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## Six pack abs workout plan pdf

Hey there! We hope you love our fitness programs and the products we recommend. Just so you know, Dr Workout is reader-supported. When you buy through links on our site, we may earn an affiliate commission at no extra cost to you. It helps us keep the lights on. Thanks. If you are looking to build a well defined six pack abs in 30 days, check out our 30 Day 6 Pack Abs Challenge to get you sculpted and defined abs that you have been looking for. You still have time to get well defined six pack abs you always wanted. This one month six pack abs challenge can help take your abs to the next level.It is a simple 30 day abs challenge that anyone can follow. This 30 day six pack abs challenge starts off slowly, gradually gets more intense and difficult forcing your core muscles to get ripped and stronger with each day. In this workout challenge you will use a variety of proven intensity boosting techniques. Each exercise in this routine will help you to target various parts of the core muscles from oblique muscles to the lower abs to the whole core.Why You Should Do 30 Day Six Pack Abs Challenge?The 30 day workout challenges have multiple benefits. The most important one is that you can improve both strength and stamina by intense workout challenge. Also you can teach your brain how strong you are. You will surprise yourself with how much you can improve in a single month. You will notice real tangible changes, not only in your core muscles but also in your confidence and the body energy levels throughout the day."The More You Workout The More You Burn" - click to tweet the quoteThe Promising 30 Day Workout Challenge!Look, this workout challenge isn't continues 30 day workout challenge, continues 30 day challenges are shit! They are unscientific. They put you at high risk for injury. They are among the most risky workout plans for causing injury. Even the simplest exercise like crunches can be bad to your body, so focus on the form than reps.Why Rest Days are Important? Rest days are very important as working out days. The most important part of exercising effectively is giving our bodies time to recover. Rest days basically prevent overuse of muscles and joints and also allow time to recover. If you push it too hard without a break, then the stress is too much to handle, that's where injuries can happen."The American College of Sports Medicine recommends training major muscle group 2 or 3 days per week and leaving at least 48 hours for recovery between the same training section." ACSMinformation on Resistance Training and Fitness Introduction to 30 Day Six Pack Abs Workout Challenge Each week contains 3 abs workout routine days and 4 off days. You may mix up 3 of the off days with workouts for other muscle groups. Mixing up the 2 or 3 off days with full body workouts is a better option. It is a best way to boost metabolism. Complete ab workout exercises with little break in between sets as possible. Depending on your level of training, you may adjust the exercises for your needs."The 4 Thumb Rules#1 Never Go 3 Days Without Exercises.#2 Workout At Least 3 Days a Week#3 Never Miss a Workout#4 Never Give Up" - click to tweet the quote30 Day Abs Challenge Routine Duration: 2 months Day 1 -15: (first month)For the first 15 days of six pack abs challenge you are performing abs exercises with more reps and less sets. With more reps, you are burning the excess fat around the core muscles.Exercises: Bicycle Crunch Decline crunch Hanging leg raise Kneeling cable pull down Barbell rollout on knees Side Jackknife PlankSets and Reps 1-5: 3 Sets - 15 Reps 6-10: 3 Sets - 18 Reps 11-15: 3 Sets - 20 Reps Plank - 3 Sets - 60 sec, 90 sec, 120 secWhy You Should Switch Up Your Abs Workout Routine? If you perform the same set of exercises for a month your body get adapt to it. As a result you burn fewer calories and build less muscle. That is why you need to change workouts on a regular basis. Once your muscles adapts it needs a change. So core exercises in the second phase of the 30 day six pack abs challenge, will be different from the first phase.Reference: The Best Way to Train for Size based on Researches by Walter Eddy, University of Washington.Day 16-30: (second month) In the second phase of six pack abs workout challenge, you are performing abs exercises with more sets and less reps. That is, for the final 15 days of the workout challenge you will be increasing the volume and the resistance of the abs exercises. By increasing the resistance, you push yourself to strengthening and building the defined abs muscles.Exercises: Weighted crunches Weighted Decline Crunch Weighted Russian Twist Leg Raises ( Dip Machane) Weighted Hanging Knee Raise Standing Cable Wood Chop Side PlankSets and Reps 16-20: 4 Sets - 12 Reps 21-25: 4 Sets - 12 Reps 26-30: 4 Sets - 15 Reps Side Plank - 4 Sets - 90 sec eachRelated: Fat Loss Gym Workout Plan For Women - 12 Week Exercise Program 4 Day Split Advanced Full Body Workout Routine for Mass German Volume Training (GVT) Workout Program30 Day Six Pack Abs Challenge The second secret to achieving your abdominal goals is what you eat. A healthy diet will keep your body running properly so you're able to get the most out of your workouts every time. Use our free body check to find out just how hard you need to work. It allows you to calculate your BMI, and comes with personalized nutrition advice from experts as well as recommendations to excellent products. The recipe for six-pack abs isn't all that complicated: Crank out an abs workout, eat a nutrient-rich diet, and consume fewer late-night pizzas in a single sitting. The undisputed holy grail of men's fitness is good for more than just an extra boost of confidence whenever you have cause to peel off your shirt, too. "The best way to avoid injury, whether in the gym, at home, or at the workplace, is by building a strong core," says Edwin Weath, NASM-CPT and trainer at Equinox. Want to do yoga better? Run faster? Squat heavier? Carry the groceries without wincing? It all begins with your core.But alas, this process doesn't happen overnight. And by now, the washboard abs industrial complex has produced such a dizzying volume of exercises, tricks, and gizmos promising to transform your midsection into a Hemsworth brother's midsection that even after you've settled on a strategy, it's hard not to wonder whether all that diligence and discipline is really making a difference.Good news: Thanks to some of the best trainers in the country, we're going to help you out. Below are their favorite abs exercises, along with a few pro tips to ensure that you're executing each one perfectly. Incorporate them à la carte into your existing routine—or, if you're feeling ambitious, turn all six into an abs workout circuit. Try two sets of each movement, resting for 30 seconds between each set.1. Hardstyle plankEquipment: None.Do it: Lying face down on the ground, prop yourself up into a forearm plank position. Make sure your elbows are aligned underneath your shoulders, and that your hands are balled up in fists. Your forearms should be parallel to one another. Hold for 10 to 20 seconds per set.Trainer tip: You know planks, right? It's easy to go through the motions here. Don't do it. "The key is to squeeze your entire body—quads, glutes, core, back, and fists—as tight as possible while taking diaphoretic breathes throughout the hold," says Weath. No matter how many times you've done it, this exercise is as difficult as you're willing to make it.2. Dead bugEquipment: None.OverviewHow do you lose half of your body fat and gain abs of steel in just five months?Ask the staff of marketing firm Viceroy Creative. Four members of the team took on an intense diet and exercise regimen to prepare for a major photo shoot with AdWeek—in the nude.Within five months, David Moritz, Aaron Bearce, Raegan Gillette, and Gabrielle Rein had transformed their bodies into those of statuesque models. How did they do it? Was it starvation? Surgery? Nope. "It was a combination of diet and exercise," says Aaron.All four went on specialized diets and followed intensive training regimens that both added muscle and trimmed their body fat levels. But along with magazine-worthy physiques, they each obtained the tools they needed to maintain a strong, healthy body in the long term.Following specialized diets created by Body University in San Diego, the four colleagues ate six meals a day, focused mainly on protein, green vegetables like broccoli and asparagus, rice, fish, and lean meats such as chicken and turkey. "The hardest part for me was the diet piece, by far," says Aaron. His meal plan allowed for 2,000 calories per day, including 283 grams of protein, 120 grams of carbohydrate, and 12 grams of sugar. "I was never hungry, but I definitely had cravings for things that weren't on the diet. Basically, sugary things and carbs!"What helped, he says, was that each diet included a reward system to ward off cravings. "I'm a sweets person," says Aaron. "There was no real sugar allowed, but at the end of the night I was allowed to eat a Pop-Tart."Raegan and Gabrielle were on similar diets, taking in about 200 calories per meal. Raegan would start each day with a cup of gluten-free Rice Chex, unsweetened almond milk, and half an apple. For lunch, it was three ounces of grilled chicken, with a cup of spinach, and half an avocado.While they were already active, fit people, the time leading up to the photo shoot required a level of intensity they'd never expected. They worked with Equinox trainers five days per week, doing at least an hour of weight training followed by cardio. "I'm the kind of person who goes to the gym two or three times a week, but not to such intense levels, just maintenance," says Aaron. Adds Raegan, "I was a bit of a runner, but definitely not a weight lifter! I did not work out to that intensity."For the first four months, they focused on boosting their cardiovascular health, strengthening their muscles, and speeding up their metabolism. "First we had to get in shape for the training. After just a few months, every exercise was done in a triple or quadruple combination without rest," says David."I would work out with [my trainer] in the morning, and by the end of the day I couldn't even lift my arms over my head. And then I'd have to go back the next morning, even though I still couldn't lift them!" recalls Raegan. "I just had to keep my eye on the prize."Gabrielle was on the same program, even though she'd recently had a baby. Her regimen focused on rebuilding her abdominal wall and strengthening her core so that she could take on weight lifting and full-body workouts."The experience really opened my eyes to the levels that you can target a specific muscle group in a single day," says Raegan.When it comes to showing off a fit body, it's not all about the exercise. The final four weeks saw the group amp up their regimen to give their bodies definition.The men reduced their intake to about 1,700 calories per day (compared to a typical 2,200 to 2,400). The women consumed 1,300 calories (compared to 1,800 to 2,000).By the time they were ready to strip for the camera, all of them had reduced their body fat by at least a third. Gabrielle and David reduced their body fat by almost half, to 16.5 and 6 percent, respectively. Aaron and Raegan reduced theirs to 9 and 20.5 percent, respectively. Compare those figures to the national average of 25 to 31 percent for women and 18 to 24 percent for men.All four say their body fat has since increased to more sustainable levels. But what hasn't changed is their dedication to leading healthier, more active lives.Aaron works out four days per week, and sees the same trainer often. Raegan works out six days a week. "The experience really captured a need to work out and stay healthy. It makes me feel good," she says.If boosting your fitness levels and shedding a few pounds is something you aspire to do, the team has some advice:1. Be open"Tell people about it and put some social capital into it so that you feel like you can't get out of it," says David. "It would really help to jump-start the training and learn how to get that fire and determination necessary to keep going, and eventually smooth it out to a lifestyle change."2. Be social"My advice to people who have fitness goals is to make it social, to do it with friends," says Raegan. "With all of us in the same boat, there was a real level of camaraderie.""And a little competition," adds Aaron.3. Be aware"The biggest learning for me came from the diet, and understanding what it takes to build and maintain muscle, and what kinds of food you need to eat," says Aaron.4. Be good to yourself"Have a very specific goal in mind when you start, and reward yourself. If it's 25 pounds in 4 months, have that goal in mind and reward yourself for getting there," says Aaron."Everyone needs motivation," he adds. "Ours was getting naked in a publicly available document... That's motivation!"Getting a six-pack in five months took lots of hard work and discipline. The Viceroy Creative team set a specific goal and then adjusted their diet and exercise routine.They recommend a diet high in lean protein combined with strength training and cardio workouts to boost fitness and get toned.

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