

Six-Pack Weekly Plan (Mobile-Friendly)

Mon

Workout: Push (Chest/Shoulders/Triceps) Bench 5x5, OHP 4x6–8, Incline DB 4x10, Weighted Dips 3x8–10, Hanging Leg Raises 3x12–15

Meals:

Breakfast: 5 eggs + Greek yogurt + berries Lunch: Chicken + quinoa + broccoli Dinner: Steak + Brussels sprouts + salad

Tue

Workout: Pull (Back/Biceps) Pull-ups, Barbell Rows, Seated Rows, DB Curls, Plank Holds

Meals:

Breakfast: Same Lunch: Salmon + rice + asparagus Dinner: Burgers (lettuce wrap) + green beans + avocado

Wed

Workout: Legs & Core Squats, RDL, Lunges, Leg Press, Ab Rollouts

Meals:

Breakfast: Same Lunch: Chicken thighs + potato + spinach Dinner: Cod + cauliflower rice + peppers

Thu

Workout: Conditioning & Core HIIT (10x30s sprint / 90s walk), Kettlebell Swings, Hanging Knee Tucks, Russian Twists, Side Plank

Meals:

Breakfast: Same Lunch: Ground turkey + rice + greens Dinner: Ribeye + asparagus + mushrooms

Fri

Workout: Push/Pull Hybrid (Hypertrophy) Incline Bench, DB Shoulder Press, Lat Pulldown, Face Pulls, Cable Crunches

Meals:

Breakfast: Same Lunch: Chicken + brown rice + green beans Dinner: Steak + zucchini noodles + tomato sauce

Sat

Workout: Rest / Active Recovery 30–40 min walk, mobility

Meals:

Breakfast: Same Lunch: Salmon + farro + broccoli Dinner: Burgers + peppers/onions

Sun

Workout: Rest / Recovery Yoga / foam rolling optional

Meals:

Breakfast: Same Lunch: Chicken + wild rice + spinach + avocado Dinner: Cod + Brussels sprouts + mashed cauliflower

■ Snack Options (use to reach ~200g protein daily)

- Protein shake (25g, post-workout)
- Greek yogurt cup (20g)
- 2 boiled eggs (12g)
- Cottage cheese (20g)
- Beef jerky (10–15g)
- Almonds or walnuts (~6g protein per ounce)