

Six-Pack Transformation Program

Custom Plan for 6'3", 187 lbs
5 Workouts Per Week (4 Lifting + 1 Conditioning)

"Discipline is the bridge between goals and results."

Powered by Your Six-Pack Master Playbook

Six-Pack Program Playbook – How to Use Your PDFs

Step 1 – Print or Save Your Guides

- Print the Weekly Plan PDF → pin on fridge.
- Keep Quick View PDF (with snacks) in your gym bag.
- Save Mobile-Friendly PDF to your phone.

Step 2 – Plan Your Week

- Sunday evening: review Weekly Plan PDF.
- Use Grocery Checklist PDF for shopping.
- Keep meals simple: rotate chicken, steak, fish, burgers.

Step 3 – Daily Execution

- Breakfast: 5 eggs + Greek yogurt daily.
- Lunch/Dinner: follow plan for the day.
- Snacks: use protein shake, Greek yogurt, cottage cheese, jerky.
- Training: follow Quick View/Mobile PDF workouts.

Step 4 – Track Progress

- Use Weekly or 4-Week Tracking Sheet PDF.
- Tick off meals & workouts daily.
- Add notes (energy, sleep, soreness).

Step 5 – Measure & Adjust

- Use Progress Tracker (in 4-week & 12-week PDFs).
- Record weight & waist weekly.
- Take photos every 2–4 weeks.
- If fat loss stalls: lower carbs slightly OR add 1 extra conditioning session.

Step 6 – Long-Term Cycle (12 Weeks)

- Weeks 1–4: Learn meals & routines.
- Weeks 5–8: Push intensity, progressive overload.
- Weeks 9–12: Refine calories, increase conditioning.
- End Week 12: compare progress photos & notes.

Weekly Six-Pack Plan (6’3”, 187 lbs, 5 Workouts/Week)

Day	Workout	Breakfast	Lunch	Dinner	Notes
Mon	Push (Chest/Shoulders/Triceps) Bench 5x5, OHP 4x6–8, Incline DB 4x10, Weighted Dips 3x8–10, Hanging Leg Raises 3x12–15	5 eggs + Greek yogurt + berries + ch	8 oz chicken + quinoa + broccoli/zucchini	8 oz sirloin steak + Brussels sprouts + salad	Heavy push strength
Tue	Pull (Back/Biceps) Pull-ups 5xAMRAP, Barbell Rows 4x8–10, Seated Rows 3x12, DB Curls 3x12, Plank Holds 3x1 min	Same as Mon	8 oz salmon + jasmine rice + asparagus	2 lean beef patties (lettuce wrap) + green beans + avocado	Back & biceps focus
Wed	Legs & Core Squat 5x5, RDL 4x8, Lunges 3x12/leg, Leg Press 4x12, Ab Rollouts 3x12	Same	8 oz chicken thighs + baked potato + spinach salad	8 oz cod + cauliflower rice + peppers	Heavy legs + core
Thu	Conditioning & Core Interval (90s walk), Kettlebell Swings 4x20, Hanging Knee Tucks 3x12, Russian Twists 3x20, Side Plank 3x30s/side	Same	8 oz ground turkey + basmati rice + greens	8 oz ribeye steak + asparagus + mushrooms	Fat-burn + abs
Fri	Push/Pull Hybrid (Hypertrophy) Bench 4x10, DB Shoulder Press 3x12, Lat Pulldown 4x10, Face Pulls 3x15, Cable Crunches 3x15	Same	8 oz chicken breast + brown rice + green beans	8 oz sirloin steak + zucchini noodles + tomato sauce	Volume + pump
Sat	Rest / Active Recovery 30–40 min walk, mobility	Same	8 oz salmon + farro + broccoli	2 lean beef patties + sautéed peppers/onions	Light cardio/stretch
Sun	Rest / Recovery Yoga / foam rolling optional	Same	8 oz chicken + wild rice + spinach + avocado	8 oz cod + Brussels sprouts + mashed cauliflower	Full rest

Six-Pack Weekly Quick View (Meals + Workouts)

Day	Workout	Meals (Breakfast / Lunch / Dinner)
Mon	Push (Chest/Shoulders/Triceps)	5 eggs + Greek yogurt / Chicken + quinoa / Steak + veggies
Tue	Pull (Back/Biceps)	Same breakfast / Salmon + rice / Burgers + veggies
Wed	Legs & Core	Same / Chicken thighs + potato / Cod + cauliflower rice
Thu	Conditioning & Core	Same / Ground turkey + rice / Ribeye + veggies
Fri	Push/Pull Hybrid	Same / Chicken + brown rice / Steak + zucchini noodles
Sat	Rest / Active Recovery	Same / Salmon + farro / Burgers + peppers/onions
Sun	Rest / Recovery	Same / Chicken + wild rice / Cod + Brussels sprouts

Six-Pack Weekly Quick View (Meals + Workouts + Snacks)

Day	Workout	Meals (Breakfast / Lunch / Dinner)
Mon	Push (Chest/Shoulders/Triceps)	5 eggs + Greek yogurt / Chicken + quinoa / Steak + veggies
Tue	Pull (Back/Biceps)	Same breakfast / Salmon + rice / Burgers + veggies
Wed	Legs & Core	Same / Chicken thighs + potato / Cod + cauliflower rice
Thu	Conditioning & Core	Same / Ground turkey + rice / Ribeye + veggies
Fri	Push/Pull Hybrid	Same / Chicken + brown rice / Steak + zucchini noodles
Sat	Rest / Active Recovery	Same / Salmon + farro / Burgers + peppers/onions
Sun	Rest / Recovery	Same / Chicken + wild rice / Cod + Brussels sprouts

■ 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 (healthy fats, ~6g protein per ounce)

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)

Six-Pack Weekly Grocery Checklist

Proteins

- ✓ Eggs (35+)
- ✓ Chicken breast (5–6 lbs)
- ✓ Chicken thighs (2–3 lbs)
- ✓ Salmon fillets (3–4 lbs)
- ✓ Cod or tilapia (2–3 lbs)
- ✓ Sirloin steak (4–5 lbs)
- ✓ Ribeye steak (2–3 lbs)
- ✓ Lean ground beef (3–4 lbs)
- ✓ Ground turkey (2–3 lbs)
- ✓ Greek yogurt (7–8 cups, plain)
- ✓ Cottage cheese (2–3 cups)
- ✓ Beef jerky (snack packs)
- ✓ Whey protein powder

Carbs

- ✓ Quinoa (2–3 cups dry)
- ✓ Brown rice (3–4 cups dry)
- ✓ Jasmine/Basmati rice (3–4 cups dry)
- ✓ Farro (1–2 cups dry)
- ✓ Wild rice (1–2 cups dry)
- ✓ Potatoes (white/red, 4–5 medium)

Veggies & Greens

- ✓ Spinach (large bag)
- ✓ Broccoli (3–4 heads or frozen bag)
- ✓ Asparagus (2–3 bunches)
- ✓ Zucchini (4–5)
- ✓ Mushrooms (2 packs)
- ✓ Brussels sprouts (2–3 lbs)
- ✓ Mixed greens (spring mix, arugula, kale)
- ✓ Peppers & onions (for stir-fry)

Fruits

- ✓ Blueberries (2 cups)
- ✓ Strawberries (2 cups)
- ✓ Lemons (2–3 for dressing)

Healthy Fats

- ✓ Avocados (4–5)
- ✓ Olive oil
- ✓ Almond butter
- ✓ Chia seeds
- ✓ Flax seeds
- ✓ Almonds or walnuts (snack size bag)

Six-Pack Weekly Tracking Sheet

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Push	■	■	■	■	
Tue	Pull	■	■	■	■	
Wed	Legs & Core	■	■	■	■	
Thu	Conditioning & Core	■	■	■	■	
Fri	Push/Pull Hybrid	■	■	■	■	
Sat	Rest / Active Recovery	■	■	■	■	
Sun	Rest / Recovery	■	■	■	■	

Six-Pack Monthly Tracking Sheet (4 Weeks)

Week 1

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Push	■	■	■	■	
Tue	Pull	■	■	■	■	
Wed	Legs & Core	■	■	■	■	
Thu	Conditioning & Core	■	■	■	■	
Fri	Push/Pull Hybrid	■	■	■	■	
Sat	Rest / Active Recovery	■	■	■	■	
Sun	Rest / Recovery	■	■	■	■	

Week 2

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Push	■	■	■	■	
Tue	Pull	■	■	■	■	
Wed	Legs & Core	■	■	■	■	
Thu	Conditioning & Core	■	■	■	■	
Fri	Push/Pull Hybrid	■	■	■	■	
Sat	Rest / Active Recovery	■	■	■	■	
Sun	Rest / Recovery	■	■	■	■	

Week 3

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Push	■	■	■	■	
Tue	Pull	■	■	■	■	
Wed	Legs & Core	■	■	■	■	
Thu	Conditioning & Core	■	■	■	■	
Fri	Push/Pull Hybrid	■	■	■	■	
Sat	Rest / Active Recovery	■	■	■	■	
Sun	Rest / Recovery	■	■	■	■	

Week 4

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Push	■	■	■	■	
Tue	Pull	■	■	■	■	
Wed	Legs & Core	■	■	■	■	
Thu	Conditioning & Core	■	■	■	■	
Fri	Push/Pull Hybrid	■	■	■	■	
Sat	Rest / Active Recovery	■	■	■	■	
Sun	Rest / Recovery	■	■	■	■	

Six-Pack Monthly Tracking Sheet (4 Weeks + Progress Tracker)

Week 1

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Push	■	■	■	■	
Tue	Pull	■	■	■	■	
Wed	Legs & Core	■	■	■	■	
Thu	Conditioning & Core	■	■	■	■	
Fri	Push/Pull Hybrid	■	■	■	■	
Sat	Rest / Active Recovery	■	■	■	■	
Sun	Rest / Recovery	■	■	■	■	

Week 2

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Push	■	■	■	■	
Tue	Pull	■	■	■	■	
Wed	Legs & Core	■	■	■	■	
Thu	Conditioning & Core	■	■	■	■	
Fri	Push/Pull Hybrid	■	■	■	■	
Sat	Rest / Active Recovery	■	■	■	■	
Sun	Rest / Recovery	■	■	■	■	

Week 3

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Push	■	■	■	■	
Tue	Pull	■	■	■	■	
Wed	Legs & Core	■	■	■	■	
Thu	Conditioning & Core	■	■	■	■	
Fri	Push/Pull Hybrid	■	■	■	■	
Sat	Rest / Active Recovery	■	■	■	■	
Sun	Rest / Recovery	■	■	■	■	

Week 4

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Push	■	■	■	■	
Tue	Pull	■	■	■	■	
Wed	Legs & Core	■	■	■	■	
Thu	Conditioning & Core	■	■	■	■	
Fri	Push/Pull Hybrid	■	■	■	■	
Sat	Rest / Active Recovery	■	■	■	■	
Sun	Rest / Recovery	■	■	■	■	

■ Progress Tracker

Starting Weight: _____ lbs

Week 1 Weight: _____ lbs

Week 2 Weight: _____ lbs

Week 3 Weight: _____ lbs

Week 4 Weight: _____ lbs

Starting Waist Measurement: _____ in

Week 1 Waist: _____ in

Week 2 Waist: _____ in

Week 3 Waist: _____ in

Week 4 Waist: _____ in

Photo Checkpoints (Front / Side / Back):

■ Starting ■ Week 2 ■ Week 4

Notes / Adjustments: _____

Six-Pack Transformation Tracker (12 Weeks)

Week 1

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Push	■	■	■	■	
Tue	Pull	■	■	■	■	
Wed	Legs & Core	■	■	■	■	
Thu	Conditioning & Core	■	■	■	■	
Fri	Push/Pull Hybrid	■	■	■	■	
Sat	Rest / Active Recovery	■	■	■	■	
Sun	Rest / Recovery	■	■	■	■	

Week 2

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Push	■	■	■	■	
Tue	Pull	■	■	■	■	
Wed	Legs & Core	■	■	■	■	
Thu	Conditioning & Core	■	■	■	■	
Fri	Push/Pull Hybrid	■	■	■	■	
Sat	Rest / Active Recovery	■	■	■	■	
Sun	Rest / Recovery	■	■	■	■	

Week 3

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Push	■	■	■	■	
Tue	Pull	■	■	■	■	
Wed	Legs & Core	■	■	■	■	
Thu	Conditioning & Core	■	■	■	■	
Fri	Push/Pull Hybrid	■	■	■	■	
Sat	Rest / Active Recovery	■	■	■	■	
Sun	Rest / Recovery	■	■	■	■	

Week 4

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Push	■	■	■	■	
Tue	Pull	■	■	■	■	
Wed	Legs & Core	■	■	■	■	
Thu	Conditioning & Core	■	■	■	■	
Fri	Push/Pull Hybrid	■	■	■	■	
Sat	Rest / Active Recovery	■	■	■	■	
Sun	Rest / Recovery	■	■	■	■	

Week 5

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Push	■	■	■	■	

Tue	Pull	■	■	■	■	
Wed	Legs & Core	■	■	■	■	
Thu	Conditioning & Core	■	■	■	■	
Fri	Push/Pull Hybrid	■	■	■	■	
Sat	Rest / Active Recovery	■	■	■	■	
Sun	Rest / Recovery	■	■	■	■	

Week 6

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Push	■	■	■	■	
Tue	Pull	■	■	■	■	
Wed	Legs & Core	■	■	■	■	
Thu	Conditioning & Core	■	■	■	■	
Fri	Push/Pull Hybrid	■	■	■	■	
Sat	Rest / Active Recovery	■	■	■	■	
Sun	Rest / Recovery	■	■	■	■	

Week 7

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Push	■	■	■	■	
Tue	Pull	■	■	■	■	
Wed	Legs & Core	■	■	■	■	
Thu	Conditioning & Core	■	■	■	■	

Fri	Push/Pull Hybrid	■	■	■	■	
Sat	Rest / Active Recovery	■	■	■	■	
Sun	Rest / Recovery	■	■	■	■	

Week 8

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Push	■	■	■	■	
Tue	Pull	■	■	■	■	
Wed	Legs & Core	■	■	■	■	
Thu	Conditioning & Core	■	■	■	■	
Fri	Push/Pull Hybrid	■	■	■	■	
Sat	Rest / Active Recovery	■	■	■	■	
Sun	Rest / Recovery	■	■	■	■	

Week 9

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Push	■	■	■	■	
Tue	Pull	■	■	■	■	
Wed	Legs & Core	■	■	■	■	
Thu	Conditioning & Core	■	■	■	■	
Fri	Push/Pull Hybrid	■	■	■	■	
Sat	Rest / Active Recovery	■	■	■	■	
Sun	Rest / Recovery	■	■	■	■	

Week 10

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Push	■	■	■	■	
Tue	Pull	■	■	■	■	
Wed	Legs & Core	■	■	■	■	
Thu	Conditioning & Core	■	■	■	■	
Fri	Push/Pull Hybrid	■	■	■	■	
Sat	Rest / Active Recovery	■	■	■	■	
Sun	Rest / Recovery	■	■	■	■	

Week 11

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Push	■	■	■	■	
Tue	Pull	■	■	■	■	
Wed	Legs & Core	■	■	■	■	
Thu	Conditioning & Core	■	■	■	■	
Fri	Push/Pull Hybrid	■	■	■	■	
Sat	Rest / Active Recovery	■	■	■	■	
Sun	Rest / Recovery	■	■	■	■	

Week 12

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Push	■	■	■	■	
Tue	Pull	■	■	■	■	
Wed	Legs & Core	■	■	■	■	
Thu	Conditioning & Core	■	■	■	■	
Fri	Push/Pull Hybrid	■	■	■	■	
Sat	Rest / Active Recovery	■	■	■	■	
Sun	Rest / Recovery	■	■	■	■	

■ Progress Tracker

Starting Weight: _____ lbs

Week 4 Weight: _____ lbs

Week 8 Weight: _____ lbs

Week 12 Weight: _____ lbs

Starting Waist Measurement: _____ in

Week 4 Waist: _____ in

Week 8 Waist: _____ in

Week 12 Waist: _____ in

Photo Checkpoints (Front / Side / Back):

■ Starting ■ Week 4 ■ Week 8 ■ Week 12

Notes / Adjustments: _____

Six-Pack Program – 4-Week Calendar View

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Push Breakfast: Eggs+Yogurt Lunch: Chicken+Carb+Veg Dinner: Steak+Veg Snacks PRN	Pull Breakfast: Eggs+Yogurt Lunch: Salmon+Rice Dinner: Burgers+Veg Snacks PRN	Legs Breakfast: Eggs+Yogurt Lunch: Chicken+Potato Dinner: Fish+Veg Snacks PRN	Conditioning/Core Breakfast: Eggs+Yogurt Lunch: Turkey+Rice Dinner: Ribeye+Veg Snacks PRN	Push/Pull Breakfast: Eggs+Yogurt Lunch: Chicken+Rice Dinner: Steak+Zoodles Snacks PRN	Rest/Active Breakfast: Eggs+Yogurt Lunch: Salmon+Farro Dinner: Burgers+Veg Snacks PRN	Rest Breakfast: Eggs+Yogurt Lunch: Chicken+Rice+Greens Dinner: Cod+Veg Snacks PRN

Snacks as needed: Protein shake, Greek yogurt, cottage cheese, jerky, boiled eggs