



## 6 PACK ABS E-BOOK

**CATAGORY:** CUTTING & CONDITIONING

**AGE:** 16 TO 60 YEARS

**ACTIVITY:** GYM WORKOUT

**NUTRITION:** NON-VEG

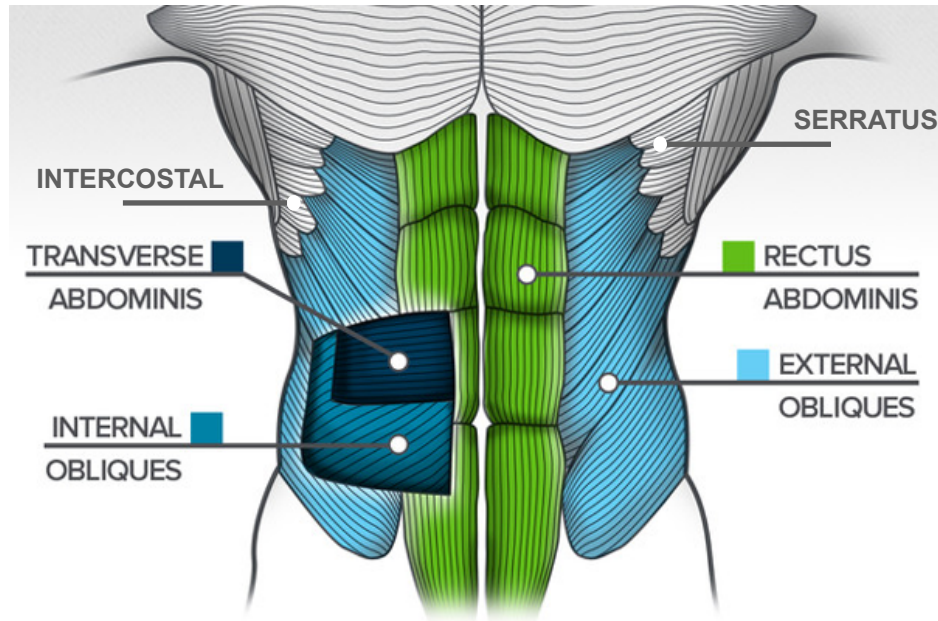
**DAYS:** 6 DAYS ABS TRAINING

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# ABS ANATOMY









A "six pack," of course, is not a scientific term. First, a little anatomy information. Along with muscles in the lower back, these key abdominals make up your core.

- **Rectus Abdominis:** Two paired sheets of muscle from the ribs to the pelvis that flex you forward. (These are the "six-pack" muscle most people think of as abs)
- **External Obliques:** The outer layer of the abs on your sides; these run diagonally downward.
- **Internal Obliques:** Just underneath the external obliques, these run diagonally up your sides..)
- **Transversus Abdominis:** The deepest ab muscle, which wraps around the waist to support the spine.
- **Serratus:** The **serratus** anterior is a muscle that originates on the surface of the 1st to 8th ribs at the side of the chest and inserts along the entire anterior length of the medial border of the scapula. The **serratus** anterior acts to pull the scapula forward around the thorax.
- **Intercostal muscles** are several groups of muscles that run between the ribs, and help form and move the chest wall. The intercostal muscles are mainly involved in the mechanical aspect of breathing. These muscles help expand and shrink the size of the chest cavity to facilitate breathing.

# ABS WORKOUT SPLIT





| DAYS      | WORKOUT SPLIT                 | EMPTY STOMACH |
|-----------|-------------------------------|---------------|
| MONDAY    | UPPER ABS & EXTERNAL OBLIQUES | CARDIO        |
| TUESDAY   | LOWER ABS & INTERNAL OBLIQUES | CARDIO        |
| WEDNESDAY | UPPER ABS & EXTERNAL OBLIQUES | CARDIO        |
| THURSDAY  | LOWER ABS & INTERNAL OBLIQUES | CARDIO        |
| FRIDAY    | UPPER ABS & EXTERNAL OBLIQUES | CARDIO        |
| SATURDAY  | LOWER ABS & INTERNAL OBLIQUES | CARDIO        |
| SUNDAY    | OFF                           |               |

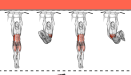

## UPPER ABS & EXTERNAL OBLIQUES

| EXERCISE         |   | SETS | REPS      | REST  |
|------------------|---|------|-----------|-------|
| PUSH THROUGH     |  | 3    | 15-20     | 45SEC |
| ROPE CRUNCHES    |  | 3    | 15-20     | 45SEC |
| DECLINE CRUNCHES |  | 3    | 15-20     | 45SEC |
| WOOD CHOPPER     |  | 3    | 15-20     | 45SEC |
| SIDE BEND        |  | 3    | 15-20     | 45SEC |
| PLANKS           |  | 3    | 60-120SEC | 45SEC |

**NOTE:** 45 SEC REST AFTER EACH SUPERSET.

## LOWER ABS & INTERNAL OBLIQUES

| EXERCISE           |   | SETS | REPS  | REST  |
|--------------------|---|------|-------|-------|
| REVERSE CRUNCHES   |  | 3    | 15-20 | 45SEC |
| HANGING KNEE RAISE |  | 3    | 15-20 | 45SEC |
| V CRUNCH           |  | 3    | 15-20 | 45SEC |
| PLANK SIDE TO SIDE |  | 3    | 15-20 | 45SEC |

| EXERCISE           |   | SETS | REPS  | REST  |
|--------------------|---|------|-------|-------|
| HANGING SIDE RAISE |  | 3    | 15-20 | 45SEC |
| LOWER BODY TWIST   |  | 3    | 15-20 | 45SEC |

**NOTE:** 45 SEC REST AFTER EACH SET.

**Combine 6 PACK routine with any of my fat loss program. DO NOT skip any muscle group.**

**SAMPLE PROGRAMS:** 6 WEEK SHREDDED | MUSCULAR 8 | MUSCLEMANN | MUSCLE MODE | SHREDDED NEXT LEVEL | SHARP | GET RIPPED | LEAN MODE



## 6 PACK NUTRITION PLAN

Before starting 6 PACK fat Loss program, your first step is to calculate your daily calories requirement. Everybody's height/weight/age is different so they need different calories. Follow the 3 steps below to find out your caloric intake to gain muscle.

### STEP 1: CALCULATE THE BMR

Use Online BMR calculator or BMR Mobile App.

Enter Height/Weight/Age including High Active (6 days a week) Lets assume your BMR came 1700.

### STEP 2: CACULATE THE MAINTENANCE CALORIES

[FORMULA: BMR x 1.5]

$1700 \times 1.7 = 2890$  calories

So maintenance calories is 2890

### STEP 3: SUBSTRACT EXTRA CALORIES FOR LOSING

If you want to lose 1lbs per week then substract 500 calories  $2890 - 500 = 2350$





In this program you will follow 6 PACK nutrition plan for 12 weeks, where you will follow Carb Cycle Diet for 11 weeks and Peak Week Diet for 1 week.

## CARB CYCLE

|           | DAYS          | CARBS    |
|-----------|---------------|----------|
| MONDAY    | LOW CARB DAY  | 100 GRAM |
| TUESDAY   | LOW CARB DAY  | 100 GRAM |
| WEDNESDAY | LOW CARB DAY  | 100 GRAM |
| THURSDAY  | HIGH CARB DAY | 400 GRAM |
| FRIDAY    | NO CARB DAY   | 30 GRAM  |
| SATURDAY  | NO CARB DAY   | 30 GRAM  |
| SUNDAY    | HIGH CARB DAY | 400 GRAM |

### LOW CARBS MACROBREAKDOWN

| TOTAL CALORIES | CARBS | PROTEIN | FAT |
|----------------|-------|---------|-----|
| 1800           | 100g  | 272g    | 35g |

### MEAL 1 || 8-9 AM

| INGREDIENTS                 | PROTEIN    | CARBS      | FAT       |
|-----------------------------|------------|------------|-----------|
| 10 EGG WHITES               | 40g        | 0          | 0         |
| 2/3 CUP OATS                | 5g         | 36g        | 4g        |
| <b>TOTAL CALORIES = 360</b> | <b>45g</b> | <b>36g</b> | <b>4g</b> |

### MEAL 2 || 11-12 AM

| INGREDIENTS                 | PROTEIN    | CARBS      | FAT        |
|-----------------------------|------------|------------|------------|
| 170G CHICKEN BREAST         | 34g        | 0          | 0          |
| 1CUP GREEN BEANS            | 2g         | 3g         | 0          |
| 28G ALMONDS                 | 7g         | 7g         | 15g        |
| <b>TOTAL CALORIES = 347</b> | <b>43g</b> | <b>10g</b> | <b>15g</b> |

| MEAL 3    2-3 PM            |            |            |            |
|-----------------------------|------------|------------|------------|
| INGREDIENTS                 | PROTEIN    | CARBS      | FAT        |
| 170G CHICKEN BREAST         | 34g        | 0          | 0          |
| 1CUP BROCCOLI               | 2g         | 3g         | 0          |
| 28G CASHEWS                 | 7g         | 7g         | 15g        |
| <b>TOTAL CALORIES = 347</b> | <b>43g</b> | <b>10g</b> | <b>15g</b> |

| MEAL 4    4-5 PM            |            |          |          |
|-----------------------------|------------|----------|----------|
| INGREDIENTS                 | PROTEIN    | CARBS    | FAT      |
| 50G WHEY ISOLATE            | 50g        | 0        | 0        |
| 400ML WATER                 | 0          | 0        | 0        |
| <b>TOTAL CALORIES = 200</b> | <b>50g</b> | <b>0</b> | <b>0</b> |

| MEAL 5    7-8 PM            |            |            |           |
|-----------------------------|------------|------------|-----------|
| INGREDIENTS                 | PROTEIN    | CARBS      | FAT       |
| 210G CHICKEN BREAST         | 42g        | 0          | 0         |
| 240G BOILED OR BAKED POTATO | 1g         | 44g        | 1         |
| <b>TOTAL CALORIES = 357</b> | <b>43g</b> | <b>44g</b> | <b>1g</b> |

| MEAL 6    10-11 PM          |            |          |          |
|-----------------------------|------------|----------|----------|
| INGREDIENTS                 | PROTEIN    | CARBS    | FAT      |
| 12 EGG WHITES               | 48g        | 0        | 0        |
| <b>TOTAL CALORIES = 192</b> | <b>48g</b> | <b>0</b> | <b>0</b> |

# HIGH CARBS DAY

| HIGH CARBS MACROBREAKDOWN |       |         |     |
|---------------------------|-------|---------|-----|
| TOTAL CALORIES            | CARBS | PROTEIN | FAT |
| 2500                      | 400g  | 180g    | 20g |

| MEAL 1    8-9 AM            |            |            |           |
|-----------------------------|------------|------------|-----------|
| INGREDIENTS                 | PROTEIN    | CARBS      | FAT       |
| 5 EGG WHITES                | 20g        | 0          | 0         |
| 1.5 CUP OATS                | 10g        | 83g        | 5g        |
| <b>TOTAL CALORIES = 479</b> | <b>30g</b> | <b>83g</b> | <b>5g</b> |

| MEAL 2    11-12 AM          |            |            |           |
|-----------------------------|------------|------------|-----------|
| INGREDIENTS                 | PROTEIN    | CARBS      | FAT       |
| 120G CHICKEN BREAST         | 23G        | 0          | 0         |
| 1.8 CUP RICE                | 2g         | 83g        | 4g        |
| <b>TOTAL CALORIES = 468</b> | <b>25g</b> | <b>83g</b> | <b>4g</b> |

| MEAL 3    2-3 PM            |            |            |           |
|-----------------------------|------------|------------|-----------|
| INGREDIENTS                 | PROTEIN    | CARBS      | FAT       |
| 120G CHICKEN BREAST         | 23g        | 0          | 0         |
| 1.8G RICE                   | 2g         | 83g        | 4g        |
| <b>TOTAL CALORIES = 468</b> | <b>25g</b> | <b>83g</b> | <b>4g</b> |

| MEAL 4    4-5 PM |  |  |  |
|------------------|--|--|--|
|                  |  |  |  |
|                  |  |  |  |
|                  |  |  |  |
|                  |  |  |  |
|                  |  |  |  |
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|                  |  |  |  |
|                  |  |  |  |

| INGREDIENTS                 | PROTEIN    | CARBS    | FAT      |
|-----------------------------|------------|----------|----------|
| 50G WHEY ISOLATE            | 50g        | 0        | 0        |
| 400ML WATER                 | 0          | 0        | 0        |
| <b>TOTAL CALORIES = 200</b> | <b>50g</b> | <b>0</b> | <b>0</b> |

### MEAL 5 || 7-8 PM

| INGREDIENTS                 | PROTEIN    | CARBS      | FAT       |
|-----------------------------|------------|------------|-----------|
| 120G CHICKEN BREAST         | 23g        | 0          | 0         |
| 350G BOILED OR BAKED POTATO | 2g         | 75g        | 1         |
| <b>TOTAL CALORIES = 409</b> | <b>25g</b> | <b>75g</b> | <b>1g</b> |

### MEAL 6 || 10-11 PM

| INGREDIENTS                 | PROTEIN    | CARBS      | FAT       |
|-----------------------------|------------|------------|-----------|
| 5 EGG WHITES                | 20g        | 0          | 0         |
| 1.5 CUP OATS OR 5 RICE CAKE | 7g         | 76g        | 5g        |
| <b>TOTAL CALORIES = 457</b> | <b>27g</b> | <b>76g</b> | <b>5g</b> |

## NO CARBS DAY

### NO CARBS MACROBREAKDOWN

| TOTAL CALORIES | CARBS | PROTEIN | FAT  |
|----------------|-------|---------|------|
| 2200           | 34g   | 280g    | 112g |

### MEAL 1 || 8-9 AM

| INGREDIENTS                 | PROTEIN    | CARBS     | FAT        |
|-----------------------------|------------|-----------|------------|
| 5 EGG WHITES                | 20g        | 0         | 0          |
| 4 WHOLE EGG                 | 20g        | 4g        | 20g        |
| <b>TOTAL CALORIES = 356</b> | <b>40g</b> | <b>4g</b> | <b>20g</b> |

| MEAL 2    11-12 AM          |            |           |            |
|-----------------------------|------------|-----------|------------|
| INGREDIENTS                 | PROTEIN    | CARBS     | FAT        |
| 200G CHICKEN BREAST         | 38G        | 0         | 0          |
| 1 CUP BROCCOLI              | 2g         | 3g        | 0          |
| 40G ALMONDS                 | 10g        | 4g        | 21g        |
| <b>TOTAL CALORIES = 417</b> | <b>50g</b> | <b>7g</b> | <b>21g</b> |

| MEAL 3    2-3 PM            |            |           |            |
|-----------------------------|------------|-----------|------------|
| INGREDIENTS                 | PROTEIN    | CARBS     | FAT        |
| 45-50G WHEY ISOLATE         | 43g        | 0         | 0          |
| 2 SPOON PEANUT BUTTER       | 6g         | 6g        | 15g        |
| <b>TOTAL CALORIES = 359</b> | <b>50g</b> | <b>6g</b> | <b>15g</b> |





| MEAL 4    4-5 PM            |            |           |            |
|-----------------------------|------------|-----------|------------|
| INGREDIENTS                 | PROTEIN    | CARBS     | FAT        |
| 200G FISH OR CHICKEN        | 41g        | 0         | 0          |
| 1 CUP GREEN BEANS           | 2g         | Net 2g    | 0          |
| 40G RAW CASHEWS             | 7g         | Net 5g    | 21g        |
| <b>TOTAL CALORIES = 417</b> | <b>50g</b> | <b>7g</b> | <b>21g</b> |

| MEAL 5    8-9 PM            |            |           |            |
|-----------------------------|------------|-----------|------------|
| INGREDIENTS                 | PROTEIN    | CARBS     | FAT        |
| 5 EGG WHITES                | 20g        | 0         | 0          |
| 4 WHOLE EGG                 | 20g        | 4g        | 20g        |
| <b>TOTAL CALORIES = 356</b> | <b>40g</b> | <b>4g</b> | <b>20g</b> |



| MEAL 6    10-11 PM          |            |           |            |
|-----------------------------|------------|-----------|------------|
| INGREDIENTS                 | PROTEIN    | CARBS     | FAT        |
| 45-50G WHEY ISOLATE         | 43g        | 0         | 0          |
| 2 SPOON PEANUT BUTTER       | 6g         | 6g        | 15g        |
| <b>TOTAL CALORIES = 359</b> | <b>50g</b> | <b>6g</b> | <b>15g</b> |

## SUPPLEMENT STACK GAME

| TIMING             | INGREDIENTS   | DOSAGES                            | SAMPLE IMAGES  | SAMPLE IMAGES   |
|--------------------|---|------------------------------------|--|---|
| UPON WAKING UP     | -CARNITINE<br>-GREEN TEA EXTRACT<br><br>OR<br><br>-FAT BURNER | 500 MG<br>500 MG<br><br><br>1 PILL |    |    |
| BREAKFAST          | -MULTIVITAMINS<br>-CLA  | 1 TAB<br>1 SOFTGEL                 |   |   |
| 30MIN BEFORE LUNCH | -CARNITINE<br>-GREEN TEA EXTRACT<br><br>OR<br><br>-FAT BURNER | 500 MG<br>500 MG<br><br><br>1 PILL |  |  |
| PRE WOKOUT         | -ANY PRE W/O PRODUCT<br>-CARNITINE                            | 1 SCOOP<br>500 MG                  |  |  |
| DURING WORKOUT     | -BCAA (NO SUGAR NO MALTO)                                     | 5-7G                               |  |  |



| TIMING          | INGREDIENTS                              | DOSAGES                      | SAMPLE IMAGES   | SAMPLE IMAGES  |
|-----------------|--|------------------------------|---|--|
| POST<br>WORKOUT | -WHEY ISOLATE<br>-GLUTAMINE              | 50G<br>5G                    |   |   |
| DINNER          | -OMEGA 3 (FISH OIL<br>OR FLAXSEED)       | 1000G                        |   |   |
| BEFORE BED      | -CASEIN OR ISOLATE<br>-GLUTAMINE<br>-CLA | -20-30G<br>-3G<br>-1 SOFTGEL |  |  |

**PLEASE NOTE:** These Supplement images are just for sample, you can buy any brand which you can trust.

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## PEAK WEEK DIET

Bodybuilders and fitness models have been doing it for years in order to peak for a photoshoot or bodybuilding show.

Keep in mind that the method I'm about to show you is for educational purposes only. It's harmful to your body, as it causes severe dehydration.

This dehydration seemingly makes your look shredded, your skin suctioning to your body, revealing insane muscle definition.

Here's how it's done.

### Day 1 (6 days out from photoshoot or show)

The start of your peak week is the easiest. The goal is to start increasing your water and sodium intake while eating very low calories and carbs.

#### Nutrition

For macros, you will eat bodyweight x 9–10 in calories. For example, if you are 160lbs, you will eat 1440–1600 calories. You will track everything you eat and drink including vegetables. For protein, you will eat a minimum of 1g/lb of bodyweight (so if you're 160lbs, you will eat a minimum of 160g of protein).

Spread these macros out over 5–6 meals. For food choices, your protein should come from meat, fish, poultry, and eggs. Your fats will come from coconut oil, olive oil, nuts, seeds, and peanut butter. Your carbs will come from green and white veggies such as leafy greens, broccoli, cauliflower, green beans, spinach.

### **Water Intake**

Since we want to dehydrate the body for the photoshoot, we will need to over-hydrate the body in days following up to the photoshoot. This will get your body used to having too much water in your system and start increasing the amount that you will need to pee.

To start the process, you will drink 3L of water over the entire course of the day. The easiest thing to do is carry around a 1L water bottle and fill it up 3 times and only drink that the entire day.

### **Training**

For training, you're going to want to start depleting the glycogen stores in your muscle. The idea behind this is when you carb load before your photoshoot, all the water in your body will be sucked from under your skin and fill up your muscles, making you look bigger and leaner. In order to do this, you will use 6 sets of 15 reps on each muscle group. Because you may feel weaker, machines work well here.

| <b>Exercise</b>             | <b>Sets</b> | <b>Reps</b> | <b>Rest (min)</b> |
|-----------------------------|-------------|-------------|-------------------|
| 1: Leg curls                | 6           | 15          | 1                 |
| 2: Chest press machine      | 6           | 15          | 1                 |
| 3: Leg press                | 6           | 15          | 1                 |
| 4: Seated cable row         | 6           | 15          | 1                 |
| 5: Lateral raise            | 6           | 15          | 1                 |
| 6: Biceps curl              | 6           | 15          | 1                 |
| 7: Triceps <u>pressdown</u> | 6           | 15          | 1                 |
| 8: Calf raise               | 6           | 15          | 1                 |

## **Day 2 (5 days out from photoshoot or show)**

On this day, you will keep building on day 1. Keep your nutrition exactly the same as day 1, but you will start an "interesting" training protocol.

### **Water Intake**

Drink 4L of water today.

### **Training**

For training, this is where things start to get interesting. We will push your body to deplete the glycogen stored in your muscles. In fact, we want your muscles to be screaming "feed me carbs!" It's the final push before you start to carb up tomorrow. Here's the workout to perform:

| Exercise                     | Sets | Reps | Rest (min) |
|------------------------------|------|------|------------|
| A1: Leg curls                | 10   | 12   | 0          |
| A2: Chest press machine      | 10   | 12   | 0          |
| A3: Leg press                | 10   | 12   | 0          |
| A4: Seated cable row         | 10   | 12   | 0          |
| A5: Lateral raise            | 10   | 12   | 0          |
| A6: Biceps curl              | 10   | 12   | 0          |
| A7: Triceps <u>pressdown</u> | 10   | 12   | 0          |
| A8: Calf raise               | 10   | 12   | 2          |

Perform the workout above as a giant circuit. Do not rest between exercises, but rest 2 minutes after completing one circuit. You will do 10 total rounds.

### Day 3 (4 days out from photoshoot or show)

Today, nutrition is the same as Days 1 and 2, but you will be increasing your water intake. This is where we really start to increase hydration. Make sure you're close to a bathroom at all times, as you'll need it.

#### Water Intake

Drink 5–6L of water today.

For training, we are still trying to deplete as much glycogen from the muscles as possible. Perform the same workout as on day 1.

### Day 4 (3 days out from photoshoot or show)

For nutrition, you this will be exactly the same as day 2.

#### Water Intake

Drink 6–7L of water today.

#### Training

For training, Here's the workout to perform:

| Exercise                     | Sets | Reps | Rest (min) |
|------------------------------|------|------|------------|
| A1: Leg curls                | 10   | 12   | 0          |
| A2: Chest press machine      | 10   | 12   | 0          |
| A3: Leg press                | 10   | 12   | 0          |
| A4: Seated cable row         | 10   | 12   | 0          |
| A5: Lateral raise            | 10   | 12   | 0          |
| A6: Biceps curl              | 10   | 12   | 0          |
| A7: Triceps <u>pressdown</u> | 10   | 12   | 0          |
| A8: Calf raise               | 10   | 12   | 2          |

Perform the workout above as a giant circuit. Do not rest between exercises, but rest 2 minutes after completing one circuit. You will do 10 total rounds.

## Day 5 (2 days out from photoshoot or show)

Today is the day you've been waiting for, you finally get to eat carbs. The only problem is that you will start to lower your water intake. In fact, it's not fun at all. You might feel bloating, constipation, energy ups and downs, trouble sleeping, and hunger.

### Nutrition

Today, you will eat 5-6 meals. The goal is to maintain high protein, very low fat, and moderate carbs. On top of this, you will decrease your water intake to 2L for the entire day.

For protein, you will eat 0.82g/lb, so if you're 160lbs, you will eat approximately 131g of protein, spread out over 5-6 meals. The caveat here is you will want to eat very lean protein, so you are limited to chicken breast, turkey breast, or white fish.

For carbs, you will eat only dry carbs. This includes things like rice cakes, potatoes, and sweet potatoes. The goal is to get about 20-30g per meal. On top of this, you will limit your vegetables to leafy greens such as spinach.

For fat, you will have as low fat as possible. No added fat today, even for cooking.

For Calories, skip counting them. It's about getting protein and carbs today.

### Water Intake

Drink 3L of water today.

### Training

For training, you will just want to go for a 20-60 minute walk. Something to just keep your blood flowing.

### Tanning and Grooming

Today is the day where you will get a spray tan or Sun tan. When your skin is darker, your muscle definition is more apparent and you'll look leaner. On top of this, I recommend shaving body hair from your chest and legs.

## Day 6 (1 day out from photoshoot or show)

If you thought that yesterday was tough, then you're in for another hard day. Today is where we continue to carb up and dehydrate. Keep in mind that you're doing this all for the photoshoot.

### Nutrition

Nutrition is the same as yesterday, but you will eat no salt today. This means getting your protein and dry carbs. For example, a sample meal could be:



- 100g of baked Fish tilapia (plain with no salt)
- 1 baked potato or 3 rice cakes (plain with no salt)
- 1 cup of spinach

**Water Intake**

Drink no more than 500mL of water today. Basically, this means you can have 1 sip of water per meal. This sucks...a lot. But it will allow you to dry right up and look leaner.

**Training**

For training, you will just want to go for a 20–60 minute walk. Something to just keep your blood flowing.

**Day 7 (day of the photoshoot or show)**

Today is the day you've been working towards. You should wake up feeling like crap, but look incredible.

**Nutrition**

You will eat 1 meal 2-3 hours before your photoshoot. The meal will be exactly like the meals you ate yesterday (lean protein and dry carbs, no salt, and no fat). Eat Sicker chocolate or M&M's 15min before the pump.

**Water Intake**

Drink no more than 250mL of water before your photoshoot.

**Training**

10–15 minutes before your photoshoot, you will want to get a good pump. This will allow you to look bigger, stronger, and more vascular (even though you will feel weaker). I recommend lots of pushups, some lateral raises, biceps curls, and posing. Chase the pump and try to fill your muscles with blood.

**Photoshoot**

Enjoy the photoshoot, smile, and show off what you've accomplished. You've earned it.

**After the Photoshoot**

Now, it's time to re-hydrate and get some food in your system. A balanced meal of protein, fats, and carbs is good here, along with a drink containing electrolytes. Don't eat too much, as your stomach will not be used to feeling full. Gradually work your way up to eating normally again over the course of 1–2 days.

Good Luck

Regards,

Guru Mann (GM)