

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.