



THE ULTIMATE GUIDE TO 6-PACK ABS

AN 8 WEEK GUIDE
TO ROCK-HARD
ABS FOR MEN

ABS = CONSISTENCY

Six-packs don't happen overnight. Like any muscle building, it's all about training the muscle consistently

You need to be methodical with your training and get the right nutrition.

Abs really are made in the kitchen, so let's start with nutrition.

To get a ripped midsection, you'll need to reduce your body fat to an extremely low level (between 6 and 9% in most cases).

The heavier you are, the more fat you must lose to achieve your goal. If you're already quite lean, losing the last few pounds of fat can be a slow process that requires even more attention.



Making healthy food choices is a good first step toward creating ripped abs, but the most important factor to see results is monitoring your calorie intake.

Most adult males need between 2,200 and 3,000 calories daily, so a deficit of 250 to 1,000 calories helps you drop between 1/2 and 2 pounds of fat per week.

As you lose fat all over your body, your muscles - including your abs - will appear more defined.

If you have a lot of fat to lose, start with a higher calorie deficit so you lose excess fat quicker.



Follow these diet tips to get ripped abs...

Diet tip 1: At each meal, fill your plate with a 4 to 5 ounce serving of protein, generous servings of non-starchy vegetables, and 1/2 to 1 cup of whole grains or starchy veggies.

Include a tablespoon or two of healthy, unsaturated fats in your meals throughout the day, too.

Diet tip 2: Snacks should combine quality carbohydrates, which supply energy, and protein, which helps you maintain and gain muscle.

Muscle is necessary for keeping your metabolism revved so you burn more fat, get leaner and look muscular.

Diet tip 3: To lose fat as quickly as possible, stick to whole foods and avoid processed choices, such as packaged cereals, chips, crackers, pasta, sweets, soda and fast food.

Foods with long ingredient lists that include refined flours, chemicals and sugars won't help you achieve ripped abs and may actually cause bloating.

Now for the Ab workout...

Abs are like any other muscle. If you want to build or define them, you need to train them hard and give them a dedicated session – just like you would train any other body part.

A lot of people just train them for 15 minutes at the end of their session, but all this does is continually break down the fibres and stops the muscle from building back up.

You should have a 45-minute dedicated ab session twice a week, so it gives you time to rest in-between and see real results.

Take a rest of 30 seconds between each set and 1 minute between each exercise.



Exercise 1: Hanging Leg Raises

Grab a pull-up bar and lower yourself into a dead hang. Let your legs straighten and pull your pelvis back slightly.

Tense your core and raise your legs until your thighs are perpendicular to your torso. Hold then lower slowly back to the starting position.

Tip: Tense your core and lift from your midsection and not your upper body.

Do: 20 raises for 3 sets.

Targets: Core, obliques and upper and lower abdominals - so it's working out all of your mid-section.



Exercise 2: Cable Crunches

Crunch your abs whilst pulling the rope down until your elbows meet the floor. Time under tension is important here, keeping your abs contracted and forcing them to work harder.

Tip: Keep constant tension on the abs throughout the movement. Do not choose a weight so heavy that the lower back handles the brunt of the work.

Do: 20 reps for 3 sets.

Targets: Abdominals.



Exercise 3: Dumbbell Side Bend

Stand with your feet hip-width apart and hold a dumbbell in your right hand, palm facing inwards towards the torso.

Keep your back straight, activate your core, and then bend to the side as far as possible—but only at the waist.

Hold for one second at the bottom of your range of motion, and return to start for one rep.

Tip: Using reasonable weights rather than super-heavy will help you focus on keeping your abs tight during the exercise for maximum results

Do: 15-20 reps for 3 sets.

Targets: Obliques.



Exercise 4: The Plank

Start with your feet together, arms slightly wider than shoulder width and your weight resting on your forearms.

Most importantly, your body should form a straight line and be stiff from head to toe as you brace your abs.

The moment your back begins to sag, is the moment you should stop, no matter how long the clock has been ticking. Great for your core, pulling in everything tight

Tip: Keep your back straight and your butt low to avoid injury and make your abs do the work.

Do: Hold for 30 secs for 3 sets.

Targets: Abdominals mainly but also shoulders and back.



Exercise 5: Bird Dog

Start on all fours in a table-top position, with your shoulders over wrists and hips over knees.

Engage your core while simultaneously lifting your right arm and left leg. Your foot should be flexed as you kick back, and your palm should face in towards your body.

Pause for one second when your arm and leg are at the same height as your torso, and then bring your elbow and knee to touch underneath the body. Repeat on the other side.

Tip: Keep the neck long by looking down and a few inches in front of you and use the exhale portion of each breath to create tension.

Do: 10 reps per side for 3 sets.

Targets: Core mainly but also back.



Exercise 6: Decline Crunches

Secure your legs at the end of the decline bench and lie down. Now place your hands lightly on either side of your head keeping your elbows in.

While pushing the small of your back down in the bench to better isolate your abdominal muscles, begin to roll your shoulders off it.

Tip: Keep your core tight to avoid over-exerting from your neck or back.

Do: 10-15 reps for 3 sets.

Targets: Rectus abdominus, or the six pack muscle.

