishers, the differences in your body and core become noticeable.

And as the fat begins to melt away, your midsection shrinks, and your abs begin to appear. You, your family, and friends will see the difference.

Lean noticeable abs are a real achievement that only a small percentage of people actually achieve. If you follow my approach you’ll not only reveal six-pack abs, but you’ll also succeed long-term.

In addition to looking good, you’ll feel better than you’ve ever felt. By following this program, you’ll enjoy:

- Leaner stomach and attractive abs
- Increased core strength
- New levels of energy
- Better moods
- Less fatigue
- Improved sleep

Inspiration, Motivation, And Support

Everything you need to build a rock solid core and six-pack abs is in this abdominal program. It’s easy to follow with no extra fluff All you need to do is to be patient and stay the course.

And throughout Six-Pack Finishers, you’ll find plenty of inspiration and motivation because that’s what I aim for. Support is just a click away when you need it. So, if you need to contact me, please don’t hesitate.

Now, if you’re ready, let’s begin. I’ll start by sharing the painful story behind my fat loss journey.

To your six-pack success and health,
Michael Morelli Jr.
Your Dedicated Coach
Although I’m now in my 30s, when I was a teenager, like most teens, I wanted six-pack abs. That teenage desire for six-pack abs remained with me over the years.

As a result, I devoted the past decade of my life trying what seemed to be every diet, fitness system, and weight-loss program on the market, including: low-carb diets, high-carb diets, low-fat diets, calorie-restricted diets, diet after diet, And fitness system after fitness system. I tried one weight-loss program after another.

None of them worked for me. I became what some refer to as a “yo-yo dieter.” I would lose seven pounds only to gain them back and then some.

Getting Fatter

The bottom line is I became fatter and heavier instead of leaner and lighter. I was frustrated, confused, and annoyed with the weight-loss gurus. And I considered giving up countless times.

Giving Up

Truth be told, I did give up. I was sick and tired of the whole thing! So, one day I decided enough was enough. I quit the gym (even though I had seven months remaining on my YMCA membership).

Shortly thereafter, I went through a series of painful events.

Collapsing Marriage, Destructive Habits

The collapse of my marriage was the first painful event. After a seven-year relationship and a short marriage, I was looking for a way out.

Leaving the amazing woman I was married to was one of the hardest things I’ve ever done in my life. Nevertheless, we just weren’t right for each other. So, I moved out, and we filed for divorce.
Meanwhile, my destructive behaviors of drinking, smoking, and using drugs remained a part of my life. The divorce didn’t free me from those destructive habits.

**Mentally And Spiritually Drained**

I had a collapsing marriage, destructive habits, and to make matters worse, I was out of shape (nearing 180 pounds at 5’7”). I was also mentally fatigued and spiritually drained.

Picture a sad, broken, lonely, and physically out-of-shape guy in a 1000-square-foot apartment. That was me.

**The Call No Guy Likes**

Then, one day I received a phone call from a woman I met a few months earlier. Prior to the phone call, we hadn’t talked for a while. However, I’ll never forget having the thought she was the one for me when we first met. Gosh, we laughed a lot together. In fact, that’s all I can remember—lots of laughs.

Anyway, the call was the kind of phone call no guy likes. I answered the ringing phone, and she said, “Michael, I think I’m pregnant.” And like most guys, I said as most guys would in this situation, “Are you sure?”

**The Turning Point**

Well, it turned out she was indeed pregnant. Months later, we found out that she was expecting a baby girl, our daughter. At that moment, it hit me like a ton of bricks. I was going to be a father!

That moment was a turning point for me. It was time for me to get my act together—and fast. Repeatedly, thoughts flashed through my mind:

- “What am I going to do?”
- “I can’t even take care of myself!”
- “It’s time to get it together, Michael.”

Nonetheless, I was determined to participate in my daughter’s life. She needed me. There was no way was I going to be a deadbeat dad.

Of course, that meant a lot of things had to change, such as my drinking, smoking, eating, and exercising habits. At the time, I was so out of shape I couldn’t even carry a couple of bags of groceries up two flights of stairs without feeling as if I had the wind knocked out of me.

To add insult to injury, at the time, I was on anxiety and attention deficit disorder (ADD) medications. What a role model!

However, there was hope. Luckily for me, prior to this painful period of my life, I had read a ton of leadership books. The knowledge from those books allowed me to quickly realize I couldn’t lead an army of ants to a picnic in my condition.

Nevertheless, I was committed to getting healthy for my daughter.

**The First Prayer in a Long Time**

It was time to step up. It was time to become a father. It was time to become the leader my new family needed and deserved.

This time my goal wasn’t to get a six-pack. Instead, I wanted to become healthy from the inside out.

So I prayed for the first time in a very long time. I didn’t know it at the time, but a growing body of evidence indicates that real health is just as much mental and spiritual as it is physical. Ignoring all of the so-called gurus and mainstream media, I began taking care of my
spiritual health. After all, the gurus and media only helped me to spiral downward in the past.

**The Breakthrough, Real-Life Examples**

And instead of turning to the media and gurus, I sought out solid information, including:

- Real-life examples
- In-depth research
- Case studies
- Books
- Blog posts

I devoured anything I could get my hands on with facts, information, and habits of people who lived in healthier generations during a time when countless people didn’t need oxygen tanks and seven different medications just to survive another day.

What I discovered were pre-agricultural era and pre-mass food production eating habits that were quite logical. In a nutshell, I uncovered the truth and importance of eating real, unprocessed food that’s from as close to nature as possible. And, I learned the importance of listening to your body.

That was only the beginning for me. Remembering the commitment to my family, I stayed the course. Additional reading and research allowed me to quickly become knowledgeable on ancestral diets and fat loss.

My journey was hard. But anything worthwhile takes time and patience. This new lifestyle was one of the best things to ever happen to me. It’s responsible for helping me to overcome addictions, live a more spiritually centered life, and enjoy more energy than ever before.

I was able to create and maintain a stronger, faster, and leaner physique at 8 percent or so body fat.

And instead of trying to lose weight all year long, I could live year-round with a six-pack and eat up to 3500 calories each day of whole foods.

Believe me, if I can do it, so can YOU!

You can also get and maintain attractive abs year-round—even faster than I did—without the guesswork. You’ll find out why and how in the next section.
Can you relate to the painful story I just shared with you? If so, then you’re familiar with the struggle to lose weight, the struggle to finally achieve that attractive six-pack.

For close to 10 long years, I struggled with my weight. I struggled and failed to get the six-pack I desired since my teenage years.

I was never happy with my body, and I finally reached the breaking point where I just didn’t think I could ever have a six-pack or a trim, lean, and fit physique. The big programs sold me, and I believed the outrageous claims; I wasted my time and hard-earned money on diet books, fitness systems, and useless supplements. They let me down.

Finally, after almost an entire decade of letdowns and frustration, I lost 27 pounds of fat in 113 days! My abs started to show through, finally I had six-pack abs. At last, I figured out the fat loss puzzle.

Get Faster, Better Results Than I Did

Following this six-pack blueprint, you’ll learn exactly how to replicate my results. In fact, I guarantee if you follow this program, you’ll develop an attractive six-pack faster than I did. It took me 113 days. You’re going to discover how to get real results in less time.

Why are you going to do it faster than I did? You’ll do it faster than I did because you’ll receive all the secrets and special techniques I painstakingly learned over almost 10 years.

My clients have enjoyed phenomenal results, plus techniques you’ll discover some of the leading experts in the world have tested thousands of times.

With my program, you skip the painful trial and error I had to endure during my transformation. That spares you from wasting time and energy. Instead, you go directly to the proven methods that flatten your stomach and sculpt your abs.

You’ll experience methods that allowed me to:

- Enjoy six-pack abs every day of the year
- Achieve and maintain 8 percent body fat
- Experience more energy and motivation daily
- Run long distances and jump higher
- Create a stronger, leaner physique

Next, you’ll see real-life success stories of women and men, whom I’ve helped to flatten their stomachs, sculpt abs, and burn fat without years of guesswork.

And by simply implementing my proven system, you too will have your own success story to share with others.
"A journey of almost 10 years.

Always workout but didn’t realize the art of clean eating. The beginning of 2013 was when the clean eating really started to take shape. MrShutUpAndTrain had this 30day cardio challenge, was wonderful, loved the exercise, and the work ethic of his videos, a wonderful program, did it three more times throughout 2013. Lost over 30lbs.

In 2014 started SixPackFinishers, now this program really fine tuned my eating, and exercise regimen. Everything was right there, through a website. Answered question through website or email. Your program was the answer and I’m forever grateful. Now getting ready to start working on your new program HIIT MAX. Can’t wait!

"Thank you so much for letting me be a part of Six-Pack Finishers!

This has been a life-changing experience for me!

I started noticing changes immediately. During the first week of training I lost 9 lbs. I think I triple-checked the scale because I couldn’t believe it.

Two years of constant struggling was over!

I stuck to the diet, and I have now lost 25 lbs. The meal plan included in this program has been a great inspiration. When in doubt, I could just post a question, and I got an answer straight away."
“After months of working out and dieting I’ve lost 75 pounds and I was able to make my goal and step on stage (physique bodybuilding) tonight!

I was so fortunate to find Michael because when I first started 8 months ago, I didn’t know much about dieting or exercise.

After the first 2 days I could tell he wasn’t going to just take my money and give me a little info and that’s it – the fact is he really cares about people and wants to help them out, and is actually there for them.”

“Since this program I have seen and felt the difference in my body.

It’s amazing how good you are supposed to feel when you eat the right foods.

I love it, I don’t even want unhealthy foods anymore and my confidence has raised. I’ve been smashing my workouts with six pack finishers workouts.

I highly recommend Michael and six pack finishers to anyone, it will be one of the best decisions you will make regarding your health!”
“There is something again which I want to share with you!

I am truly amazed. I have had a really bad hay allergy on my adult life – with the last 3 years being terrible.

Well... I just realized yesterday... the allergens are on the air right now here in Finland. And, well - I haven’t been taking any medication - I have no symptoms!

I can’t believe this is true! The only thing that has changed is my diet...

I am so so so happy I bought your program and that you suggested me to leave the grains for two weeks first.”

“Michael, I started working out with your free e-book

in late March 2014. My eating habits were horrible, and I was at 180lbs with 27% BF. I started losing weight once I followed your plan and advice. I then completed you Six Pack Finisher program and everything fell into place.

It hasn’t been easy, and there has been a lot of adjustment along the way. You have been always there for me, and have helped me get to where I am now. I am 166 lbs and 16% BF now; my pants’ size also went down 1.5 times.

I am nowhere near my goal, and I continue working towards my goal. Your support is greatly appreciated as you are available at any time, and are always willing to help me succeed.”
Are the women and men who shared their success stories any different from you?
Not at all. They represent people of all walks of life with their own unique struggles. And just like you, each one of those men and women had a strong desire for permanent, lasting change.

The only difference between you and them is their decision to put aside doubts and give my simple, proven methods a try. Those success stories were possible because those well-intentioned people discovered the real reasons that prevented their bodies from burning fat, becoming lean, and building a six-pack.

While there are countless reasons people struggle to melt away fat and achieve attractive abdominals, it boils down to seven core reasons, which I’ve identified and compiled during the last decade. The seven reasons or roadblocks are consistent across the board.

It’s important that you’re aware of these roadblocks. If you’re ready to melt away your fat and finally carve out your six-pack, they’re critical to your success.

1. Not Knowing What Foods to Eat

Unfortunately, many fitness programs and diet books give very general directions and statements. They might tell you all about fats, proteins, and carbohydrates, but there’s never any concrete information about the specific foods themselves.

If you don’t know which foods to buy from the grocery store, and what you need to stock in your kitchen, then you’ll have a tough time. There’s no way around this. Guessing does not make for a successful fat-loss plan.

With this program, you’ll receive lists of foods, so you’ll have no doubt about what to shop for. This removes all the confusion from the shopping process.

The grocery store can intimidate you, especially if you don’t know where to look or what to ask for. Now you will have a 1-2-3, connect-the-dots approach. All you have to do is to print off the checklist and off you go. You never have to wonder what you need to buy in order to lose fat.

2. Not Knowing How Many Times to Eat per Day

Do you know how frequently to eat for maximum fat loss? Do you know the most harmful time to eat, when you’re most likely to put on fat?

Many people simply don’t know these things, and they make a big difference. If you’re doing everything right but fail to eat frequently enough, you hinder your progress. I’ve encountered this issue many times with my clients. Making this one small shift in meal frequency will have a major impact on the way your body responds.

3. Not Knowing How to Combine Foods

While most people know about the fat-inducing foods (junk food, fast foods, chocolate, and so on) and the healthiest foods to eat (in general), most people are never told about combining foods.
This is one of the most important concepts in burning fat. It turns out that there are certain combinations of foods the body requires to stay healthy and stay lean. I figured this out after years of trial and error. This is one of the things the gurus’ diet books never mention.

4. Attempting to Count Calories

Most people lose interest in fitness and diet programs as soon as they find out they need to count calories or measure their food. Let’s be real: Most people simply don’t have the time to count every crumb they consume on a daily basis.

If you have a family, children, work, and a social life, you can’t maintain the calorie-counting program. It’s just unrealistic.

The beauty of my program is that you only need to have a general understanding of calories (which will be provided), but you don’t need to count calories.

There are some rules to follow (in terms of the foods you should choose), but you can basically eat until you’re satisfied.

This means you should eat until you’re about 70 percent full, not until you feel you’re going to burst. This is important. You’ll soon get used to the natural feeling that your body gives you when you’ve had enough to eat.

You may realize you have overeaten for many years. As you break down your new nutrition program into a specific macronutrient profile, you will never feel hungry.

5. Being Overwhelmed by Information

Information overload cripples most people. I know this from personal experience. There is so much conflicting and inaccurate information on the Internet that it’s hard to know whom or what to trust.

When you get conflicting information, it leads to procrastination. Even fitness and diet books that explain everything in detail cause people to procrastinate. Many times, people publish a huge book just to give the impression of expertise.

Well, I want to combat this issue. This is the reason my guide is short, but concise. You get the core facts you need to understand and a plan you can implement from day one. No more guesswork or procrastination.

In the next section, I’ll share with you five of the most commonly held myths (false information) that can cripple your efforts to flatten your stomach and sculpt your six-packs.

6. Not Having Enough Time to Prepare Meals

In today’s on-the-go society, many people simply don’t have time to prepare healthy meals.

The good news is you can have healthy, delicious meals that lead to a flatter stomach and more attractive abs without spending hours on them. It all comes down to simply staying prepared by prepping your food in advance, so you can grab and go when you need to.
7. Believing You Can’t Have the Body of Your Dreams

Unfortunately, as a result of the false promises of fad diets, many people have formed the belief they cannot achieve a six-pack or the body of their dreams. More often than not, this is because they tried many of the popular programs and diets without success.

The problem wasn’t a lack of effort or understanding. The problem was the information and the advice they received.

The point is this: The human body responds to the same stimuli, regardless of origin, personal characteristics, or beliefs. Once you start eating properly, your body will respond. Your metabolism shifts, your stomach begins to flatten, and you become a fat-burning machine.

Deceptive Myths That Keep You Fat for Life

While other plans have let you down in the past, I believe my system will work for you. If you apply my system, are patient, and see this to the end, you’ll get the results you’re after. I believe this is the last diet-related program you’ll ever spend money on.

Why? It’s simple. Because my diet methods flat out work. I can confidently say that because I know what’s in store for you. I know you’re going to follow what I present; therefore, I know you’re going to crush it.

But, before jumping into the workouts, it’s important that you review the next section on the five most popular, yet sabotaging myths.

Although you now know the reasons keeping most people from having a six-pack, you also need to know the five most commonly believed myths that keep millions of men and women fat, and they don’t even know it. Chances are, at least one of these myths sabotages your fitness and fat-loss success. Simply believing even one of these myths can totally derail your progress, results, and goals even with Six-Pack Finishers.
You’ve been lied to countless times. There are so many myths out there.

The good news is that the truth is much simpler and more straightforward. Before jumping into the five worst fat-loss myths, it’s important for you to know that

- You can flatten your stomach and sculpt your six-pack without starvation diets, salads, cravings, bags under your eyes (adrenal issues), hours of cardio, or destroying your social life.
- You don’t need low-fat diets, no-carb diets, Atkins, Zone, or any other celebrity-endorsed diets.

Those methods and diets all sound stupid because they are. They’re nothing more than marketing gimmicks with the goal of generating curiosity.

Unfortunately, those approaches also generate poor health, results that don’t last, and weight gain. Simply say no to the fad diets, hours of cardio, endless crunches, and harmful diet pills.

Now, let’s start uncovering all of the myths that prevent you from achieving the body of your dreams.

1. Restrict Calories

There’s a huge myth in the fitness industry that tells people to lower their calorie intake in order to achieve a smaller midsection and to lose weight. There are some very dangerous levels of calorie intake advised on the Internet.

If you restrict your calories too much, your body will start to react in order to preserve itself. In essence, it will enter starvation mode and will store more body fat, which is the opposite of your goal. Not only this, but you’re very likely to damage your internal organs. In some serious cases, the effects aren’t reversible, and they can lead to long-term health problems.

More often, people will restrict their calories for 30 to 60 days and lose weight. The key word here is “weight.” This is a combination of both muscle and fat, sometimes more muscle than fat.

These people quickly discover this lifestyle leads to unhappiness and isn’t sustainable, and they regain all the weight (and more) when they return to a more sustainable diet.

This is the major cause of the yo-yo diet phenomenon.

2. Eat a Low-Fat Diet

A low-fat diet became popular in the early 2000s, and the government and local health organizations promoted it.

The human body needs fat in order to function properly. In fact, the brain cannot function as it should without healthy fats. Fats are essential. But it’s important to eat the right fats. You’ll see a list of approved fats inside the macro list; stick to these, and you’ll do just fine.

3. Do Lots and Lots of Cardio

If you have followed me for some time, then you know I think traditional long-form cardio is broken.

In other words, it isn’t effective as the foundation of any training program when it comes to losing fat, flattening your stomach, or getting
a six-pack. Cardio simply takes up lots of time, doesn’t promote increases in lean muscle, and is very boring.

Many people believe running on the treadmill or cycling for 45 minutes every day is what they need to do in order to melt belly fat and lose weight. This just simply isn’t the case.

Weight training with short periods of rest, accompanied by the right abdominal exercises, is by far the best formula for fat loss. Once I figured this out, I never used traditional cardio as the foundation of my training program. Finally, after years of doing it wrong, I’m in the best shape of my life.

You can find tons of free information and videos on my blog.

4. Use Fat-Burning Supplements

Many people have turned to fat-burning supplements in desperation. When all else fails to work, you can expect people to turn to drugs and medication and make no mistake, most fat burners (that work) use very powerful ingredients.

While they do produce fat loss, once people stop using the supplements they more often than not gain the weight back. Plus, let’s face it: you cannot be on this stuff forever. It almost always has some frightening warnings on the label.

The ingredients are unhealthy, especially in these doses, and you can be sure of an array of side effects such as headaches, dizziness, irritability, and mood swings. I don’t recommend weight-loss supplements. In fact, I highly discourage them. They just aren’t necessary!

I emphasize the lifestyle of a healthy, fit, and active body. When you implement the right nutrition and training methods, you will look great and feel great. You don’t need to use fat-burning supplements in order to get ripped.

5. Protein Makes You Big and Bulky

There’s a major myth that circulates the Web saying that the more protein you consume the bigger and bulkier you get.

Protein is the muscle-building block and critical to building a better body. The amino acid profile found in protein is essential. In other words, we need it. The moral of the story is don’t be afraid of protein, it’s your friend.
PART 2: HOW TO EAT AND TRAIN FOR SIX-PACK ABS
ABS ARE MADE IN THE KITCHEN

You’ve probably guessed from the previous two sections that abs are made in the kitchen. Without the right nutrition, your abdominals will remain covered by a layer of fat. The truth is everybody has a six-pack. But unless you dial in your nutrition, you’ll never expose it.

What we refer to as the “six pack” is, in fact, a single muscle called rectus abdominis, which extends from the breastbone to the top of the pubic bone. This large muscle is the most superficial of all the abdominal muscles, meaning that it’s located right underneath the skin, so when the layer of fat that separates the rectus abdominis from the dermis gets thinner, your six-pack becomes visible.

Also, it’s important to know there’s no such thing as spot reduction. So, if you’re wondering how to target that last bit of belly fat, the short answer is you simply cannot “target” and reduce fat in one specific area. While it’s true that you can tighten muscles in a specific region, you cannot spot reduce fat—period.

To reach your goal of a flat stomach and sculpted abs, you have to burn fat and torch extra calories creating a weekly deficit. I strongly encourage a weight-training program combined with touches of HIIT (high-intensity interval training) as well as abdominal work.

Don’t forget nutrition, this is 70 percent of the fat-loss puzzle.

Two programs I can recommend are MFIT90, my 12-week weight-training program and meal planner, and HIIT MAX, the number-one-selling HIIT program online with more than 30,000 members worldwide.

Remember, no matter how hard you train your abdominals, you still have to eat right in order to reduce your body fat to expose your six-pack.

Body-Fat Percentages for Six-Packs

Both women and men need to achieve and maintain a certain percentage of body fat in order to expose the abdominals.

In most men, a body-fat percentage between 5 and 10 percent leads to an attractive six-pack, while women can get a ripped midsection at between 8 and 15 percent.

<table>
<thead>
<tr>
<th>MALES</th>
<th>FEMALES</th>
<th>PHYSICAL ASPECT</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-10</td>
<td>8-15</td>
<td>Athletic</td>
</tr>
<tr>
<td>11-14</td>
<td>16-23</td>
<td>Good</td>
</tr>
<tr>
<td>15-20</td>
<td>24-30</td>
<td>Acceptable</td>
</tr>
<tr>
<td>21-24</td>
<td>31-36</td>
<td>Overweight</td>
</tr>
<tr>
<td>&gt;24</td>
<td>&gt;37</td>
<td>Obese</td>
</tr>
</tbody>
</table>

Abs-friendly, metabolism-revving foods

As previously mentioned, intense training is only one component of a flat, attractive midsection. The most important component is a clean, whole foods diet.

The challenge is to embrace the right nutrition prescription, eating habits, and diet. You should eat foods that keep your stomach flat, minimize bloating, and keep the metabolic rate elevated, which forces your body to burn more calories while metabolizing them.
Protein-rich foods are ideal for getting shredded faster since they have the greatest thermic effect (20 to 35 percent). This means protein requires the highest amount of energy to digest, absorb, and convert into fuel for the body.

Your focus should be primarily animal-based protein such as:

- Lean Beef
- Fish
- Turkey
- Chicken
- Lean Pork
- Eggs

The thermic effect for carbs and fats is between 5 percent and 15 percent; aim to eat more protein. However, try to get a balanced amount of quality carbs and healthy fats but be careful not to over-consume. Eat lots of protein and veggies and fill in the gaps with quality carbs and healthy fats. (See approved list of foods.)

Remember, always strive to eat whole foods from as close to nature as possible. This includes lean meat, veggies, nuts, seeds, some fruit, little starch, and no sugar. The emphasis on whole foods is because of their nutrient density (nutrient rich) without caloric density (low calories).
Because it’s so important, I have to include a few things to assist you on your journey. I can assure you that, by applying these five simple steps in addition to the workouts, you will lose body fat, build lean muscle, and see major body composition changes within weeks.

Also, the foods and beverages listed in the accompanying Six-Pack Finishers Macro List & Grocery Guide will have the highest amount of micronutrients (vitamins and minerals) without containing the empty calories in processed foods. Try your best to select foods only from it.

**Eat Lots of Protein**

Every meal should contain some protein, specifically, in the form of animal-based protein (beef, fish, chicken, pork, or eggs). There are several very solid reasons for the emphasis on protein and this applies to everyone, not just athletes.

**Thermic effect of food (TEF)**

Protein is a very costly macronutrient for the body to metabolize. Your body actually burns calories in order to digest protein. Therefore, from a fat-loss perspective, it makes sense to include protein with every meal.

**Repairing skeletal muscle and tissue**

The volume and intensity of training create consistent damage to the body’s muscles and tendons. Protein plays a major role in repairing the damage.

**Addition of lean body mass (LBM)**

Resistance training tears down the body’s muscles. Therefore, it’s important that you provide your body with the nutrition and food to rebuild itself. Contrary to popular belief, a high-protein diet will NOT create big, bulky muscles in women. Females simply do not have the testosterone and hormones responsible for bulking up like males. Instead, high-protein diets help women to achieve a slender, long, and lean body.

**Satiety**

Satiety is essentially how satisfied your brain becomes after eating food, in this case, protein. Your hormones completely drive your eating. Fat, carbs, and protein all affect hormonal secretion differently. When it comes to satiety, protein is king. A little protein goes a long way. Furthermore, it’s physically impossible to overeat protein.

**Fat storage/fat release**

Without getting too complicated, it’s important for you to understand a couple of hormones: insulin and glucagon. Together, these two hormones regulate blood sugar. Animal-based sources of protein are very dense with amino acids and create a greater secretion of
glucagon, the “fat-release” hormone. Insulin is the master “fat-storage” hormone. When it comes to losing fat, it’s “fat-release” you’re after. That’s why it’s best to eat animal-based protein, which happens to be the best source of complete protein.

Displacement of Carbohydrate Ratio

Typically, if your protein is high, your carb intake will be low. And when animal-based protein dominates this ratio, fats naturally fall into place, and carbs are easily portioned and adjusted based on exercise needs. While beans, nuts, and dairy contain protein, the quantity and quality are substandard at best. Authorities generally recommend that you aim for a daily consumption of protein that equals 1 gram of protein per pound of body weight.

Quick Tips

- Prepare more protein for dinner so you can use leftovers as snacks.
- Beef jerky—A great snack while on the move.
- Protein powder is a great way to supplement. Just make sure you’re using a quality brand. The fewer ingredients the better. Look for something with relatively low carbs.
- Breakfast MUST contain protein. At least 30 grams of protein from whole food sources.

Use your accompanying Six-Pack Finishers Macro List & Grocery Guide to choose high-quality protein foods.

Make sure every meal contains a dense and complete protein source. Maintain an overall daily protein intake of a minimum of 1 gram per pound of body weight. Aim for 30 grams of whole food protein in your first meal of the day.

Note: This is a rule of thumb for most individuals.

If you’re 50 pounds or more overweight, then you need to use your lean body mass instead of your total body weight to calculate total daily protein.

Stay Hydrated

While many consider this an easy area to cover, more often than not most people overlook it. Even if it seems as though you’re maintaining solid hydration, keep track of it to ensure you really are. I often think I’m drinking more than I actually am, and keeping track really helps to make sure you stay hydrated.

Hydration formula

The recommended formula to use for optimal hydration is:

\[ \frac{1}{2} \text{body weight (BW)} \] in ounces per day (1 ounce = 29.5mL). This is to ensure you replace fluid lost throughout the day due to normal sweat and increased metabolism.

When the body is chronically dehydrated, it holds onto water for survival. The body is very efficient at retaining water. The solution is to constantly and efficiently hydrate so the body sheds excess water, which results in an appearance of better muscle tone and a leaner physique. Additionally, proper hydration clears the metabolic waste from your training volume and helps with recovery.

Important Note: Drinks like iced tea and diet sodas DO NOT count toward your hydration status. You will find an excellent choice of beverages in the accompanying Six-Pack Finishers Macro List and Grocery Guide. Review the guide and try to select beverages from it.

Hydration timing

While increasing and maintaining your hydration, it’s also important to consider timing. Large amounts of water during meals can lead to inefficient digestion by diluting gastric acids and enzymes. Try NOT to drink anything during
or at least 30 minutes after eating to optimize digestion.

Relax, chew your food, and let your saliva break down the food. Enjoy the process. Certainly, there are times when we need liquid to clear our throats; therefore, this is a do-your-best proposition. Eating all the salmon and spinach in the world will do you little good when your body poorly digests and absorbs food because you consumed too much liquid.

Conversely, drinking 8 ounces of water 20 to 30 minutes prior to your meal can increase saliva content and therefore, increase digestion quality.

**Coffee**

It’s OK to have coffee in your diet. Despite being demonized as a diuretic, it’s not. Coffee is a known ergogenic (training aid) that contains a fair amount of antioxidants and caffeine. Caffeine is actually the most underused, natural fat-burner on the market. Too many people take pills containing many harmful chemicals, when all they need is a shot of espresso or a small cup of coffee (black). The main downfall of coffee consumption is all the stuff people add to it (sugar, creamer, etc.). However, coffee does cause gastric motility, which can be unpleasant for someone with a predisposition to GI disturbances.

**Teas**

There are many teas to choose from, such as green, white, and rooibos. Green tea is another natural fat burner. It’s thermogenic (fat burning), due to compounds called catechins. Catechins are active in both green and white teas. It also contains theanine, a precursor to a calming neurotransmitter. Rooibos tea is actually an African bush that comes in green and red. It contains no caffeine but is very high in antioxidants. Black teas and herbal teas are fine, too.

**Alcohol**

Alcohol consumption affects your hydration, and it can hinder your fat-loss efforts. So, if you choose to drink while on this program, then don’t consume more than one to two drinks per week. The many red wine studies do not show many benefits for general health. In fact, alcohol works against you and negatively affects

- hydration status
- fatty acid synthesis
- testosterone production
- REM and second-stage sleep

All four are essential for general health, fat loss, and better body composition. We’re social creatures, and drinking does occur. Nonetheless, beware of alcohol’s damaging effects and do your best to keep it at bay.
Look at it this way: you use whatever you consume or drink for either FUEL or REPAIR. Alcohol is dirty fuel that negatively affects hormonal response.

Milk
Milk is only essential for three types of people:

- people trying to gain weight
- people who want cancer
- babies and small children

That statement usually gets some attention and even upsets some people. Regardless, it’s valid. With a few exceptions, no one other than babies or small children should drink milk.

Milk is highly anabolic and insulinogenic (causes a large insulin release), hence its carcinogenic properties. The protein found in milk isn’t terrible (although casein protein often causes inflammatory issues); however, the lactose can be problematic for some people, even if they aren’t lactose intolerant.

Furthermore, the “calcium” for bones is highly overrated when you consider North Americans consume some of the highest levels of calcium in the world, yet have the highest rates of osteoporosis (bone fragility and loss). David S. Ludwig, MD, PhD published an article on milk based on a Harvard study. In the September 2013 edition of JAMA [Journal of the American Medical Association] Pediatrics, Dr. Ludwig points out there are many other calcium sources than milk, and that countries that don’t consume milk actually have a lower rate of bone fractures.

Additionally, the quality of grocery store milk is quite low, due in large part to high-heat pasteurization, homogenization, and the quality of the cows it comes from. Forms of full-fat yogurt and heavy cream DO NOT fall into this category.

Consume half your body weight in ounces per day, spread out over the course of the day. Begin with 8 ounces of water first thing in the morning prior to eating. Limit consumption during meals and 30 minutes after eating. Limit alcohol.

Eat High-quality Foods
What do I mean by food quality? I mean whole foods from as close to nature as possible. The emphasis here needs to be meat, veggies, nuts and seeds, some fruit, little starch, and no sugar.

The emphasis on whole foods is because of their nutrient density (nutrient rich) without caloric density (high calories).

The foods listed in the accompanying Six-Pack Finishers Macro List & Grocery Guide will have the highest amount of micronutrients (vitamins and minerals) without containing the empty calories present in processed foods. Try your best to select foods only from there.

Think pickle instead of Twinkie. Blueberries instead of Blizzard. Steak instead of Subway. Remember, the main goal of food quality is nutrient density without caloric density. Keep in mind, the more you can prepare your meals at home the better.

Make food prep a high priority
One of the major downfalls in people’s diets is due to lack of food preparation. However, it’s so easy to stop and grab something quick when you’re on the go and don’t have anything handy. To avoid this, use Sunday night as food prep night.

Grab a large package of chicken breasts from your favorite grocery store. Toss them on a George Foreman grill with a bit of lemon and black pepper…and you’ll have delicious, quality protein for the entire week. Then all you’ll have to do is grab-and-go. The same approach works with veggies. Simply chop up some carrots, celery, red pepper, or cucumbers. Toss them
into some zip-lock bags. Next time you get hungry, you’ll have some nutrient-dense, low-calorie foods handy. Boom! It’s that easy.

Organics
An easy way to break this up is to think fruits and veggies, and follow the rule of “The Dirty Dozen & Clean 15.” The list is in your accompanying Six-Pack Finishers Macro List & Grocery Guide.

If remembering the list seems a bit much, then an even easier way to remember it is to:

- Buy thin-skinned items (apples, berries, leafy greens, etc.) organic.
- Buy thick-skinned items (bananas, avocados, sweet potatoes) conventional.

So, are organics really worth it? Do they contain more vitamins and minerals than conventional products?

YES, they are worth it. NO, they don’t offer a lot more vitamins and minerals than conventional produce.

Organic fruits and vegetables
The value of eating organics lies in what’s NOT in the produce. Organics are free of pesticides and herbicides, which even in small doses are notorious endocrine disrupters. Furthermore, continuous chronic exposure to pesticides and herbicides, even at low levels, can impair hormonal secretion. Remember, optimal hormones equal optimal health and body composition.

Organic meats
Another quality organic item with a much better food profile than its counterpart is organic, grass-fed beef rather than conventional beef. This can be pricey; however, the fatty acid profile is much different, containing much better ratios of omega-3/omega-6 fatty acids and high levels of conjugated linoleic acid (CLA) and vaccenic acid (naturally occurring and healthy transfats) that benefit your health and lower body fat.

With the emphasis on animal protein in your diet, the cost-benefit ratio will be high. I recommend buying meat through local farms or small local grocery chains. A good national chain is Whole Foods.

Macro ratios
Combining macros (protein, fats, and carbs) ensures proper macro nutrient balance, which tends to bring down a meal’s overall GI (glycemic index). As a result, this lowers the body’s insulin (fat-storage) response.”

Reminder: There’s an excellent list of high-quality macros (protein, fats, and carbs) from which to choose in your accompanying Six-Pack Finishers Macro List & Grocery Guide.
Quick Tips

- **Beef is a better choice than chicken.** Why? It has a better amino acid profile and high biological protein value. Plus, the fats from beef are much better than chicken.

- **Bacon and pork are solid choices,** especially when you get sick of beef. Again, I shop for these foods at local farms and small grocery chains. Whole Foods is a national chain that is solid, too.

- **Breads/grains.** Simply put, these are very dense, nutrient-depleted carb sources coupled with inflammatory prolamin like gluten and gliadin. This is a huge topic. These foods have only been in our diet for a short time considering how long we’ve existed. We have NOT adapted to these foods. Our bodies NEVER fully digest the gluten peptides found in grains. The moral of the story: We need to seriously limit these. Just remember: empty carbs.

- **Pasta falls under grains.** Think of it as wheat sugar. This is SO processed, and the GI index is sky high with lots of added inflammatory gluten.

- **Eggs are king. And superfast.** Try to buy organic free-range eggs from someone local if you can.

- **Cake/candy/sugar:** Eliminate all refined sugars and really limit even the natural sugars. At the end of the day, sugar is still sugar.

- **Chocolate** can be an effective way to deal with late-night sugar cravings, or even sugar cravings in general. It’s leaps and bounds better than sugar. The brand I choose is www.lindtusa.com. They have dark chocolate bars ranging from 50 percent up to 99 percent cocoa; the more cacao the bar has, the more antioxidants and saturated fat it’ll have (which is good), plus the lower carb content. You can find them at several retailers.

The cool thing about chocolate is it stimulates the release of dopamine, which is the reward neurotransmitter. This will shut down your craving for sweetness without the high-glycemic carb overload.

- **Dairy** in the form of full-fat yogurt and heavy cream is fine for most people. The issues with spiking insulin in milk come from the combination of lactose and amino acids. Cream and yogurt are solid sources of SFA (saturated fatty acids).

The 90/10 rule

Some people simply need the freedom and flexibility to deviate from a clean diet. In fact, doing so helps many people stay sane and build resiliency. For those who choose to deviate from a clean diet, I prescribe the 90/10 rule:

- 90 percent of the time stay on track with a clean diet.
- 10 percent of the time deviate and indulge in “cheat meals.”

Planning and timing your “cheat meals” can be beneficial, especially if you indulge around your most intense training day(s) for the week. That’s just a little secret of mine. Remember, consistency is what you’re after. Minor deviations will not cause things to come crashing down, as long as you stay smart about eating clean.

Emphasize whole foods from as close to nature as possible. Every meal should contain some proteins, fats, and carbohydrates (PFCs). Continue to shift toward local organic produce, and organic, free-range, grass-fed beef.

**Eat Consistently**

Consistent meals and snacks are important. The key here is consistency. What works for some
typically doesn’t work for others. In a busy and fast-paced world, we have to do the best we can; for some that means three square meals, for others five to six smaller meals. Find what works for your lifestyle. Be consistent and make sure to get all your macros in.

Use your accompanying Six-Pack Finishers Macro List & Grocery Guide to quickly choose foods and snacks. Also, you can use your accompanying Six-Pack Finishers Athlete’s Food & Training Journal to track the frequency and consistency of your meals.

Analyze your schedule to determine the best meals/snacks regimen. Be consistent. The number isn’t as important as making sure to get in your macros and the consistency piece.

**Eat Around Food Intolerances**

It’s important that you become aware of how food affects your body and makes you feel. I like to use a simple tracking system (smiley face/frowning face). Think about how you feel before, during, and after you consume your meals. Leave a face next to the item, in your accompanying Six-Pack Finishers Athlete’s Food & Training Journal, based on how you feel.

**Why?**

Certain foods might cause you to experience low-grade, chronic inflammation that’s not only harmful to your health but also robs your body of important nutritional resources.

*For example, if your body is using nutritional resources (calories, proteins, fat, carbs, etc.) to fix and repair damaged tissue from a food intolerance or sensitivity, then it’s not recovering from any training or exercise as well as it could. And, very possibly your body might not build lean body mass or burn fat.*

Track and log physical (gastro/energy levels) and emotional (alertness/mood changes) states in relation to food intake. Feel free to use the Six-Pack Finishers Athlete’s Food & Training Journal that came with your Six-Pack Finishers program. Or, if you already have a favorite way to track, stick with that.

Throw out your excuses. Start by implementing the five basic nutrition principles (protein, hydration, food quality, frequency, and food intolerance) from this nutrition prescription guide as well as the Six-Pack Finishers Workout training manual.
It’s important to train all four quadrants of your abdominals effectively and efficiently so that after you reduce your body fat to a low enough percentage, your six-pack actually shows. You have to train your abs properly so they’re dialed in from all the different angles.

If you’re like me, there was probably a point in your life when you were doing crunches and thought that was all you needed to do. But crunches don’t work your entire abdominal area. And if you’ve ever seen a dialed-in or super-chiseled six-pack, then I can guarantee you that person isn’t just doing crunches. Instead, he or she is training all four quadrants:

- Upper
- Lower
- Obliques
- Rotational

The abdominal muscles consist of four different areas that work together to support the midsection of the body, commonly referred to as the core. The core contains upper and lower sections, the obliques, and the rotational.

**Upper**

The upper section of the abdominals or core has various functions. The upper core consists of the top section of the rectus abdominis, which is the outermost portion of the abdominal muscles.

The upper section of the rectus abdominis muscle primarily flexes the upper midsection of the thorax, or the thoracic spine. When the rectus abdominis muscle contracts (shortens), the top portion of the muscle pulls on the
ribcage and spine to cause a flexion movement in the thoracic spine.

While performing a standard sit-up, the upper portion of the rectus abdominis pulls with great force to cause the sit-up movement. When an individual has a strong core, the body can perform this type of movement more easily.

It's very important to keep the upper portion of the rectus abdominis strong in order to easily perform activities associated with daily living. This portion of the abdominals helps support the back, helps keep the organs lying under the muscles safe, and most important, helps support posterior chain.

**Lower**

The lower rectus abdominis muscle is the lower quadrant of the abdominal muscles. Consisting primarily of the rectus abdominis, this muscle serves similar duties as the upper rectus abdominis.

The lower section of the abdominal muscles acts to lift the thighs toward the body. This movement is most analogous to high knee exercises. When you lift the knees in the air, the hip flexor muscles are primarily in charge of lifting them, but the lower rectus abdominis helps the hip flexors in this action. This means that while the primary exercise of doing knee lifts is to work the hip flexors, you can reasonably expect to also get great benefit in the lower abs when performing this activity.

The lower abdominal muscles need to stay strong for everyday activities. When lifting the thighs in the air, as in walking up stairs or in normal gait, you use the lower abdominals. This means all day, every day, you use core in all basic functions.

Because you use the lower rectus abdominis frequently throughout the day, a strong core is important when trying to maintain a high level of endurance.

**Obliques**

The oblique muscles make up the outer side section of the abdominal muscles. The obliques consist of two separate muscles with two similar functions.

The external oblique is the area in the core (abdominals), known as the love handles. These muscles are important and responsible for twisting and side-bending actions. When the body is upright, let's say carrying a heavy grocery bag in each hand at the side, you need to stabilize the core on each side to keep the body erect. In order for the body to remain upright, the oblique muscles need to be strong.

Similarly, both sets of oblique muscles (there are two on each side of the body) assist in twisting motions. When the body is twisting, as in a golf swing, the core gets heavy use. The twisting action is actually something you use in everyday activities like walking, running, jogging, carrying bags, and simply standing. These are important muscles for these reasons.

**Rotationals**

The rotational muscles are the final portion that makes up the abdominal area. The rotational muscles are the deepest muscles in the abdominal area and are responsible solely for the rotation of the trunk.

While it may not be obvious, the body rotates throughout the day quite frequently. In fact, every step you take involves some rotation of the spine. The main purpose of strong rotationals is to help maintain proper balance while performing dynamic movements.

**Why We Need to Train Them All**

The abdominal muscles, that make up the primary portion of your core, are the center
point and create stability. The core is responsible for creating stability when walking, maintaining an upright position when standing, and for maintaining lower back strength and stability.

In addition, the abdominal muscles allow the body to bend over, move side-to-side, and allow the trunk to turn left and right in a swift rotation. Without strong abdominal muscles, the human body cannot operate at full capacity. Oftentimes a troublesome back is a result of a weak core.

The moral of the story, train your entire core frequently throughout the week. Additionally make sure a weight-training program that addresses your specific wants, needs, and goals is your foundation.

Reducing Body Fat

Maintaining and creating additional strength and endurance begins with the core. Training the abdominals can be fast and fun. You don’t need to spend a lot of time directly training your abs because don’t forget you use them all day every day in everything you do. The key is to be effective with your efforts.

In order to have visible abs, you need to reduce the fat surrounding your abdominals first.

This means that other training (weight training and HIIT) should accompany your abdominal routine. Research shows that body composition, especially around the waist, dramatically decreases with high-intensity interval training.

High-intensity interval training often includes all-out work periods followed by minimal rest repeated for 15 to 30 minutes. As you begin to reduce your body fat percentage, your body will take shape, and you’ll begin to see the effects of your abdominal training. You’ll not only begin to look healthy, but you’ll also begin to feel healthy, and that means reduced health risks associated with high abdominal fat.

Moreover, abdominal exercises are best to increase the muscular endurance of your core. Research indicates that exercising the abdominal muscles five days per week can have a significant improvement on muscular endurance and strength.

The moral of the story is don’t be afraid to train your core more frequently.

Now we move into the fun stuff, the training. The following section includes the best exercises for increasing the muscular endurance and strength of your abdominals.

Best Exercises for the Abdominal Muscles

- **Upper Quadrant:** planks, cable crunches, incline sit-ups, FitBall sit-ups, and sit-up Vs.
- **Lower Quadrant:** hanging leg and knee raises, planks, lying leg lifts, leg scissors, decline leg raises, FitBall knee tucks, and sit-up Vs.
• **Obliques:** side planks, thoracic rotation, Russian twists, seated trunk rotation, bicycle crunches, barbell and dumbbell side bends, and FitBall trunk rotation.

• **Rotationals:** Russian twists, seated trunk rotations, bicycle crunches, and FitBall trunk rotations.

Here’s a little more information about a few of the best exercises for the abs.

**Hanging leg raises**
If you have aspirations of achieving solid six-pack abs, then hanging leg raises will definitely help!

**Quadrant Worked:** Lower

**Planks**
Nothing screams core stability like doing planks. Try building your way up to two-minute planks!

**Quadrant Worked:** Upper and lower quadrant

**Side planks with knee pulls**
This exercise is perfect, especially if you’ve been nodding off lately while doing regular side planks.

**Quadrant Worked:** Obliques

**Cable crunch**
Are crunches getting too easy? Well, try cable crunches. This exercise does a good job of fully engaging your abdominal muscles, specifically the upper quadrant.

**Quadrant Worked:** Upper quadrant

**Lying down leg lifts**
Lying down leg lifts target your lower abdominals. To make these harder, have someone forcefully push your legs back to the bottom position.

**Quadrant Worked:** Lower quadrant

**Leg scissors**
If you want an abs exercise that burns, put leg scissors in your routine. These hit the lower abs area hard.

**Quadrant Worked:** Lower quadrant

**Russian twists**
Russian twists are a very effective abs-building exercise. They target your obliques.

**Quadrant Worked:** Obliques and rotationals

**Seated trunk rotations**
While a lot of abs machines are useless, the seated trunk rotation machine isn’t. It works the obliques overtime. You can do this without weight if need be. (See video demonstration.)

**Quadrant Worked:** Obliques and rotationals

**Bicycle crunches**
Riding a bike works the abs. But doing bicycle crunches really works the abs! One of my personal favorites.

**Quadrant Worked:** Obliques and rotationals

**Decline leg raises**
The late, great Bruce Lee used to do this great abs exercise. The decline leg raises do a good job of thoroughly working upper and lower abs muscles.

**Quadrant Worked:** Upper and lower quadrant

**Incline sit-ups**
When regular sit-ups get easy, this exercise is the next step. Incline sit-ups do a good job of fully stimulating the upper abdominals.

**Quadrant Worked:** Upper quadrant
Barbell side bends
Most gym goers don’t do (or haven’t heard of) this exercise. If you want to build great obliques, then get acquainted with the barbell side bend.

Quadrant Worked: Obliques

FitBall sit-ups
A great way to engage your upper abs is by doing FitBall sit-ups.

Quadrant Worked: Upper abs

FitBall trunk rotations
A great way to engage your obliques is by doing FitBall trunk rotations.

Quadrant Worked: Obliques and rotationals

FitBall knee tucks
If you want to fully engage your lower abdominals, try the FitBall knee tuck.

Quadrant Worked: Lower quadrant

Sit-up V
This exercise is great for stimulating the upper and lower abdominals simultaneously.

Quadrant Worked: Upper and lower quadrant

What a Balanced Core Means and Why It’s Essential
A well-balanced core has abdominal muscles that are equally strong and conditioned in all four quadrants.

An imbalance of abdominal muscles can very easily exist depending on the individual. Imbalances often occur due to injury, so the individual usually overcompensates without even knowing he or she is doing it. Consequently, imbalances start to develop.

This is why it’s important to continue to strengthen your core. You must train your abdominal muscles in all four quadrants so they’re equally strong on each side of the body. If the abdominals are imbalanced for any length of time, the lower back begins to suffer, i.e., lower-back pain and a trip to the doctor.

Remember, when you’re training your abdominals, be sure to include exercises that target each of the four quadrants. You don’t always have to train all four quadrants in one routine; however, it’s important to make sure they all get touches throughout each week.

This program covers it all, all the training you
Indirect Abdominal Training

Just because it may not seem as if you’re training your abdominals, oftentimes you are. Indirect abdominal training is common, and often individuals don’t realize they’re always working the abdominals to some degree.

For example, when performing leg lifts, hanging from a pull-up bar, the primary muscles used during these L crunches are the quadriceps. What many notice the next day after performing this exercise is that the lower abdominals are sore. This soreness is due to indirect abdominal training or the training for other areas is working the abdominals at the same time.

Another example is running. This is an endurance exercise that indirectly works the abdominal muscles. The abdominal muscles are responsible for maintaining strength and endurance in the core and midsection while running. Endurance runners’ indirectly train their abdominals because the body is constantly twisting, pulling, and attempting to maintain an upright position for an extended period.

A very common example of the body indirectly working the abdominal muscles is during any weight lifting activity, especially using free weights and barbells. During weight lifting or strength training, the body has a challenge to maintain a specific position.

During a biceps curl, for example, the body is standing in an upright position and in as close to perfect posture as possible. During the biceps curl, the main action is to flex (bend) the elbows while lifting the weights toward the shoulder joints. While performing this exercise, the body must remain upright in order to isolate the biceps during the lift and prevent the back from helping. As a result, the body indirectly works and uses the abdominal muscles as a midline (core) stabilizer.

Following are some additional exercises that do a great job of indirectly training your abdominal muscles. In many cases, these exercises will make you feel as if you’re simultaneously training your abdominals.

**Renegade rows**
When it comes to building six-pack abs, you have to be a rebel with a cause. In addition to your back, renegade rows fully engage your entire core.

**Mountain climbers**
While most think of this as a cardio exercise, it’s also an effective abdominal exercise. You get the best of both worlds; taxing the abdominals while simultaneously burning lots of calories (fat). I use this movement a lot in my HIIT MAX program.

**Spiderman pushups**
Time to work your abs in superhero fashion! Spiderman pushups not only stimulate your upper and lower rectus abdominals but the external obliques as well.

**L-Sits**
You thought doing regular chin-ups was hard, this exercise smacks you in the face, or shall I say, your abs!

**One-arm dumbbell row**
Not only a great arm and back builder, one-arm dumbbell rows stimulate the obliques as well.
Front squat
Not only great for building your quads, front squats also work on your abdominals wall (upper and lower abs). Because of the front-loaded weight, your abs work overtime to stabilize during the lift.

Standing barbell shoulder press
The standing barbell shoulder not only builds nice round shoulders, but this exercise also taxes the abdominals.

Dead lift
A dead lift is one of the few exercises that works the entire body. It’s potentially the single best movement you can do. The core works overtime during this lift. Try it. You’ll feel it instantly.

Split lunge
In case lunges get too easy, try split lunges. The split lunge is a great supplemental exercise that uses the abs as stabilizers.

Direct Abdominal Training
In contrast to indirect abdominal training, direct abdominal training is something that most understand and are conscious of during their training.

Over the years, many people have used the direct abdominal exercise, and it remains a popular exercise in gyms all over the world.

Some examples include a standard crunch, sit-up, plank, bridge, side plank, bicycle crunch, or side bend. Directly training the abdominals works to strengthen the core.

Standard crunches typically directly train the abs; however, this isn’t the most effective exercise. For example, performing an abdominal crunch on a stability ball is better and provides a more intense contraction. (See video.)

Research has demonstrated that abdominal crunches on a stability ball with resistance activate and directly work the upper portion of the rectus abdominis muscles.

Another exercise that directly works the abdominals is the plank. This is a simple, yet effective, direct way to train the abdominals. There are several variations of planks; however, the basic plank directly trains the rectus abdominis (the six-pack) and the transverse abdominis (a deep abdominal muscle).

So, that in a nutshell, is indirect and direct training. While we discussed it in relation to abs, it also applies to other muscle groups.

With this program, you’re going to do a lot of direct abdominals training because you absolutely have to specifically work the abdominals and the core. But, you’re also going to hit them using some indirect training, as well.
How Often Should You Train the Abdominals?

Some people say to train your abdominals as you train any of your other muscles. And they’ll tell you to make sure you rest them, too. On the other hand, some people say you could train them every day. So what’s the truth?

Well, you can train your abdominal muscles every day. Personally, I train my abs four to five times each week.

Now if you’re just starting out, do I recommend training them every single day? No, probably not. It’s probably something to work toward and build up to, but you can certainly train them more often than you do. If you’re starting out, every other day is perfect. You can build from here.

In this program, you’ll receive daily finishers you can insert directly into your current training schedule. You can also insert them on your active rest days. You can also choose from some other abdominal routines. And you’ll learn how to train or how to insert them into weight training or an effective fat-burning program such as my 60-Day HIIT MAX program. To learn how to effectively structure a workout >> Click Here <<.

Daily workouts like these are important when you’re training for fat loss. Why? Because as mentioned earlier, in order to see our abdominals, we have to first reduce our body fat percentage low enough so our abs will show through. And, that is going to take more than just abdominal exercises.

When Is the Best Time to Train Your Abdominals?

Timing is important. I only train my abdominals after I do all my other work unless I’m doing more circuit-based training. Could you train your abdominals first? Yes, in some cases. It really just depends on what the rest of your training program looks like.

Everything hinges on a strong and fresh core, even when you don’t think you’re training your core, you are. It’s involved in everything we do.

If you train your core first, you’ll affect major lifts. When I train, I like to know I’m giving 100 percent effort during my strength training. Training abs first will hinder you.

Now can you train abs before triceps, sure. But before legs, or back, I wouldn’t. That’s why I always stick to training abs last.

When you do squats, dead lifts, or other exercises that involve heavy lifting and engage the core, the abdominals are the ones that work the hardest to support the body, and to prevent injuries while twisting, bending, lifting, or pulling weights.

If you train the abs to exhaustion in the first part of your workout routine, you can’t perform efficient compound exercises during what I refer to as your primary training session. Simply put, your core is too tired, which means you’ll likely end up using poor form or training at less than 100 percent intensity. Or worse yet, you could get injured.
Furthermore, if you train your abs at the end of your session, they will have already seen some indirect work and be ready for complete exhaustive finisher-style training.

So, remember, if you intend to work more muscle groups in a single session, then the best strategy is to postpone the abs workout until the end of your training routine. Try to limit your workout to around 60 minutes, allow 10 to 15 minutes for your abs routine and watch the magic happen. Stay focused, keep the intensity high, and the rest periods low (45 to 60 seconds).

Let me explain. When you first start exercising, your body burns the fuel that’s readily available, or the blood glucose, more specifically, and then it starts releasing new amounts of glucose into the bloodstream by breaking down the glycogen stored in liver and muscles.

Weight training stimulates the release of glycogen into the bloodstream. Therefore, you’ll have just enough left in the tank for training the abdominal muscles. Remember, 10 solid minutes of abs work is better than 15 lousy minutes.

So the conclusion here is that for maximum benefits, always train your abdominals after the workout.

What Breathing Patterns Are Optimal for Training and Effectiveness?

Many people don’t know about optimal breathing. Personally, once I implemented this following breathing component, all kinds of positive things started to happen. I experienced serious improvement in my obliques, lower abs, upper abs, and my rotationals.

Let’s say that when you’re training, you’re doing your crunches. If you’re not breathing properly, you could do countless crunches. But, if you dial in a crunch and do it properly, then you’ll do fewer, yet more effective, crunches.

So, when you’re training your abdominals, what’s the optimal way to breathe in order to get maximum training results?

For simplicity’s sake, we’ll use a crunch to illustrate.

1. As you’re crunching up (contracting), you breathe the air out and then you squeeze once more getting that extra bit of air out. You’re getting that last little bit of crunch or contraction. Breathe the air out and contract your abs. This helps to eliminate the air from the lungs, and so you can squeeze the muscles more efficiently and get a more intense contraction.

2. On your way back, you’ll inhale as you normally do to help bring oxygen and nutrients to the muscle fibers.

That’s how you should think about breathing every time you train your abdominals. Every rep should have the same focus and intensity as the first. This little change in your technique will take even the most simple abs exercises to a whole new level.

If you’re used to doing 100 crunches with ease, try using this new training technique. I’m willing to bet you don’t get to 100. This new method of training your abs is going to create serious blocks of abdominal muscle. That’s why it’s very important to understand the breathing component.

Make sure you think about this every time you train your abs. Now that you know, every time you train your abdominals, whether you’re using a workout from this program or not, make sure you implement this same breathing technique.
If you’re like me, then taking days off (rest days) is probably tough for you. There were times when I would work out for 14 straight days without taking a rest day. As a result, I was over-trained and wasn’t seeing the results I wanted in my body.

That’s why no matter how good your nutrition and diet are, you absolutely need to rest your muscles. You tear and fatigue your muscles during training. However, the magic happens during your recovery and rest. This is where repair and growth occur.

It’s important to understand the three parts of proper recovery:

1. TIBS
2. Rest days
3. Sleep

**Time In Between Sets (TIBS)**

The first recovery step is time in between sets or TIBS.

This is how much time you rest in between your sets. You can manipulate this based on a number of factors, such as whether you’re training for:

- Endurance
- Fat loss
- Strength
- Muscle (or mass)

Proper rest between sets will allow the muscles to replace glycogen in the muscles to use for the next set.

Research shows that at least 20 seconds of rest between sets can increase gains in muscular endurance. A recent study suggests at least 20 seconds and no more than 60 seconds of rest between sets at a high volume and intensity is necessary to increase muscular endurance. This study concluded that 20 to 60 seconds of rest is important for increasing the efficiency, safety, and the overall effectiveness of any resistance-training program. The abdominal muscles are primed and geared for muscular endurance, which suggests that 20 to 60 seconds between sets is what I refer to as the sweet spot for effectively training the abdominals. This rest period is definitely important to help avoid overtraining the abdominals and can help the body recover between sets.

You’ll notice that in this program, you continually manipulate TIBS to constantly vary the routine.

**Rest Days**

The second recovery factor is your actual rest days.

My philosophy here is a little bit different from others. In fact, some people don’t really touch on this, but I believe it’s critical to your success.

It’s still important that you constantly vary your routine to keep your muscles guessing in order to keep your body growing and changing.

Well, a lot of us train and work out Monday through Friday, taking Saturdays and Sundays off. This happens week after week. Month after month. Your body begins to anticipate these rest days. It’s not guessing anymore because your body knows it’s going to work out Monday through Friday, and it’s going to rest Saturday and Sunday. Many people do this because it fits perfectly within their schedules.

But, let’s face it: Saturdays and Sundays are technically only days off from work. However, you could rest a day during the week in
exchange for a day in the weekend easily if you just changed your schedule a little bit.

I like to change rest days, week after week, so they never stay the same. Sometimes I rest on the weekend. Sometimes I rest during the week.

Maybe you can rearrange your schedule a little bit to take advantage of this. There’s a huge upside to varying your rest.

With that in mind, you might be wondering, “How much rest do the abdominals really need?”

As mentioned earlier in the training frequency section, if you’re a beginner, then you might choose not to train your abs every single day. However, it’s definitely something to work and build up to. That said, training your abs three to four times a week is fine. You can alternate your rest and training days, or you can take a consecutive block of rest days. It really depends on your fitness level and how your body recovers. The best thing you can do is to listen to your body.

Sleep

The third recovery step is sleep. Sleep is critical. If you’re not getting enough sleep, your muscles don’t have enough time to repair themselves.

For some of us, stress makes it hard to sleep. Others suffer from insomnia because of having all kinds of things on their minds. I know this because I go through it. You just have try to make sure that, if you’re one of those people who likes to do things at night, you know when to stop for the evening.

Also, you might benefit from aligning your sleep with the body’s natural sleep cycles. I’m not a doctor, but I discovered that sleep cycles happen every 90 minutes. You go in and out of these waves (cycles) every 90 minutes; therefore, you want to try sleep in increments of 90 minutes.

However, I’m not saying you should sleep for only 90 minutes. My point is that I have found that if I get 6 hours, 7½ hours, or 9 hours of sleep, I’m better than if I get 8 or 10 hours of sleep. I swear by it. Just think about it and try for yourself.

I can get up on 6 hours, 7½ hours, or 9 hours of sleep and feel very refreshed. However, if I’m awake at a time not aligned with the 90-minute sleep cycle, then I find myself groggy and not up for the day’s challenges.

So when you’re going to bed, set your alarm to give yourself 6 hours, 7½ hours, or 9 hours of sleep, whatever your schedule allows. Then observe and note the difference. If you’re accustomed to getting eight hours or seven hours or some other number, try to set yourself up to sleep in 90-minute waves whenever you can. I’ve found I’d rather get a half hour less and fall in the 90-minute window than get the extra sleep.

What Is the Nutritional Component of Recovery?

Now that you understand the three pillars of recovery, TIBS, rest days, and sleep, let’s quickly discuss nutrition as it relates to recovery.

In addition to those aspects of recovery, proper diet with sufficient carbohydrates, protein, and fat are essential to helping your body recover effectively and efficiently.

Muscular contractions in the body often cause slight tearing, which causes the body to immediately start the repairing phase. During this phase, the body requires and uses stored protein for recovery. Without adequate protein, the muscles simply cannot recover.

Most authorities generally recommend that you aim for a daily consumption of protein that equals 1 gram of protein per pound of bodyweight. And if you’re more than 25 percent body fat, then you should instead consume 1 gram of protein per pound of lean body mass.
Every meal should contain some protein. Also, be sure to include some protein with your post-workout meal. The focus should be primarily animal-based protein such as:

- Beef
- Fish
- Chicken
- Pork
- Eggs

If you’re a vegan or vegetarian, rice and pea protein are your best options.

By consuming enough protein, you ensure that while recovering, you’re getting all the necessary nutrition your body and muscles require. Remember, repair, growth, and results don’t happen when you’re working out. They actually happen during your rest and recovery phases.

Benefits of Proper Recovery

Some of the benefits of proper recovery include the following:

1. Your muscles rebuild and can withstand the next high-intensity or high-volume workout.
2. Your muscles can adapt.
4. Your body and muscles experience faster recovery and healing.
5. Your muscles develop better and greater amounts of tone.
6. You develop enhanced strength and endurance in your abdominal muscles.
7. Your body can better relax and sleep.

Overtraining

When you’re overworking the body with little or no rest days, overtraining or overreaching occurs.

Research indicates the overtraining syndrome is a “maladapted response” to high levels of exercise training without sufficient days of rest in between. This research on overtraining indicates that exercising too much without sufficient rest can lead to neurologic, endocrine, and immunologic issues.

Moreover, one obvious symptom of overtraining is a negative change in mood. Allowing sufficient rest is an important aspect in training, which you shouldn’t overlook.

When the body doesn’t have sufficient recovery or rest, the individual is at heightened risk for overtraining. Overtraining is in some instances a “clinical diagnosis,” which often refers to the body being so overworked that it cannot perform its regular duties. When an exerciser works the body to such a high degree with no rest, the body’s energy balance begins to shift and shut down in different ways. The muscles need rest in order to sufficiently recharge, period.

Now that you have a good foundation of training and nutrition methods, it’s time to CRUSH your abdominals. Let the workouts begin!
**Important:** If you skipped right to this section (as I would have), go back and read the entire guide before starting **Six-Pack Finishers**.

### How to Set Up an Effective Workout

While this guide is all about abdominal training, we know that to get a six-pack, you need more than just effective abdominal training. You need a comprehensive program that includes weight training and/or high-intensity interval training (HIIT).

It’s my feeling based on thousands of trials and tons of research that weight training is the foundation of any successful attempt to get fit. We all don’t have the luxury of having a gym membership and that’s why I created MFIT90, a 12-week weight-training program that includes two approaches, one for those with access to a gym and another for those who train at home.

Maybe you already have a weight-training program in place, and you bought this specifically for the abs workouts, which is perfectly OK. You can just as easily plug your weight-training program in with Six-Pack Finishers.

#### Sample Workout Schedule

**Mon:**
1. Weights — 45-60 min.
2. Six-Pack Finishers — 15 min.
3. Cool Down — 5 min.

**Tues:**
1. Zone 1 Work (Active Rest) or HIIT MAX
2. Six-Pack Finishers — 15 min.

**Wed:**
1. Weights — 45-60 min.
2. HIIT MAX or Six-Pack Finishers — 15 min.
3. Cool Down — 5 min.

**Thurs:**
1. Rest

**Fri:**
1. HIIT MAX — 25 min.

**Sat:**
1. Weights — 45-60 min.
2. Six-Pack Finishers — 15 min.
3. Cool Down — 5 min.

**Sun:**
1. Zone 1 Work (Active Rest)
2. Six-Pack Finishers

**Important:** This is just a sample week’s routine. You can manipulate and/or shuffle the days to work for your schedule as well as your capacity. I just wanted you to see how you can use the various forms of training to round out your schedule.

This type of schedule will do two things: keep you from getting bored and produce incredible results very quickly, providing you properly plan your diet. That is, I mean you’re choosing foods from the approved lists included with any one of my programs.
Six-Pack Finishers is a versatile abdominal training program that can be used in conjunction with your current training, or by themselves.

Here’s how:

There are two sets of finishers, metabolic finishers and strength finishers.

A. Metabolic Finishers are calorie torching, fat blasting, high intensity core focused routines that will test your aerobic capacity like no other abdominal training on the market.

B. Strength Finishers are your foundation, create raw core strength, and build rock hard abdominals.

Together these two sets of finishers tighten and tone your core while stripping layers of fat off your midsection. Combine strength and metabolic finishers for the perfect shredding combination.

Use Six-Pack Finishers With Your Current Training

You can use either of the finishers to do just that, finish off your workout. Just choose 1 from either set and add it preferably to the back end of your strength training. It’s recommended that you switch back and forth between the Strength and Metabolic Finishers.

Use Six-Pack Finishers By Themselves

The combinations are endless. Use Six-Pack Finishers on Zone 1 (active rest) days. Use the metabolic finishers in place of your cardio, and finally choose two Six-Pack Finisher workouts and crush your cardio and your core in 20 minutes or less.

There is no other abdominal training program that torches more calories and burns more fat — period!

Now get going, as in now. Stop thinking and just start. Trust me; there’s so much power in just waking up and doing, before your mind has the opportunity to play games on you.
## ABDOMINALS

<table>
<thead>
<tr>
<th>Round</th>
<th>Sets</th>
<th>Reps</th>
<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Phase 1</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>a</strong></td>
<td>SitUp V</td>
<td>3</td>
<td>15</td>
</tr>
<tr>
<td><strong>b</strong></td>
<td>Mountain Climber</td>
<td>3</td>
<td>30</td>
</tr>
<tr>
<td><strong>c</strong></td>
<td>Trunk Rotations</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>Optional</td>
<td>Plyo, Jumping, or Squat Jacks</td>
<td>30</td>
<td></td>
</tr>
</tbody>
</table>

*Try & Only Rest At The End Of The Set?Round

<table>
<thead>
<tr>
<th>Round</th>
<th>Sets</th>
<th>Reps</th>
<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>2</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>a</strong></td>
<td>BiCycle</td>
<td>3</td>
<td>30</td>
</tr>
<tr>
<td><strong>b</strong></td>
<td>Lying Leg Raise</td>
<td>3</td>
<td>1m</td>
</tr>
<tr>
<td><strong>c</strong></td>
<td>Plank</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>Optional</td>
<td>Plyo, Jumping, or Squat Jacks</td>
<td>30</td>
<td></td>
</tr>
</tbody>
</table>

*Try & Only Rest At The End Of The Set?Round

<table>
<thead>
<tr>
<th>Round</th>
<th>Sets</th>
<th>Reps</th>
<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>3</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>a</strong></td>
<td>Sprinter Cunches</td>
<td>3</td>
<td>20</td>
</tr>
<tr>
<td><strong>b</strong></td>
<td>PushUp Crunch</td>
<td>3</td>
<td>20</td>
</tr>
<tr>
<td><strong>c</strong></td>
<td>Heel Touches</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>Optional</td>
<td>Plyo, Jumping, or Squat Jacks</td>
<td>30</td>
<td></td>
</tr>
</tbody>
</table>

*Try & Only Rest At The End Of The Set?Round

<table>
<thead>
<tr>
<th>Round</th>
<th>Sets</th>
<th>Reps</th>
<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>4</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>a</strong></td>
<td>Rolling Plank</td>
<td>3</td>
<td>20</td>
</tr>
<tr>
<td><strong>b</strong></td>
<td>Half-Seated Leg Circles</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td><strong>c</strong></td>
<td>Russian Twists</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>Optional</td>
<td>Plyo, Jumping, or Squat Jacks</td>
<td>30</td>
<td></td>
</tr>
</tbody>
</table>

*Try & Only Rest At The End Of The Set?Round
<table>
<thead>
<tr>
<th>Phase</th>
<th>ABDOMINALS</th>
<th>SETS</th>
<th>REPS</th>
<th>REST</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td><strong>Side Plank R/L</strong></td>
<td>30s/side</td>
<td>30s/side</td>
<td>1m</td>
</tr>
<tr>
<td>6</td>
<td><strong>Wide-Leg Cross SitUps</strong></td>
<td>10/side</td>
<td>10/side</td>
<td>1m</td>
</tr>
<tr>
<td>7</td>
<td><strong>AB Drag</strong></td>
<td>10/side</td>
<td>10/side</td>
<td>1m</td>
</tr>
<tr>
<td>8</td>
<td><strong>mFIT Climber</strong></td>
<td>15</td>
<td>15</td>
<td>1m</td>
</tr>
</tbody>
</table>

Optional: Plyo, Jumping, or Squat Jacks

*Try & Only Rest At The End Of The Set?Round
<table>
<thead>
<tr>
<th>A</th>
<th>ABDOMINALS</th>
<th>SETS</th>
<th>REPS</th>
<th>REST</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Phase 1</td>
</tr>
<tr>
<td>9</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>a</td>
<td>Plank Up</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>b</td>
<td>Heel Touches</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>c</td>
<td>Plank Up Fail</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Optional Plyo, Jumping, or Squat Jacks</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>*Try &amp; Only Rest At The End Of The Set?Round</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>a</td>
<td>Mountain Climber</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>b</td>
<td>Sprinter Cunches</td>
<td>3</td>
<td>50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>c</td>
<td>Rolling Plank</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Optional Plyo, Jumping, or Squat Jacks</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>*Try &amp; Only Rest At The End Of The Set?Round</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>a</td>
<td>Rolling Plank</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>b</td>
<td>Russian Twists</td>
<td>3</td>
<td>20</td>
<td></td>
<td></td>
</tr>
<tr>
<td>c</td>
<td>Mountain Climbers</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Optional Plyo, Jumping, or Squat Jacks</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>*Try &amp; Only Rest At The End Of The Set?Round</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>a</td>
<td>Plank Up</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>b</td>
<td>Plank Jacks</td>
<td>3</td>
<td>20</td>
<td></td>
<td></td>
</tr>
<tr>
<td>c</td>
<td>Plank Fail</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Optional Plyo, Jumping, or Squat Jacks</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>*Try &amp; Only Rest At The End Of The Set?Round</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Exercise</td>
<td>SETS</td>
<td>REPS</td>
<td>REST</td>
<td></td>
</tr>
<tr>
<td>---</td>
<td>---------------------------</td>
<td>------</td>
<td>--------</td>
<td>------</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>a</td>
<td>Cable Crunch</td>
<td>3</td>
<td>20-25</td>
<td>1m</td>
</tr>
<tr>
<td></td>
<td>b</td>
<td>Hanging Knee Raises</td>
<td>3</td>
<td>20-25</td>
<td>1m</td>
</tr>
<tr>
<td></td>
<td>c</td>
<td>Seated Trunk Rotations</td>
<td>3</td>
<td>50</td>
<td>30s</td>
</tr>
<tr>
<td>2</td>
<td>a</td>
<td>Decline Leg Raises</td>
<td>3</td>
<td>20-25</td>
<td>1m</td>
</tr>
<tr>
<td></td>
<td>b</td>
<td>Incline SitUps</td>
<td>3</td>
<td>20-25</td>
<td>1m</td>
</tr>
<tr>
<td></td>
<td>c</td>
<td>Side Bends (Dumbbell)</td>
<td>3</td>
<td>12-15</td>
<td>60s</td>
</tr>
<tr>
<td>3</td>
<td>a</td>
<td>FitBall SitUps</td>
<td>3</td>
<td>20</td>
<td>1m</td>
</tr>
<tr>
<td></td>
<td>b</td>
<td>FitBall KneeTucks</td>
<td>3</td>
<td>20</td>
<td>1m</td>
</tr>
<tr>
<td></td>
<td>c</td>
<td>FitBall Trunk Rotations</td>
<td>3</td>
<td>50</td>
<td>60s</td>
</tr>
<tr>
<td>4</td>
<td>a</td>
<td>SitUp V</td>
<td>3</td>
<td>12</td>
<td>1m</td>
</tr>
<tr>
<td></td>
<td>b</td>
<td>mFIT Climber</td>
<td>3</td>
<td>12</td>
<td>1m</td>
</tr>
<tr>
<td></td>
<td>c</td>
<td>Calves Over Bench SitUps</td>
<td>3</td>
<td>20</td>
<td>60s</td>
</tr>
<tr>
<td></td>
<td>Exercise</td>
<td>Sets</td>
<td>Reps</td>
<td>Rest</td>
<td></td>
</tr>
<tr>
<td>---</td>
<td>-----------------------------------------------</td>
<td>------</td>
<td>------------</td>
<td>------</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Ab Machine (crunch) or SitUps</td>
<td>3</td>
<td>30</td>
<td>1m</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hanging or Lying Leg Raises</td>
<td>3</td>
<td>15/30</td>
<td>1m</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Side Bends (Plate)</td>
<td>3</td>
<td>15/side</td>
<td>60s</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Ab Drag</td>
<td>3</td>
<td>10/side</td>
<td>1m</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Heel Touches or Obliques Machine</td>
<td>3</td>
<td>30</td>
<td>1m</td>
<td></td>
</tr>
<tr>
<td></td>
<td>MedBall OR Barbell RollOuts</td>
<td>3</td>
<td>10/side</td>
<td>60s</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Knee Raises</td>
<td>3</td>
<td>12-15</td>
<td>1m</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Decline Leg Raises</td>
<td>3</td>
<td>15</td>
<td>1m</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Barbell RollOuts</td>
<td>3</td>
<td>Fail</td>
<td>60s</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Plank w/ Thoracic Rotation</td>
<td>3</td>
<td>10/side</td>
<td>1m</td>
<td></td>
</tr>
<tr>
<td></td>
<td>BiCycle</td>
<td>3</td>
<td>20</td>
<td>1m</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cable Crunch</td>
<td>3</td>
<td>20</td>
<td>60s</td>
<td></td>
</tr>
<tr>
<td>9 Exercise</td>
<td>SETS</td>
<td>REPS</td>
<td>REST</td>
<td></td>
<td></td>
</tr>
<tr>
<td>------------</td>
<td>------</td>
<td>------</td>
<td>------</td>
<td></td>
<td></td>
</tr>
<tr>
<td>S Cable Crunch</td>
<td>2-3</td>
<td>25</td>
<td>2m</td>
<td></td>
<td></td>
</tr>
<tr>
<td>S Decline Leg Raises</td>
<td></td>
<td>15</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>S Ab Machine (crunch) or SitUps</td>
<td>2-3</td>
<td>25</td>
<td>90s</td>
<td></td>
<td></td>
</tr>
<tr>
<td>S Hanging Knee Raises</td>
<td></td>
<td>10-15</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>10 Exercise</th>
<th>SETS</th>
<th>REPS</th>
<th>REST</th>
</tr>
</thead>
<tbody>
<tr>
<td>S Incline SitUps</td>
<td>2-3</td>
<td>20-25</td>
<td>1m</td>
</tr>
<tr>
<td>S Side Bends (Plate)</td>
<td></td>
<td>15/side</td>
<td></td>
</tr>
<tr>
<td>S Decline Leg Raises</td>
<td>2-3</td>
<td>25</td>
<td>60s</td>
</tr>
<tr>
<td>S Trunk Rotations</td>
<td></td>
<td>50/side</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>11 Exercise</th>
<th>SETS</th>
<th>REPS</th>
<th>REST</th>
</tr>
</thead>
<tbody>
<tr>
<td>S Barbell RollOuts</td>
<td>2-3</td>
<td>Fail</td>
<td>1m</td>
</tr>
<tr>
<td>S Heel Touches or Obliques Machine</td>
<td></td>
<td>15/side</td>
<td></td>
</tr>
<tr>
<td>S Lying Leg Raises “Lift Off”</td>
<td>2-3</td>
<td>Fail</td>
<td>60s</td>
</tr>
<tr>
<td>S Incline Crunches</td>
<td></td>
<td>15-20</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>12 Exercise</th>
<th>SETS</th>
<th>REPS</th>
<th>REST</th>
</tr>
</thead>
<tbody>
<tr>
<td>S MedBall V</td>
<td>2-3</td>
<td>15</td>
<td>1m</td>
</tr>
<tr>
<td>S Decline Leg Raises</td>
<td></td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>S Side Bends (Plate)</td>
<td>2-3</td>
<td>15/side</td>
<td>60s</td>
</tr>
<tr>
<td>S Hanging Knee Raises</td>
<td></td>
<td>Fail</td>
<td></td>
</tr>
</tbody>
</table>
Following are tips for successfully developing your six-pack using my specific framework, foundation, and workout scaling. Remember and apply these tips while training for greater success and better results.

moreFIT Framework
Understanding the framework that goes into developing a healthy body and an amazing physique involves a little self-discipline and knowledge in four pillars of fitness:

• Mindset
• Nutrition
• Training
• Goals

If you ignore or block any one of these, at some point, you’ll end up at a dead end. I’m not saying that you can’t have success to a certain degree. But, at some point, you’re going to hit a roadblock. Embrace the four pillars of fitness for optimal training and success.

Mindset
The first pillar of the framework you need to familiarize yourself with is your mindset.

If you’re training properly, and you have your nutrition dialed in, and you have goals, but your mindset isn’t there, you end up at a dead end.

Focus your mind, energy, and efforts on your primary goal. Once the routine is set, and you focus your mindset, there’s no end to what you can do for your health and body. And once you’re making reasonable progress, be content. Avoid the temptation to “chase” or do too much. Be happy in your own skin. Realize your journey is unique.

Nutrition
The second pillar of my framework determines the effectiveness of your workout.

Nutrition is one of the most important framework elements for your effectiveness. Having a well-balanced diet loaded with quality whole foods will keep you from packing on fat and, instead, building lean amazing muscle.

Training
The third pillar of the framework is to train. Train with laser focus and high intensity. Training is what will develop, strengthen, and shape your muscles. There’s no quick fix and the only way to develop a six-pack is to exercise and train hard. Everyone wants abs, and the marketers know this. So they try to sell you gimmicks that claim you can have six-pack abs without exercise. That’s pure bull.

The only way to develop the abdominal muscles is H-A-R-D  W-O-R-K. Your training should go hand-in-hand with your mindset, nutrition, and goals.

Goals
The last pillar of the framework for developing a healthy, aesthetically pleasing body is goal setting. This pillar is often the one people overlook, yet it’s so powerful and can apply to all areas of your life to create success.

I designed Six-Pack Finishers with the goal of helping you achieve your healthy amazing new physique.
You should also have your own personal goals to review as the weeks go by. Setting your own personal goals will help you to stay motivated, give you direction, and help you to make the right decisions along your fitness journey.

**Easy Five-Step Goal Setting for Six-Pack Success**

Here’s a quick and easy way to set personal goals for yourself.

1. **Write down your goal.** Be specific. Studies show that people who write down their goals are more likely to achieve them.

2. **List three steps you need to take now.** List the three most important steps you need to take to realize your goal.

3. **Set specific dates.** Turn the dates into mini-milestones with small rewards for each. For example, “It’s August 30th, 30 days from today, and I have lost 12 pounds and 3 inches off my waist.” This step is important because a goal is merely a wish until you slap a date on it.

4. **Take action.** Taking action right away helps you avoid the “shoulda, woulda, couldas.” Get going. Gain some momentum. As your momentum builds, you’ll see results, and you’ll become an unstoppable machine!

5. **Make a daily checklist.** Include simple daily disciplines that, if done consistently, will guarantee you reach each goal by its milestone date.

There are no shortcuts in life to success or to flattening your stomach and sculpting a killer six-pack. Prepare, commit to win, and wage war against whatever stands between you and your goal.

Follow the five steps above, and you will undoubtedly reach your goals.

Also, you can use the SMARTER system by following this video on my YouTube channel.

**Three-Step Training Formula**

1. **Develop Good Form**

   The first and most important component of the three-step formula is form.

   Your form is the foundation you will build all your training on. Don’t even give yourself the opportunity to develop bad form. Start learning good habits from day one, and you’ll set the stage for major success.

   Developing proper form might take some time. Go slowly. Build in the right movement patterns. If you get stuck, back up. Try again. Try until you get it.

   Keep something in mind. As your muscles fatigue, your form will suffer a little bit. Nevertheless, you have to constantly remember to strive for good form during your workout.

   Form by itself is only one component. Consistency is the next step.

2. **Consistency: Maintain Good Form**

   Your consistency will keep your muscles working efficiently and regularly rebuilding to the next level. Stay consistent. When you feel yourself falling out of good form, correct course and continue.

   I believe it takes consistency before you can really dial in step number 3, intensity. It’s senseless to really turn things up without the first two components. It’s sort of like leaning to drive. You start out in a parking lot, master the gas pedal and brakes, and build in consistent driving patterns before you head out to the streets. As you get more consistent, you’re ready for the highways.

   One step builds on the next.
3. Adjust and Increase Intensity

The final element of any effective training program is your intensity. After your form is consistent, then it's time to increase your intensity. Only you know what this looks like. Adjust and listen to your body. Remember to keep pushing yourself from workout to workout.

First Action Steps

Here are the 10 first action steps to take in order to start effectively training and sculpting your abs.

1. Commit to eating nutritious, fat-burning, abs-sculpting whole foods like protein, veggies, complex carbs, and healthy fats. Remember, you also gain abs in the kitchen. (See approved lists.)

2. Replace your cardio with weight training and/or HIIT MAX, plus the workouts included in this guide.

3. Determine your body-fat percentage. Then set a goal to lower it to the body-fat percentage range that will expose your abs. (See the BMR calculator.)

4. Train all four quadrants (upper, lower, obliques, and rotationals) of your abs.

5. If you’re a beginner or just starting out, aim to train your abs at least three times each week. Then work your way up to five to six times each week. If you’re more advanced, then feel free to work your abs six times each week.

6. Train your abs last, after you’ve completed your weights (MFIT90, HIIT MAX, etc.).

7. Remember, to implement optimal breathing while training your abs.

8. Make sure your body recovers properly by providing it with adequate time in between sets (TIBS), rest days, sleep, and nutrition. Avoid overtraining and overreaching.

9. Apply all four pillars of the moreFIT Framework: mindset, nutrition, training, and goals.

10. Implement the proper training foundation by first developing good form, next consistency, and then finally adjusting your workout’s intensity.
Far too many people fail to succeed because they fail to act. *Six-Pack Finishers* will provide you with rapid, lasting results if you take action.

By following the simple guidelines, you will flatten your stomach, sculpt attractive abs, and get in great shape. More important, *Six-Pack Finishers* will help you develop the essential daily disciplines to maintain a stunning six-pack and stay lean year round.

**Content with Mediocrity?**

Take action. Free yourself from the nonstop, futile dieting that most people painfully endure year after year until they eventually give up and become content with a mediocre body and subpar health. That’s the hard truth.

But the good news is that the easy-to-follow steps, strategies, and principles in *Six-Pack Finishers* will free you from that endless, depressing struggle.

**You Are Unique**

It’s understandable that each person who begins *Six-Pack Finishers* is likely at a different stage of his or her fitness journey. It doesn’t matter where you are. We all start somewhere.

Recall my personal story and my many failed attempts to get fit, healthy, and lean. Over a period of about 10 years, I actually got fatter, gave up, struggled with destructive habits, had a marriage collapse, and was exhausted (mentally and spiritually) until I was fortunate to have a breakthrough.

My point is that if I can do it, then you can too! Start with realistic goals. Go through *Six-Pack Finishers* step-by-step. I strongly encourage you to visit www.MFIT90.com if you need more direction or training programs to fill in the foundation of your workouts.

**You Have MY Support**

Throw out the excuses. And if you haven’t fully committed to Six-Pack Finishers, then wait no longer. Start now. Make a 100 percent commitment to flatten your stomach, lose all your unwanted fat, and finally get healthy.

Why not? You have a proven, step-by-step system that works, plus plenty of support. I give away tons of valuable, free information (90 percent of what I do I give away) on my blog and social media channels (with nearly 2 million followers across social platforms, I’m most active on Twitter, Instagram, and YouTube).

You are now a part of a supportive community (75,000 members worldwide) that receives my free newsletter, tips, advice, and motivation each week. It’s free. And this might just be the type of support you need to kick your success and results into overdrive.

My mission in life is to spread the message of fitness and health. I’m committed to being an example. Please join me. Stay in contact with me. And tell me how you’re doing, good or bad.

I would love to hear from you, and help you on your journey.

To your health and fitness success,

*Michael Morelli Jr.*

Your Dedicated Coach