



# ***SIX-PACK WORKOUT***

***ALL EXERCISES INCLUDED***

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[Click Here To Get The Complete Diet Program](#)

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# Introduction

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After your diet the next important factor is the right workout. I will now teach you the basics of proper ab training along with my workout plan.

To be honest this is a lot more straightforward than many people have you believe. You don't need to do hundreds of crunches and you don't need to blast your abs every day to see results. In fact, that the best way to burn yourself out in no time.

That's why in this guide I will stick to the essentials to make sure you don't waste time with exercises you don't need. The ab workout I'm about to share with you is a 10 to 15 minute routine I did three times a week after my normal gym workouts. If you do regular weight training I recommend you do the same and simply use the ab workout as a finisher for your normal gym routine

If you don't exercise simply do the ab workout by itself. You will still see results and it's a great way to become more physically active and improve your fitness.

Over time you will probably want to see muscle growth in other areas of your body (e.g. your arms, chest and legs). So even if you only start with a short workout like this 10 minute ab routine, you will probably end up doing more complex workouts in the long run. That's how I got started and nowadays I'm a fitness addict :)

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# Six-Pack Workout

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When most people think of ab workouts they usually think of doing crunches and situps. That's because those are the most famous ab exercises out there. The problem is that neither of them allow you to increase the resistance because you aren't using anything besides your body.

This creates a huge problem. The primary driver of muscle growth is progressive overload. Simply put, progressive overload means that you increase the demands on your muscles over time.

In terms of bodybuilding this concept usually refers to continually lifting more weight, but progress could also be achieved through more sets or reps. If you do sit ups or crunches as your primary ab exercises the only way to implement progressive overload is by doing more and more repetitions.

The problem is at some point you don't train for muscle growth anymore but instead for muscle endurance.

Unfortunately, training for muscle endurance doesn't trigger much of a growth response especially if you are past the beginner stage. Think of the skinny marathon runner vs the muscular sprinter. It's the same Principle.

So what we will do instead is use ab exercises that do allow you to increase the resistance. There are two main ones:

- The ab crunch machine
- The cable crunches

We will use the ab crunch machine to target your normal abdominal muscles and the cable crunches to target your obliques, which are the muscles to the side of your abs.

These will be the main exercises of the workout and you will alternate them on Mondays, Wednesdays and Fridays. Your schedule would then look something like this:

### **Week 1**

Monday - Ab Crunch Machine (5 sets)

Tuesday - Off

Wednesday - Cable Crunch Obliques (4 sets each side)

Thursday - Off

Friday - Ab Crunch Machine (5 sets)

Weekend - Off

### **Week 2**

Monday - Cable Crunch Obliques (4 sets each side)

Tuesday - Off

Wednesday - Ab Crunch Machine (5 sets)

Thursday - Off

Friday - Cable Crunch Obliques (4 sets each side)

Weekend - Off

### **Week 3: Repeat Week 1**

# FAQ

## How Many Reps Should I Do?

Unlike many other ab programs that have you doing 20 to 30 repetitions we will stick to a much lower rep range of only about 10 - 12 reps per set. That means you want to choose a resistance that is pretty heavy and make sure you can barely complete the last rep on each set.

## How Much Rest Between The Sets?

90 seconds of rest between the sets helped me get optimal results. If you need more go with 120 seconds (=2 minutes), but no more than that.

## Should I Increase The Resistance Over Time?

Yes. You should increase the resistance on both exercises from workout to workout. Go with the smallest increments (usually 5 lbs or 2,5 kilos) and push yourself in each training session.



## **Can I Also Add More Ab Exercises To The Routine?**

Yes. If you feel that the routine is too easy you should first increase the resistance on the two primary exercise. That usually does it, but if you still want more afterwards go with normal crunches or leg raises afterwards (1 or 2 sets of 10 - 15 reps)

## **I Don't Have Access To The Exercises In The Program. What Should I Do?**

The easiest solution would be to join a gym. If that is not an option go with weighted ab exercises that don't use machines. Good options include:

- Weighted Hanging Leg Raise
- Weighted Situps
- Press Situp

You can do these at home but to increase the resistance it makes sense to buy a weighted vest or some other type of weight to add to your body. I linked two products in the resource section.



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# Resources

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## **Exercise Videos:**

[Ab Crunch Machine](#)

[Oblique Cable Crunch](#)

[Crunches](#)

[Leg Raises](#)

## **Equipment:**

[Weighted Vest](#)

[Beginner Dumbbell Set](#)



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