

# SIX PACK GUIDE FOR SUMMER

*The Best Combination Of The Best Workouts And Diets  
To Get Into Shape Fast*

*By*

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## INTRODUCTION

Thank you for downloading this fantastic guide-- **"Six Pack Guide For Summer: The best Combination of the best Workouts and Diets to get into Shape fast."**

With the overwhelming amount of information today directed at showing people how to get perfect abs, it can be difficult to separate the hype from the help. A chiseled six pack may be far more comfortable for some to achieve than others, but the two fundamental principles behind great abs are no mystery. How these principles are applied, however, can spell success or failure for those who desire the perfect abdominal form.

The path to perfect abs is no mystery. Building abdominal muscle mass and losing body fat, achieved through workout and diet, are the two keys to understanding how to get perfect abs. Exercise alone won't do it; perfectly formed abdominals resting beneath a layer of fat will never show through.

Likewise, weak abdominals are not flattering, even when body fat is extremely low. A great exercise and diet program should be tailored to individual body types, capabilities and levels of commitment.

There is no one-size-fits-all solution, regardless of the claims made by some. There are, however, some practical guidelines that can help to jump-start the process.

Forget about spot reducing. Exercising the abs does not target belly fat. Just as you cannot drain one corner of a bathtub, body fat is not lost in specific areas by exercising those areas alone. Cardio workouts and specific high-intensity training techniques are most effective at burning calories, and thereby reducing overall body fat.

Exercise your abdominals to build muscle. Choose a routine that builds not only the abdominals but also the internal and external oblique muscles.

Learn the exercises that are proven to be the most effective. Bicycle crunches and captain's chair exercises top the list for both abdominal and oblique results. Avoid expensive gimmick equipment. Crunches appropriately done with a simple ab exercise ball are far more efficient than crunches alone.

Change your diet.

Like exercise, an honest discussion of diet can only be touched upon here, but there are a few principles that are highly beneficial and easy to apply.

Eat smaller meals and eat more often.

Drink more water. Drink at least one full glass with every meal.

Add one new food to every meal. Make it something red, green, orange or purple.

Substitute fish for red meat at least three times per week.

Eat whole grains instead of processed flour.

Avoid eating late at night, when your body needs fewer calories.

If you apply our knowledge to your life, **YOU WILL REACH YOUR GOALS.**  
Keep at it, and most of all have fun!

***Let's Get Started!***

# EXERCISES TO GET SIX PACK ABS

## Getting That Belly Toned For Summer

Before you start working out in the gym to get six pack abs, here's an important fact you should know: It doesn't matter how diligent you are about working your abs; if that's the only training you do you'll never get the kind of development and definition you seek. The metabolic demand just isn't significant enough to make an appreciable change in your body composition. So if you want high abs, you've got to work your whole body.



Here are 3 most efficient workouts you can do to develop those six pack abs fast.

### 1. Hanging Leg Raises

This exercise trains your entire ab muscles and hip flexors. Place your upper arms in a pair of ab straps and hang from an overhead bar. Without swinging, use your abs and hip flexors to pull your legs up and in toward your chest. As you do so, round your back and remove your thighs in as close to your chest as possible. Exhale at the top of the motion and then slowly lower your legs to the starting position.

### 2. Supermans

If you work your abs, you've got to work your lower back, too. This exercise targets those often ignored spinal erectors the muscles that support your spinal column. First, lie flat on your stomach on the exercise mat. Extend your arms straight out in front of you and your legs straight out behind you. Keeping your arms and legs perfectly straight, simultaneously lift your arms, chest, and legs a few inches off the mat. Once there, hold the position for a second or two before lowering again.

### 3. Dead Lifts

It is quite only one of the best workouts you can do. The trouble is, few people ever do them. It's time for you to break the mold. Stand holding a barbell with a pronated (palms facing down) grip. Your feet should be shoulder width apart, and your knees slightly bent. Keeping your arms completely straight, lower the bar by bending at your knees and hips so that your hips stick out behind you slightly and your torso remains as upright as possible. Maintaining that same torso position, lower yourself until your thighs are parallel to the floor. Pause momentarily and then change directions, slowly rising again to a standing position.

## Using Cardio Workouts To Get Six Pack Abs

What's all this talk about cardio workouts and what does cardio have to do with ab workouts?

Well, let's start with what traditional "cardio" looks like to the average Joe/Jane. You go to the gym, and people are walking on treadmills watching a wall mounted TV, or they ride stationary bikes or work on an elliptical. And most think that to lose body fat they need this mind-numbing routine.

It takes a long time to get results that way, and many give up prematurely. Any form of exercise that strengthens that cardiovascular system is "cardio," that means that even weight training is cardio because it's conditioning your heart.

Bodybuilding workouts that include barbell lifting and sprinting are great for burning lose flabby gut fat. When you combine lifting and running with abs exercises, you will find you are developing rapid weight gain in the area of muscle bulk and loss in there of losing gut fat.

Stomach exercises are great but getting that heart pounding, throbbing, throughout your body where you feel your blood pulsing through you, can only be done with an extreme workout.

The kind of workout exercises that leave your chest heaving and sweat running off you. Try 5 minutes of lifting just beyond your comfort level, so if you are



usually lifting a hundred lbs, up that to 140 or 160. Then making some sprints or running in place as fast as you can, followed by some vigorous squats. Your "cardio" will sore, and you'll see some serious results in a shorter amount of time.

## Five Simple Requirements



From sportspersons to movie actors, from singers to other celebrities, six-pack abs are undoubtedly included in the list of 'signs of beauty and attraction.' A well-defined set of six pack abs is likely to turn many heads on earth! Six pack abs stand for good health, strength and raw power everything one can ever wish to have.

If you want to sculpt a rock hard set of abs, you need to follow up five requirements.

### Be Calm and Patient

Remember, getting a six pack is not a matter of a few days. It needs much time and patience. After all, you are working out for 'six-pack abs,' so don't take that lightly.

Have patience! If you see no results coming out even after three weeks or so, don't give up...it's normal to achieve six pack abs after a proper workout of at least two to three months. Thus, patience is your key to keep your spirit intact.

### Show Great Discipline

Discipline is essential in everything, and especially in exercising to get six pack abs. You cannot get six packs abdominal if you show no discipline in your exercise and other requirements such as proper and balanced diet.

### Have Full Dedication

Your dedication is your strength! To get six packs abdominal, the lesson of dedication shall not be forgotten.

Once you have made up your mind to get six packs abdominal, just cling to it and stay dedicated. Your dedication should be as solid as a rock unshakeable!

### Hard Work is the Key to Success

To achieve everything, you need to work hard.

Hard work is a key to success if your goal is to get six packs abdominal. You have to work day and night because your workout hours must increase day by day. The more the hard work, the better and fast the result.

### Must Have a Positive Mindset

Importance of positive mindset cannot be ignored. Be optimistic and stay focused to get six packs abdominal.

## SIX PACK ABS

### Excellent Exercises To Help You Get Six Pack Abs



#### Exercises For Six Pack Abs

##### Body Weight Squats

The most prominent muscles in your body are your leg muscles and buttocks. Whenever you wake up in the morning, come in front of the mirror, place your feet at your shoulder while facing forward, then begin to squat down and up for about 20 to 30 times, repeat this for 2 or 3 consecutive periods.

It works in helping to lose the fat surrounding your leg. If you gain more power, try raising 5 pounds of dumbbells with your hands as you work out. Do not hesitate to halt the exercises but if you experience any unusual pain at your knees, take a break. To build on wall sits, next we have squats. Squats can be done anywhere, with or without weights. As far as resistance training goes, they might be the best full body exercise there is.

##### Push Ups

It is back to the basics like push-ups. Try flexing your abs while doing at least 10 of these per set. Push-ups should always be mastered before even thinking about moving on to doing something advanced like the bench press. They are

the king when it comes to upper body stability just like squats are with lower body stability.

### Burpees

The ultimate cardio exercise. This exercise will work your core, legs, and stamina. Start with your feet shoulder width apart bend your legs and put your hands in front of your knees.

Kick your leg back until you are in a push-up position then bring your legs in back to the starting position and then jump as high as you can.

### Jumping jacks

The classic exercise that we have been doing since grade school. But you have to do it the powerful way. Make a diamond on top and touch your hips when you come back down. Make sure you are moving your feet outward and inward.

It is a simple aerobic exercise which you can perform in the comfort of your home or anywhere you feel comfortable to do it. Perform up to 20 jumping jakes, after the first set is over do it again for another 2-3 times while still maintaining the 20 jumping jakes per set.

### Planks

With planks, you get a total body workout by exercising not only your ab muscles but also working your core as well. These are also excellent strength building exercises for push-ups. To start a plank, lie down on your stomach with your hands on the floor and your elbows bent (similar to a push-up position). Press your body upwards like a push-up, however, stay resting on your elbows and forearms.

While in this upward position, maintain a straight back posture. You should try and hold yourself in this position for at least 10 seconds but the longer you stay here, the more benefit you'll receive. Slowly let yourself down, breathe and then repeat this same sequence as many times as you can. You will be guaranteed to feel your abs burning after these.

### Gorilla Swing

You'll be needing dumbbells for this exercise. On each hand hold your dumbbells. Stand straight in an athletic standing position. With arms straight, swing it at shoulder level and then swing it back down. As you swing your right arm down, swing your left up to shoulder level. While making the arm swinging motion, always keep your abdominal muscles braced.

## Sprints

Sprinting is the next exercise in the six-pack abdominal workout. You can sprint instead of jogging for the development of six-pack abs.

While cardio in nature will do great things for the abs just because of the intensity and the 'after burn' effect. After a session of hard sprints, your metabolism will running at a high rate. Thus you'll torch even more calories than before, further increasing the weight loss you experience.

## Side to side Skiers

The ultimate exercise for skiers will be one that mimics skiing movements. It means not just jogging or bike riding but those that take yours through the side-by-side changes every day in skiing. Side sprints are a great way to work this movement while still strengthening your aerobic base and leg muscles.

To perform side sprints, think of short sprints you would do in your backyard or even a basement area.

However, rather than sprinting straight back and forth, you sprint in a Z pattern or forty-five-degree angle.

Don't point your body in the direction you're going to run but instead, run slightly sideways. Make these sprints as quickly as you can.

These side sprints will work your leg muscles and give you the balance and coordination needed to stay on your skis as long as possible. They are one of the last skiing exercises you can perform.

## Squat Curls

For this drill, all you will need is a couple of moderately heavy dumbbells of equal weight. Once again, stand at a start the way you did with the kettlebell squats. Hold the dumbbells down by your sides. For this drill as you squat merely curl the dumbbells in front of you simultaneously as you descend in the movement.

As you stand back up merely allow the bells to come back to your side. You will find that as you squat down and curl the weight that your hips and butt will naturally force or push back into a more deep more productive squat.

As you do this exercise with heavier dumbbells and don't compromise your form, you will notice your hips getting lower and lower with every squat. It is a great way to get six pack abs.

## Squat Jump



Start in a squat position holding a barbell in front of your shoulders. Follow the squat place with a quick jump while pressing the bar straight above your body. Land on the balls of your feet and jump up quickly again without pausing. Repeat

### Decline Pushups

Place your hands on the floor, and your feet on an elevated object. Perform pushups.

The higher the object, the more difficult the movement, and the more your triceps and shoulders are engaged in the action.

### Spiderman Push Up

With this pushup, you are going to be bringing your leg up your body on the way down so that it resembles Spiderman. Make sure that your leg does not touch the ground when you do this!

### Normal pushups

These are perhaps the most common, and practically everyone has done them at least one point in their lives. Start by getting down on the floor and place your hands on the floor near your shoulders. Then as you keep on your feet together and your back straight, push your body all the way up. Then go all the way back down and repeat several times.

### Wide Pushups

The wide version is the opposite of the narrow form. They are performed with a wider than shoulder width hand position and nullify the triceps involvement.

Wide push-ups and concentrate more on the chest and shoulder part of the movement. This style is a waste of time and if you want to build chest and shoulders just do regular push-ups.



## Fundamental Principles You Need To Focus On

Most people who try to get six pack abs will never be successful because they don't have any idea about the best way to get six pack abs.

The most common exercises that these people do are cardio workouts and abs-specific exercises like crunches and sit-ups.

And most of them stop trying when they don't quickly get the result they want.

To be successful in getting six pack abs, you have to understand which exercises are practical and which ones are not. Here are 2 fundamental principles of the best way to get six pack abs.

### Stop focusing too much on abdominal exercises

The essential principle in getting six pack abs is that you need to focus more on full body exercises and less on abs-specific exercises. Stop wasting your time doing endless repetitions of abdominal exercises like crunches, torso twists and leg lifts.

Many people who want to get high looking abs exercise only their stomach muscles. But this is a mistake because you don't lose stomach fat and get flat abs by exclusively doing exercises that target the stomach area.

### Start focusing more on full body, big multi-joint exercises

You don't need to eliminate exercises that target the stomach area from your workout routine. These exercises should always be a part of your routine anyway since they are useful for creating a strong back and a strong core.

But you need to spend the majority of your workout time doing full body exercises that target the largest muscle groups in your body like the chest, back, and legs. Doing exercises that target the multi-joint areas of your body is the best way to get six pack abs and burn stomach fat.

These exercises cause an increase in those hormones responsible for burning fat in your body. They also increase your metabolic rate, which causes your body to burn fat faster, up to 48 hours after the workout.

Exercises that fall into the category of full body, multi-joint exercises are back exercises, chest exercises, deadlifts, squats, step-ups, and lunges. You could work with dumbbells, barbells or even your body weight.

Just make sure that you do exercises that target the significant multi-joint parts of your body and that you do them with high enough intensity. That is the best way to get six pack abs.



## SIX PACK ABS DIET

### 5 Healthy And Nutritional Tips For Getting Six Pack Abs

The path to getting six pack abs may not be so difficult if you follow a set workout routine and persistently stick with it. However, if you are not also following a proper diet, then you are not maximizing the potential of your body.



Combining the right exercise routine with healthy meals is sure to give you six pack abs in no time. Here are 5 healthy and nutritional tips to get you started.

#### 1. Eat small meals throughout the day

Regardless of what you may think, staying hungry will not do you any good. Eating small meals throughout the day will provide you with much-needed energy and speed up your metabolism as well. It will significantly help in toning down your entire body.

#### 2. Make protein a part of your diet

If you are going to follow a rigorous workout schedule, then providing your body with a supply of protein through lean meats or protein shakes will help speed up the recovery process when your muscles are resting. It will also help to moderate blood sugar levels.

#### 3. There's a difference between good and bad fat

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