

6WEEK SHREDDED

GURU MANN // PRESENTS

6WEEK SHREDDED

Complete Gym Training Program

GURU MANN  ADVANCED FITNESS TRAINER & NUTRITION SPECIALIST

WORKOUT / NUTRITION / SUPPLEMENTS
DESIGNED FOR INDIANS

www.GuruMann.com/6WeekShredded



e-Book

Designed & Created by Guru Mann, USA.

CERTIFIED Advanced Fitness Trainer
CERTIFIED Nutrition Specialist
CERTIFIED Sports Nutritionist
CERTIFIED Strength & Conditioning Specialist

NUTRITION // SUPPLEMENTS

Diet Principles & Guidelines

1. Burn Fat at an extremely efficient rate
2. Keep metabolism at an optimal rate throughout the diet
3. Promote optimal Recovery
4. Maintain Muscle Mass
5. Emphasize your ability to Maintain a High energy level in the Gym.

Nutrient and Macronutrient Balance

You will never reach your goal of becoming shredded, if your body does not receive a proper balance of macronutrients and micronutrients. This must be distinctly understood, or nothing good can come out of this article! In other words, if you try and force your body into a state of fat burning, by starving it of one or more nutrients, you will hit a plateau in a head on collision that won't be easy to recover from that being said, it is my intention to include everything in your diet so as to keep your body running at 100 percent of its capacity, and in turn it will reward you by maintaining a high metabolic rate. Lets analyze these concepts:

MACRONUTRIENTS //

Proteins You will get plenty of protein in this diet. Each meal will be chalk full of this vital food source. Too many people make the mistake of lowering their protein. This is one of the most costly things you can possibly do! Without adequate protein you will lose your muscle at an extremely high rate and sabotage your fat burning efforts.

Fats Those who say all fats are bad for you are, of course, dangerously incorrect. As it turns out, **plant-based fats are powerful cancer fighters**, If you want to prevent cancer, or you're currently battling colon cancer, prostate cancer or breast cancer, it is essential to get plant-based fats into your diet on a daily basis. **The healthy fats include extra-virgin olive oil, flax seed oil, and fats from plant sources such as nuts, seeds, peanut butter and coconuts.** They also improve your cardiovascular health and fight weight gain and obesity

Carbs All of your carbohydrates will come from fibrous sources. You will not be allowed any simple sources unless you are taking in your post workout shake. The role they will play is to spare protein, maintain energy levels in the gym, and also induce the release of insulin post workout. Remember, after you workout, your body releases cortisol (see take your fat burning to the next level) at an unmatched rate! Cortisol has been proven to lower thyroid hormone output. The lower your output in this area, the slower your metabolic rate will become.

MICRONUTRIENTS //

Vitamins & Minerals A game that many athletes play with their diets is to regular intake their vitamins. In other words, they take them when they feel like it, and that is a rarity! You need to take a multivitamin and multimineral everyday without fail.

ESSENTIAL SUPPLEMENTS //

I will emphasize three or four supplements that everyone should take during this program.

Multivitamins To help support your macronutrient requirements, you should start your day with a good natural multivitamins and mineral supplement. This is going to support your overall health and wellness, boost your energy levels and help your muscles recover from your workouts. The best time to take a Multivitamin is in the morning.

Whey Protein The next supplement that I highly recommend to everyone is a quality protein supplement. Protein supplements can make your life much easier and make sure you don't miss out on this essential nutrients. Protein is everywhere. Everything you see in the mirror is protein—your hair, your skin, your eyes, and your muscles. Protein is responsible for tissue growth and repair. Protein supplements can be taken at any time during the day when you need a snack or a meal replacement. But I recommend taking a protein shake directly after your workout so that you can give your muscles the nutrients to kick start recovery and growth.

Remember to follow the serving size as it's recommended for each individual protein supplement so that you don't overdue the calories. Watch 6 Week Shredded Video "**POST WOKOUT**" for more info.

BCAA Branched Chain Amino Acid (BCAA) is a essential amino acid which your body doesn't produce by itself. The three BCAs are leucine, isoleucine, and valine. They are critical for muscle growth. While whey protein is rich in BCAs, taking additional BCAs around your workouts can further enhance recovery and provide a quick source of muscular energy. As a result, BCAs can improve your workouts and boost performance.

Pre Workout A good pre-workout supplement will cover your bases with quality branched-chain amino acids, creatine, beta-alanine, and betaine, not to mention stimulants like caffeine to amp up your focus and training intensity, boost muscle strength and endurance, enhance muscle pumps, and promote muscle growth.

For stimulants, your best and safest bet is caffeine. It's one of the most studied sports nutrition supplements on the market and frequently shown to improve athletic performance. Not only does clinical research show that caffeine is very safe, but that it even may enhance overall health. For performance benefits, you need a minimum of 200 mg of caffeine before workouts to be effective. Watch 6 Week Shredded Video "**PRE WOKOUT**" for more info.

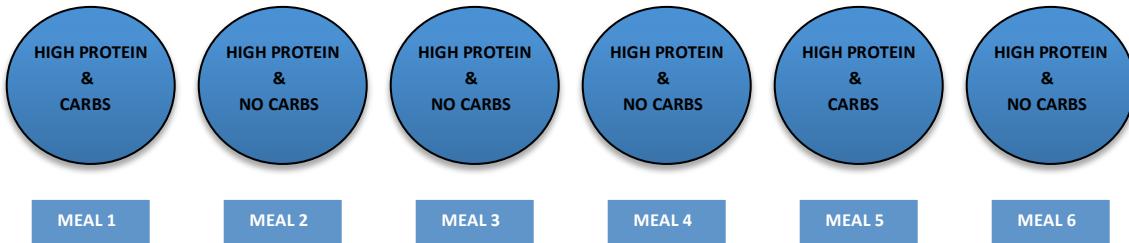
Putting It All Together

If you take each of the micro and macronutrients into consideration, and give them their proper dues, then you will get the following out of the diet:

1. A higher metabolic rate throughout the diet
2. A better pump in the gym
3. You potentially will maintain all of your muscle mass
4. You will recover faster
5. You will feel more refreshed
6. You will not be as sore
7. The list can go on and on, but suffice it to say that the above concepts are vital to your success!

Weekly Macronutrient Intake

MONDAY TO SATURDAY – HIGH PROTEIN & LOW CARBS



From Monday through Saturday, You have to take carbs at breakfast and dinner (60min after post workout meal), rest of the meals will be no carbs meal. Your total carb intake will be around 120g. During low carb diet our main focus is to burn maximum fat and deplete muscle glycogen. As our protein intake is more than 1g per pound body weight, which will help to grow muscle and provides you energy.

LOW CARBS DAY	NUTRITION (Non-Veg)	NUTRITION (Veg)	SUPPLEMENTS	NUTRITION INFO.
UPON WALKING UP 30mins before Breakfast	1 cup Green Tea/Black Coffee	1 cup Green Tea/Black Coffee		

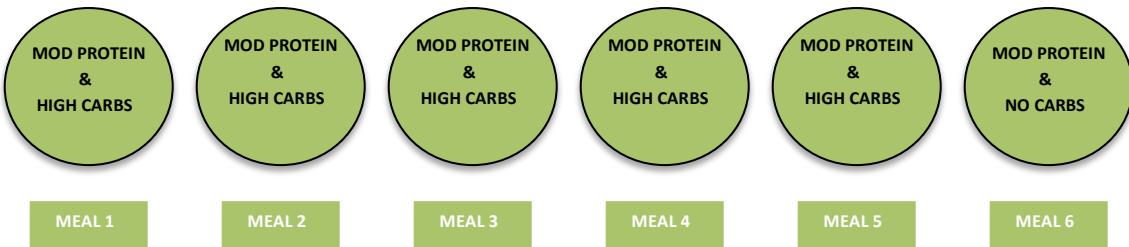
MEAL 1 (Breakfast)	Oat Meal 1 Multi Vitamin [Watch Nutrition Video]	Oat Meal 1 Multi Vitamin [Watch Nutrition Video]	1 Multi Vitamins Option#1 – Opti-Men Option#2 - Revital	Calories = 339 P-31, C-31, F-10
MEAL 2 (Snack)	Protein Cup Cake 1 cup Green Tea [Watch Nutrition Video]	Protein Cup Cake 1 cup Green Tea [Watch Nutrition Video]		Calories = 295 P-34, C-6, F-15
MEAL 3 (Lunch)	100g Chicken Breast 1 Bowl Veggies ½sp olive oil 12 Almonds [Watch Nutrition Video]	150g Paneer (Uncooked) 1 Bowl Veggies ½sp olive oil 8 Almonds [Watch Nutrition Video]		Calories = 226 P-24, C-10, F-16
MEAL 4 (Snack)	Boiled Eggs 1 full + 4 egg whites 1 cup low fat yogurt [Watch Nutrition Video]	1sp Whey Protein 1 cup low fat yogurt 240ml Cold Water		Calories = 232 P-32, C-8, F-8
PRE WORKOUT (30min b4 Exer)	1 cup Black Coffee OR Supplement → [Watch Nutrition Video]	1 cup Black Coffee OR Supplement → [Watch Nutrition Video]	Option#1-Expand Option#2-Amino Energy	

6 WEEK SHREDDED Workout

POST WORKOUT	Protein Shake 1.5sp Whey + 1 MV + 1 Banana [Watch Nutrition Video]	Protein Shake 1.5sp Whey + 1 MV + 1 Banana [Watch Nutrition Video]	- Whey Protein - 1 Multi Vitamin - BCAA	Calories = 258 P-36, C-24, F-3
MEAL 5 (Diner)	Roti Role (Beans & Veggies) 1 Fish Oil [Watch Nutrition Video]	Roti Role (Beans & Veggies) 1 Flaxseed Oil [Watch Nutrition Video]	OPTIONAL - 1g Fish Oil (NV) - 1g Flaxseed Oil (V) *NV-Non Veg, *V-Veg	Calories = 343 P-20, C-32, F-15
MEAL 6 (Before Bed)	1sp Casein/whey Protein 1cup NF yogurt 15 Almonds [Watch Nutrition Video]	1sp Casein/whey Protein 1cup NF yogurt 15 Almonds [Watch Nutrition Video]	Option#1- Casein Protein Option#2- Whey Protein	Calories = 299 P-32, C-9, F-15

CALORIES – 2000 PROTEIN – 209g CARBS – 120g FAT – 82g

SUNDAY – MODERATE PROTEIN & HIGH CARBS



On Sunday, which is your recovery day means non-training day, you have to take carbs in every meal except last meal. A purpose of adding carbs on Sunday is to refill your muscle glycogen, which you depleted during low carbs day. Eating low carbs diet for longer period of time will slow down your metabolism which is a engine to burn calories, so its important to eat carbs after every 6th day to speed up the metabolism.

HIGH CARBS DAY	NUTRITION (Non-Veg)	NUTRITION (Veg)	SUPPLEMENTS	NUTRITION INFO.
UPON WALKING UP	1 cup Green Tea/Black Coffee	1 cup Green Tea/Black Coffee		

MEAL 1 <i>(Breakfast)</i>	Vegetable Omelet 2 Slice Wheat Bread 1 Multi Vitamin 1cup Indian Tea [Watch Nutrition Video]	½ cup cereals (grains) 200ml milk 1 Multi Vitamin 1cup Indian Tea [Watch Nutrition Video]	- 1 Multi Vitamins	Calories = 392 P-36, C-35, F-12
MEAL 2 <i>(Snack)</i>	Fresh Juice 1 cup Roasted Channa [Watch Nutrition Video]	Fresh Juice 1 cup Roasted Channa [Watch Nutrition Video]		Calories = 401 P-34, C-46, F-9
MEAL 3 <i>(Lunch)</i>	Recovery Rice ¼ Cucumber [Watch Nutrition Video]	Recovery Rice ¼ Cucumber [Watch Nutrition Video]		Calories = 268 P-20, C-38, F-4
MEAL 4 <i>(Snack)</i>	Paneer Sandwich [Watch Nutrition Video]	Paneer Sandwich [Watch Nutrition Video]		Calories = 325 P-30, C-40, F-5
MEAL 5 <i>(Diner)</i>	Paneer Bhurji with veggies 2 chapati (no oil) [Watch Nutrition Video]	Paneer Bhurji with veggies 2 chapati (no oil) [Watch Nutrition Video]	- 1 Fish/Flaxseed Oil	Calories = 404 P-30, C-44, F-12
MEAL 6 <i>(Before Bed)</i>	300ml NF Milk 15 Almonds [Watch Nutrition Video]	300ml NF Milk 15 Almonds [Watch Nutrition Video]		Calories = 210 P-16, C-18, F-8

CALORIES – 2000 PROTEIN – 166g CARBS – 221g FAT – 50g

WORKOUT

The Workout Split

Your schedule will be weight training on Monday and Tuesday, you will perform cardio and abs on Wednesday, then you will do weight training again on Thursday and Friday, then again cardio and abs on Saturday. You'll keep repeating this pattern for all 6 weeks. Except Abs, you are training every muscle part once a week. We are training abs 6 times a week, which you never trained before, one day Upper Abs and next day Lower Abs. You are giving 48hr rest between each muscle. For example: Monday-upper abs, Tuesday-Lower abs, Wednesday-Upper abs....so there is 48hrs rest between Monday and Wednesday.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SHOULDERS + TRICEPS UPPER ABS	CHEST UPPER BACK + LOWER ABS	UPPER ABS	LAT, MID BACK+BICEPS LOWER ABS	QUADS, HAM & CALVES UPPER ABS	CARDIO LOWER ABS	RECOVERY

MONDAY: Shoulders & Triceps

Exercise 1: Super Set

EXERCISES	SET 1	SET 2	SET 3
DB Shoulder Press	15 reps	12 reps	10 reps
Rear Delt Cable Fly	15 reps	12 reps	10 reps

Exercise 2: Giant Set

EXERCISES	SET 1	SET 2	SET 3
DB Side Raise	12 reps	10 reps	10 reps
Cable Front Raise	12 reps	10 reps	10 reps
Single Hand Cable Rear Fly	12 reps	10 reps	10 reps

Exercise 3: Giant Set

EXERCISES	SET 1	SET 2	SET 3
DB Front Raise	10 reps	10 reps	10 reps
Cable Side Raise	10 reps	10 reps	10 reps
DB Arm Circles	10 reps	10 reps	10 reps

Exercise 4: Super Set

EXERCISES	SET 1	SET 2	SET 3
DB Skull Crusher	12 reps	10 reps	10 reps
Triceps Pushdown	12 reps	10 reps	10 reps

Exercise 5: Super Set

EXERCISES	SET 1	SET 2	SET 3
Rope Overhead Ext.	12 reps	10 reps	10 reps
DB Kick Back	12 reps	10 reps	10 reps

Exercise 6: Giant Set

EXERCISES	SET 1	SET 2	SET 3
Rope overhead Ext (on bench)	12 reps	10 reps	8 reps
Close Hand Pushups	12 reps	10 reps	8 reps
Bench Dips	12 reps	10 reps	8 reps

NOTE: There is no rest in between the exercises. Take 90sec rest after the giant set and 60sec rest after the super set. For more info. watch "Shoulders & Triceps" video.

How to carry out workout:

Perform Giant sets and Supersets, there will be no rest in between the set, do three back to back exercises in giant set. When I put this (15, 12, 10) I mean that in your first set you should pick a weight in which you fail in the 15 rep range, your second set pick a weight in which you fail in the 12 rep range and your third in the 10 rep range.

Lifting Speed: Lift under control; don't just throw around the weights. Take one second to lift the weight and one to two seconds to lower it.

Rest in Between Sets: Rest about 60sec to 90sec between each giant set and superset. Rest 2 to 3 minutes between muscle groups.

Notes: Nothing; and I mean nothing will raise your metabolism more effectively than the challenging workout that I have laid out above! These face-paced workouts are definitely meant to get you cut up and lean!

TUESDAY: Chest & Upper Back

Exercise 1: Giant Set

EXERCISES	SET 1	SET 2	SET 3
DB Inclined Press	12 reps	10 reps	8 reps
DB Flat Bench Press	12 reps	10 reps	8 reps
DB Decline Press	12 reps	10 reps	8 reps

Exercise 2: Super Set

EXERCISES	SET 1	SET 2	SET 3
Cable Fly	12 reps	10 reps	8 reps
Decline Cable Fly	12 reps	10 reps	8 reps

Exercise 3: Drop Set

EXERCISES	SET 1	SET 2	SET 3
Incline Cable Fly (on bench)	6,8,10,12 reps	6,8,10,12 reps	6,8,10,12 reps

Exercise 4: Super Set

EXERCISES	SET 1	SET 2	SET 3
Decline Pushups	12 reps	10 reps	8 reps
Regular Pushups	12 reps	10 reps	8 reps

Exercise 5: Angle Drop Set

EXERCISES	SET 1	SET 2	SET 3
Rope Upright Row (Angle 1)	10 reps	10 reps	10 reps
Rope Upright Row (Angle 2)	10 reps	10 reps	10 reps
Rope Upright Row (Angle 3)	10 reps	10 reps	10 reps

Exercise 6: Extended Set

EXERCISES	SET 1	SET 2	SET 3
DB Shrugs	15,12,10,8,10,12,15 reps	15,12,10,8,10,12,15 reps	15,12,10,8,10,12,15 reps

NOTE: There is no rest in between the exercises. Take 90sec rest after the giant set, extended set and 60sec rest after super set and drop set. For more info. watch "Chest/Upper Back" video.

How to carry out workout:

Perform Giant sets and Supersets, there will be no rest in between the set, do three back to back exercises in giant set. When I put this (12, 10, 8) I mean that in your first set you should pick a weight in which you fail in the 12 rep range, your second set pick a weight in which you fail in the 10 rep range and your third in the 8 rep range.

Lifting Speed: Lift under control; don't just throw around the weights. Take one second to lift the weight and one to two seconds to lower it.

Rest in Between Sets: Rest about 60sec to 90sec between each giant set and superset. Rest 2 to 3 minutes between muscle groups.

Notes: Nothing; and I mean nothing will raise your metabolism more effectively than the challenging workout that I have laid out above! These face-paced workouts are definitely meant to get you cut up and lean!

WEDNESDAY & SATURDAY: Cardio

HIIT TREADMILL: 20mins

TIME	SPEED (mph)	TOTAL TIME	
0:01 – 5:00	2.8 – 3.0	5min	Warm up
5:01 – 5:30	6.0	30sec	Sprint
5:31 – 6:00	---	30sec	Recovery (Jump Off the Treadmill)
6:01 – 6:30	6.5	30sec	Sprint
6:31 – 7:00	---	30sec	Recovery
7:01 – 7:30	7.0	30sec	Sprint
7:31 – 8:00	---	30sec	Recovery
8:01 – 8:30	7.5	30sec	Sprint
8:31 – 9:00	---	30sec	Recovery
9:01 – 9:30	8.0	30sec	Sprint
9:31 – 10:00	---	30sec	Recovery
10:01 – 10:30	8.5	30sec	Sprint
10:31 – 11:00	---	30sec	Recovery
11:01 – 11:30	9.0	30sec	Sprint
11:31 – 12:00	---	30sec	Recovery
12:01 – 12:30	9.5	30sec	Sprint
12:31 – 13:00	---	30sec	Recovery
13:01 – 13:30	10.0	30sec	Sprint
13:31 – 14:00	---	30sec	Recovery
14:01 – 14:30	10.0	30sec	Sprint
14:31 – 15:00	-----	30sec	Recovery
15:01 – 20:00	3.0	5mins	Cool Down (Slow Walk)

NOTE: For more info watch "Cardio" video. Also Increase the speed and incline level every week to challenge you.

Notes: Cardio is a very important aspect of your workout routine. As it burns fat at an extremely high level, It is vital to always keep your body on its' toes as it responds at a higher rate this way.

THRUSDAY: Lats, Mid-Back & Biceps

Exercise 1: Super Set

EXERCISES	SET 1	SET 2	SET 3
Close Grip Lat Pull down	15 reps	10 reps	8 reps
Machine Rows	15 reps	10 reps	8 reps

Exercise 2: Super Set

EXERCISES	SET 1	SET 2	SET 3
DB Rows	15 reps	10 reps	8 reps
Single Hand Cable Lat Pulldown	15 reps	10 reps	8 reps

Exercise 3: Super Set

EXERCISES	SET 1	SET 2	SET 3
Straight Bar Pull down	12 reps	10 reps	8 reps
Rope Rows	12 reps	10 reps	8 reps

Exercise 4: Super Set

EXERCISES	SET 1	SET 2	SET 3
Machine Preacher Curl (Long Head)	15 reps	10 reps	8 reps
Machine Preacher Curl (Short Head)	15 reps	10 reps	8 reps

Exercise 5: Super Set

EXERCISES	SET 1	SET 2	SET 3
DB Hammer Curl	12 reps	10 reps	8 reps
Cable Overhead Biceps Curl	12 reps	10 reps	8 reps

Exercise 6: Giant Set

EXERCISES	SET 1	SET 2	SET 3
Cable Conc. Curl (Mid-Lower Angle)	12 reps	10 reps	8 reps
Cable Curl 45*	12 reps	10 reps	8 reps
Laying Biceps Curl	12 reps	10 reps	8 reps

NOTE: There is no rest in between the exercises. Take 90sec rest after giant set and 60sec rest after the super set.

For more info. watch "Lats/Mid Back/Biceps" video.

How to carry out workout:

Perform Giant sets and Supersets, there will be no rest in between the set, do three back to back exercises in giant set. When I put this (12, 10, 8) I mean that in your first set you should pick a weight in which you fail in the 12 rep range, your second set pick a weight in which you fail in the 10 rep range and your third in the 8 rep range.

Lifting Speed: Lift under control; don't just throw around the weights. Take one second to lift the weight and one to two seconds to lower it.

Rest in Between Sets: Rest about 60sec to 90sec between each giant set and superset. Rest 2 to 3 minutes between muscle groups.

Notes: Again great workout for conditioning and strengthening your back and biceps. Will probably burn more calories than any workout you performed all week.

FRIDAY: Quads, Hamstrings & Calves

Exercise 1: Super Set

EXERCISES	SET 1	SET 2	SET 3
DB Squat	15 reps	10 reps	8 reps
DB Step Up	15 reps	10 reps	8 reps

Exercise 2: Super Set

EXERCISES	SET 1	SET 2	SET 3
DB Lunges	15 reps	10 reps	8 reps
DB Sumo Squat	15 reps	10 reps	8 reps

Exercise 3: Super Set

EXERCISES	SET 1	SET 2	SET 3
Leg Extension	15 reps	10 reps	8 reps
Laying Leg Curl	15 reps	10 reps	8 reps

Exercise 4: Super Set

EXERCISES	SET 1	SET 2	SET 3
Rope Side Lunges	10 reps	10 reps	8 reps
Rope Cross Lunges	10 reps	10 reps	8 reps

Exercise 5: Giant Set

EXERCISES	SET 1	SET 2	SET 3
Calf Raise (Toe Inward)	12 reps	10 reps	8 reps
Calf Raise (Toe Outward)	12 reps	10 reps	8 reps
Seated Calf Raise (with DB)	12 reps	10 reps	8 reps

NOTE: There is no rest in between the exercises. During workout take 90sec rest after giant set. For more info. watch "Quads/Hams/Calfes" video.

How to carry out workout:

Perform Giant sets and Supersets, there will be no rest in between the set, do three back to back exercises in giant set. When I put this (12, 10, 8) I mean that in your first set you should pick a weight in which you fail in the 12 rep range, your second set pick a weight in which you fail in the 10 rep range and your third in the 8 rep range.

Lifting Speed: Lift under control, don't just throw around the weights. Take one second to lift the weight and one to two seconds to lower it.

Rest in Between Sets: Rest about 60sec to 90sec between each giant set and superset. Rest 2 to 3 minutes between muscle groups.

Notes: Great workout, your legs will look fantastic for the wintertime.

MONDAY, WEDNESDAY & FRIDAY: Upper Abs

Exercise 1: Super Set

EXERCISES	SET 1	SET 2	SET 3
Incline Crunches	20 reps	20 reps	20 reps
Incline Twist	20 reps	20 reps	20 reps

Exercise 2: Super Set

EXERCISES	SET 1	SET 2	SET 3
Standing Rope Crunches	20 reps	20 reps	20 reps
Standing Rope Side Crunches	15-20 reps	15-20 reps	15-20 reps

Exercise 3: Super Set

EXERCISES	SET 1	SET 2	SET 3
Rope Crunches (on Knee)	20 reps	20 reps	20 reps
Rope Oblique Crunches (on Knee)	20 each side	20 each side	20 each side

Exercise 4: Super Set

EXERCISES	SET 1	SET 2	SET 3
Crunches on Lat Machine	20 reps	20 reps	20 reps
Dumbbell Side Bend (with rotation)	20 each side	20 each side	20 each side

Exercise 5: Regular Set

EXERCISES	SET 1	SET 2	SET 3
Stomach Vacuum (5sec hold)	10times	10times	10times

NOTE: There is no rest in between the exercises. Take 30sec rest after the super set. Do 3 sets, for more info watch "Upper Abs" video.

How to carry out workout:

There will be no rest in between the superset, do upper abs and external oblique's exercises back to back. Do 20 reps of each exercise, no matter how weak you are, you have to hit 20reps, you can take 10sec rest in between but u have to hit 20reps. I bet you guys, in 2nd or 3rd week your core will be stronger and you will be able to do 20 reps in one set! Trust me, just Keep Pushing.

Lifting Speed: Perform every exercise slowly and under control; don't just focusing on counting the reps, try to make Mind & Muscle connection which is important to grow abs. Take one second to lift the weight and one to two seconds to lower it.

Rest in Between Sets: There is no rest in between exercise. Rest 30sec after every superset.

Notes: Great workout, your core will be sore, you will feel tight day by day and end of 6 week you will look fantastic if u didn't cheat on your diet.

TUESDAY, THURSDAY & SATURDAY: Lower Abs

Exercise 1: Super Set

EXERCISES	SET 1	SET 2	SET 3
Laying Leg Pull-in	20 reps	20 reps	20 reps
Mountain Climber Cross Body	20/side	20/side	20/side

Exercise 2: Super Set

EXERCISES	SET 1	SET 2	SET 3
Hanging Knee Raise	20 reps	20 reps	20 reps
Side Bridges	15-20/side	15-20/side	15-20/side

Exercise 3: Super Set

EXERCISES	SET 1	SET 2	SET 3
V - Crunch	20 reps	20 reps	20 reps
Hanging side Raise	15-20/side	15-20/side	15-20/side

Exercise 4: Super Set

EXERCISES	SET 1	SET 2	SET 3
Planks (on the Bench)	90-120 sec	90-120 sec	90-120 sec
Cricket Short Crunch	15-20/side	15-20/side	15-20/side

NOTE: There is no rest in between the exercises. Take 30sec rest after the super set. Do 3 sets, for more info watch "Lower Abs" video.

Conclusion:

This is not an easy workout, but it will definitely transform you physique if you stick it with. The key is to ask yourself if having a great body is worth it to you. In fact in my mind part of getting something knows what you will have to give up to get it. If you decide to follow my program then you feel that showing off at the swimming pool is far better than missing a workout. I will be here to support you! If you have any questions feel free to ask. And Good Luck.

Sincerely

Guru Mann

Advanced Fitness Trainer, **CERTIFIED**

Nutrition Specialist, **CERTIFIED**

Sports Nutritionist, **CERTIFIED**

Strength & Conditioning Specialist, **CERTIFIED**

Biomechanics//Kinesiology - Human Kinetic, **DEGREE**

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GWENNA'S SUPER SET