



THE 2015
KICK START GUIDE
To Develop Your
ULTIMATE SIX PACK!

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Congratulations!

You've taken the first step to shedding those unwanted pounds and unleashing that **Ultimate Six Pack!** Before we get started, I'm going to let you in on a little secret: everyone, and I mean EVERYONE has a killer six pack just **waiting to be unleashed!** I don't care how overweight or out of shape you are, it's there and the only thing stopping it from melting through those layers of fat is your approach.

That's right, it doesn't matter if you're male, female, older, fatter, what your occupation is, or the "I have every excuse in the book" type, it's 100% MENTAL. YOU can control it ALL!

I'll get into what I mean by that later, but first let me tell you a little about my wife and I.

I have been a fitness and sports enthusiast for the last two decades, and as a NASM Certified Personal Trainer and Certified Sports Nutritionist, I have literally spent that much time testing and optimizing the training methods and nutritional guidelines we are going to teach you in this newly updated six pack producing manual.

My lovely wife Stephanie is a licensed Physician Assistant and has been for almost 15 years. Also, as a NASM Certified Weight Loss Specialist, she is well known in the community as the "Go To" PA if you need help losing those unwanted pounds. Working in the medical field, she has seen everything come through her doors, and I mean EVERYTHING from the common cold, diabetes and hypertension to inoperable cancers. Her expertise concerning the human body is highly valuable. She has even had several doctors ask her for help losing weight.

One strong lesson that her experience in the medical field has taught her is that many of her patients are sick because of poor diet and lack of, or a total absence of exercise. So she did what any good health care provider would have done: she proactively developed a simple and practical approach to help her patients lose the weight. Her innovative approach has now led to hundreds of people shedding thousands of pounds! Not to mention (but I will) the improved health and well-being her patients experienced. It has truly been life changing for them - **and now it will be for you too!**

Let's address something right up front: you know those fitness magazines with "Greek-like" models on the cover, all with bodies that look like they were chiseled by Michelangelo himself? We have all seen them. Earlier in my life, when I would see one of those covers, my mind INSTANTLY said to me, "why can't I look like that?".

This type of advertising is so wrong on so many levels. The media and advertising industries have twisted reality to sell magazines, expensive workout equipment, supplements, high-dollar gym equipment and hundreds of other items you don't actually need.

The truth is the models on the covers get PAID to look like that. It's literally their jobs to spend endless hours in the gym, and thousands of dollars on expensive food and supplements. Let's face it, none of us have time or the money for that!

My wife and I are a lot like you: hardworking parents, raising children that also lead busy lives with school, friends and weekend activities; always trying to find the time to get to the gym, or get a home workout session in, etc. It's never easy, but it is definitely always possible - IF YOU DECIDE to make it a top priority!

Now pay attention, here is where I tie the 100% MENTAL comment from earlier back in to our story. This is going to sound cliché, but its ABSOLUTELY the truth:

“The reason why you have failed on diets and getting into shape in the past is your attitude!”

That's right, I said it: it's YOUR attitude. I believe Winston Churchill said it best when he said “Attitude is a little thing that makes a BIG difference”. You see, we give you the tools and the program to have an amazing six pack, but that's only temporary if you lack the correct long-term attitude and approach.

“Give me five more minutes of your time and you won't quit reading this book until it's finished!”

Everyone has one or more defining moments that alters the course of their lives forever. On one particular night, almost 20 years ago, I had one of those moments that fundamentally changed the person I was into the person writing this book today.

I was out on my first date with my future wife, my best friend from childhood and his girlfriend. The truth is, I had let myself go, I was a smoker and I drank way too much beer. I had a gut I could barely see over to tie my shoes, it was very embarrassing, but the word exercise was nowhere in my vocabulary.

That evening, the discussion around the dinner table came up about getting into shape, cleaning up our diets, and our lifestyles in general. Then it happened: I piped up and said, “Yea, I would love to start working out and taking better care of myself, but I just don't have the time.”. As vivid as this scene is to me right now, I remember my friend looked at me

right in the eyes and said, "Are you kidding me? All you have is time! You are just making excuses for yourself.". He figuratively slapped me in the face in front of this girl I had a huge crush on - and I love him to this day because of it.

Not only was I embarrassed, I was like a deer in headlights. I was speechless! He was correct and I knew it. I woke up the next morning and decided to change my life. That was exactly what I needed to change my attitude about my health: I needed to be put on the spot and made to be honest about my lazy habits. I needed to be humbled and face the truth about my lacking health habits.

| *"From that day forward I stopped making excuses for myself."*



I intentionally became obsessed about developing my health. I wanted to look and feel attractive and confident. So I did whatever it took to get myself into shape. I woke up early and went to the gym before work while everyone else was sleeping. I was on the treadmill every day. I was hitting the weights. I studied nutrition books. I approached and spoke to complete strangers at the gym about how they trained. I watched their form and asked them what they were eating. I asked them how much sleep they got. I found out all the information I could from every source available.

And within 3 months I started to notice a difference. Being able to see results fueled me even more. I focused on my goals and worked harder than ever. After six months, major changes were happening. I was leaner, more muscular. Finally, I could actually start to see my abs coming in.

| *"The fat was melting off!"*

A lot has happened between then and now. I have been a member to 7 different gyms, tested hundreds of different workout routines, movements, techniques, equipment, foods and eating patterns. The one thing that has remained consistent and kept me on the healthy path is the wakeup call my old pal gave me that night that I will never forget.

My whole point of this part of the manual is that YOU need to find your reason for wanting this and use it as fuel. It is the MOST important piece to this puzzle you are putting together. Your motivation is your foundation and you WILL build from here!

Without your reason and the fuel for your motivation, it doesn't matter what we or anyone else can teach you. You have already defeated yourself. I want you to dig real deep and think very hard: What is your motivation? Do you want to get in shape for your spouse or loved one? Maybe you want just want to lose some weight to feel better, have more energy and live a more healthy life so you are around to watch your kids grow up and have families of their own. Maybe you just want to look sexy as hell while you are rocking that black bikini or your board shorts at this pool or beach this summer!

Whatever your reason is, **OWN IT!** And I mean really, really own it. Write it down or type it up! We have our annual goals broken down by quarter and taped to our bathroom mirror. It's the last thing we see at night and the first thing we see in the morning. This might sound silly to you, but we have been doing this for as long as I can remember and it works.



You are 90% more likely to accomplish something if you write it down, so do this right now.

It might just pop into your head right away, or you might need to think about it for several hours, but do it. Now I want you to go tape it to your bathroom mirror. You need to see it day and night. Your reasons and goals may shift over time, but they should ALWAYS be in front of you. They are the FUEL for your motivation. This habit will last a lifetime. You will see!

Believe it or not, that was the hardest and most challenging part of getting into shape and melting off the fat to see those rock-hard abs. Once you shift your paradigm and have right motivation in place, **ANYTHING is possible.**

So let's move on to the next phase and debunk some popular myths out there that are holding people back from reaching their weight loss and fitness goals. Keep in mind, it wasn't until I implemented the following strategies and exercises that I developed the Ultimate Six Pack I had always wanted!

Now, let's begin developing **YOUR SIX PACK ABS!**

Myth 1

Eggs yolks are bad for you!

Eggs have taken a beating (pun intended) for the fact they have cholesterol in them. This has caused a trend of egg-white only consumers. Yes, it's true: egg yolks do contain cholesterol. The standard egg once contained approximately 210 milligrams of cholesterol. More recent studies show that eggs now contain about 185 milligrams. Still, this puts you real close to the recommended upper daily intake of 300 milligrams, as recommended by the American Heart Association (AHA).

If you already have high cholesterol, they recommend maxing out at 200 mg daily. However, we have to be careful here. Consider the following:

The AHA states that a diet high in saturated fat is the primary culprit you have to watch for to avoid raising cholesterol. Fact is, you don't need cholesterol or saturated fat in your diet at all. Your liver produces about one gram of cholesterol each day. Cholesterol is necessary in the body for a variety of important biological and psychological functioning.

You've probably heard that there are 2 types of cholesterol: LDL (low density lipoprotein) and HDL (high density lipoprotein). LDL cholesterol is often called the "bad" cholesterol and HDL, the "good". When you get too much saturated fat in your diet, it can convert to LDL cholesterol and cause an array of health concerns.

Let's address some other facts about eggs and cholesterol:

Of course, egg yolks are comprised of more than cholesterol. They also have essential nutrients that our bodies need every day. Yolks contain appreciable amounts of polyunsaturated fats. They offer Omega-3 and Omega-6 fatty acids which have been shown to decrease blood-serum cholesterol and increase HDL (the good cholesterol). You need these fats in your diet as you do not create them in your body.

Then you have vitamins A, D and E. These fat soluble vitamins are mostly

absorbed in animal fat as opposed to plant based fat. The most recent estimates have shown one egg yolk provides as much as 41 mg of vitamin D. You also need to have a good amount of vitamin B12 for energy metabolism. Egg yolks have that too. Then there is riboflavin, folate, and pantothenic acid. In addition, yolks have choline which reduces homocysteine levels in your blood. Having high levels of blood-homocysteine is an inflammatory marker that increases the chance of a heart attack. Also, egg yolks are very high in selenium which supports your immune system and works symbiotically with Vitamin E. Egg yolks have that too. Then there is riboflavin, folate, and pantothenic acid. In addition, yolks have choline which reduces homocysteine levels in your blood. Having high levels of blood-homocysteine is an inflammatory marker that increases the chance of a heart attack. Also, egg yolks are very high in selenium which supports your immune system and works symbiotically with Vitamin E.



Let's talk about protein now. There definitely is protein in the yolks of eggs. If you're under the belief that all the protein is in the egg whites, you're mistaken. Though there is a little more protein in egg whites than in the yolks, you need to consume the yolks too in order to gain all the essential amino acids and other nutrients they provide that the egg whites do not. In other words, the egg yolks and egg whites together are what creates

complete protein chains. Whole eggs are so high in protein, in fact, that they are one of the most complete bioavailable protein source commonly found in the human diet.

Food cholesterol doesn't increase blood cholesterol necessarily. Studies have shown that the consumption of cholesterol is less of a concern for raising cholesterol than is saturated fat intake. Studies show that egg eaters generally have less blood-serum cholesterol, as long as other foods high in saturated fats are avoided. So many people ingest various sources of high saturated fat foods including:

- ❑ Fried and deep fried foods;
- ❑ Commercially raised beef, pork, chicken and other meat sources;
- ❑ Cheeses and various other dairy products;
- ❑ Processed and packaged foods that are loaded with carbohydrates;

Now, if you are to concentrate on eliminating these deadly food types from your diet, you can certainly see that a few egg yolks here and there are not going to hurt you a bit. Of course, all the foods you choose, eggs included, should be

organically grown or produced. Non-organic food sources are very commonly loaded with herbicides, pesticides, steroids, sugar, bleached grains, sodium, antibiotics, flavor enhancers like MSG and various other detrimental substances and compounds.

So eggs aren't so bad after all! Quite to the contrary, egg yolks are good for you and can actually improve cardiovascular health. Keep in mind that one to two egg yolks in the day is okay so long as you have an overall low saturated fat diet otherwise. When preparing eggs, avoid frying them in oil, margarine, butter and the like. Instead, try boiling them, or even frying them in a non-stick skillet that requires no oils. You can also prepare delicious egg bakes in the oven, loaded with fresh vegetables. Skip the urge to add bacon and cheese please.

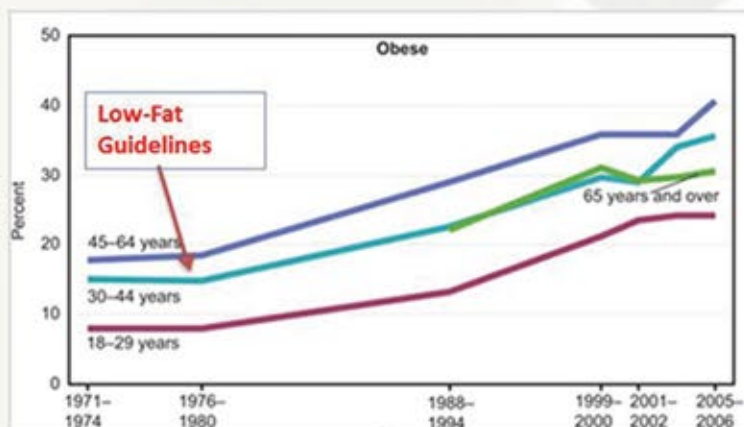
TRUTH: *Egg yolks are delightfully healthy!*

Myth 2

A low-fat diet is the optimal human diet.

Humans require a certain amount of certain types of fats to live and thrive. Without any fat intake, we would grow ill and die. Back in 60s and 70s, many prominent scientists believed that saturated fat was the main cause of heart disease, because it raised the “bad” cholesterol in the blood. This idea was the cornerstone of the low-fat diet. Because of a few bad studies and misguided political decisions, this diet was recommended to all Americans in the year 1977. While it is definitely true that high levels of dietary saturated fats will raise LDL levels, there are various other causes too.

However, there wasn't a single study on this diet at the time. The American public became participants in the largest uncontrolled experiment in history. This experiment didn't turn out very well and we are still suffering the consequences.



This graph shows how the obesity epidemic started at almost the exact same time the low-fat guidelines came out:

The diabetes epidemic followed soon after. Of course, a graph like this doesn't prove anything. Correlation does not equal causation. But it seems plausible that the low-fat recommendations made things worse because people started eating less of healthy foods like meat, butter and eggs, while eating more processed foods high in sugar and refined carbohydrates.

Even though there was little evidence at the time, the low-fat diet has actually been thoroughly studied in the past few years and decades. It was put to the test in the biggest controlled trial in nutrition history, the Women's Health Initiative.

In this study, 48,835 postmenopausal women were split into two groups. One group ate a low-fat diet (with the whole grains and all that) while the other group continued to eat "normally." After a period of 7.5-8 years, the low-fat group weighed only 0.4 kg (1 lb) less than the control group and there was no difference in the rate of heart disease or cancer between groups.

Other large studies also found no advantages for the low-fat diet. But it doesn't end there. Unfortunately, the low-fat diet recommended by most nutrition organizations is not only ineffective, it may even be downright harmful. In multiple human studies, the low-fat diet has actually made some important risk factors worse, like raising triglycerides, lowering HDL (the good) cholesterol and making the LDL particles smaller.

Despite miserable results in the studies, many nutritionists all over the world continue to recommend the low-fat diet that is hurting more people than it helps. The bottom line is there is no evidence that low-fat diets have any benefits. They do not cause weight loss in the long-term or reduce the risks of chronic diseases. What is known beyond any doubt is that fats are necessary for a healthy body. You just have to keep them balanced by eating the right types in the correct amounts.

TRUTH: *Poorly planned low-fat diets can make you fat and sick!*

Myth 3

Red meat is terrible for you!

Over the past two decades, red meat has been increasingly blamed for everything from heart disease to cancer. Newspapers and magazines love to plaster alarmist headlines about the woes of red meat across their front pages. Red meat has been unfairly blamed for many of the ills of western society. But in case you do still have doubts about ordering a steak, here are some more

reasons red meat is actually an extremely healthy and nutrient-dense dietary choice.

First, a couple words about organic food sources:

Something that's very important to recognize about human health through diet is that the modern mass meat supply chains are heavily tainted with all of the following:

- ❑ Pesticides
- ❑ Herbicides
- ❑ Antibiotics
- ❑ Steroids
- ❑ Loads of other toxic substances...

So before you consider the health and safety of red meats, chicken or any other meat-based food source, know that you should choose only from organic options. Certified organic foods are free from all the toxins of their non-organic cousins. Organic foods cost more to grow and harvest, and therefore carry higher price tags. It's OK. Sacrifice something else to offset the costs. There is no price too high to pay for your health. Always choose organics.

And now, back to the red meat myth...

Red meat is a rich source of vitamin B12 (cyanocobalamin or methylcobalamin), which is vital to proper functioning of nearly every system in your body. B12 deficiency can play a role in everything from aging, neurological disorders, and mental illnesses, to cancer, cardiovascular disease, and infertility. Red meat also contains significant levels of other B vitamins, including thiamin (B1), riboflavin (B2), niacin (B3), pantothenic acid (B5), vitamin B6 (pyridoxine, pyridoxal, pyridoxamine), biotin (B7) and folic acid (B9). It's crucial to developing a ripped six pack to get these vitamins from whole foods sources, rather than relying on government fortification of processed foods. Organic red meat is one of the best food sources to ensure adequate B complex intake.



For people who don't eat a lot of oily fish or receive a lot of direct sun exposure, red meat can contribute significantly to their overall vitamin D intake. Red meat also contains a vitamin D metabolite called 25-hydroxycholecalciferol, which is assimilated much more quickly and easily than other dietary forms of vitamin D.

In populations with low sun exposure, meat has been shown to be protective against rickets, a degenerative bone disease caused by severe vitamin D deficiency. Interestingly, consumption of milk with the same levels of vitamin D does not provide this same protection, indicating that the vitamin D in meat is uniquely absorbable and useful to the human body.

Red meat contains primarily heme iron, a form that is absorbed and utilized much more efficiently than the nonheme iron found in plant foods. Furthermore, even small amounts of meat can aid in the absorption of nonheme iron. For people with iron overload conditions like hereditary hemochromatosis, it's probably best to limit high-iron foods such as red meat, but for most of the population, especially those with iron-deficiency anemia, the iron from red meat is beneficial. This is particularly important for women who are pregnant or looking to become pregnant, as iron is crucial for the growth and development of the fetal brain.



Red meat is an especially important source of zinc, because the other rich sources, mainly organ meats and shellfish, are much less commonly consumed in our country. As with vitamin D and iron, the zinc present in red meat is highly bioavailable, and even a small amount of red meat in the diet can increase zinc utilization from all sources. Zinc is an essential mineral that is an imperative part of many physiological functions, including structure in certain proteins and enzymes, and regulation of gene expression. So people eating meat-free diets are at greater risk of zinc deficiency.

Finally, to round out this impressive nutrient profile, red meat contains significant levels of other vital minerals such as magnesium, copper, cobalt, phosphorus, chromium, nickel, and selenium. Some of the benefits I've mentioned thus far are not unique to red meat, but apply to animal flesh in general.

For example, levels of B vitamins, vitamin D, and most of the trace minerals are just as high in white meat as in red. However, red meat does have significantly more B12, iron, and zinc than white meat, and those things alone are enough to set it apart. Where red meat really shines, though, is in its fatty acid profile.

The fat of ruminants (cud chewing, hooven animals) is comprised of approximately equal parts of saturated and monounsaturated fat, with only a small amount of polyunsaturated fat. The unique ruminant digestive system ensures that these proportions stay relatively constant, regardless of what the animal eats. This makes red meat a better choice than pork or poultry for those that cannot afford

pasture-raised organic meat, because you will still be getting mostly saturated and monounsaturated fats.

Hopefully this has clarified some of the reasons that red meat is such a praised food in ancestral communities. It's full of highly absorbable nutrients! If you were scared of red meat before, maybe some of your fears have been allayed, and if you weren't, you can feel even better about digging into your grass-fed burger (without the bun!) tonight.

TRUTH: *Organic, grass-fed red meat provides essential vitamins, minerals, amino acids and more!*

Myth 4

Cardio is key to getting that six pack!

At the end of a rough day, the rhythmic swooshing of the elliptical, whir of a bike, or patter of feet on the belt of a treadmill might sound like music to your ears. For stress relief, cardio is definitely hard to beat. It's also, of course, awesome for your heart (um, it's in the name), and a definite calorie burner. Still, while all that good stuff is true, there are a lot of fallacies being spread around out there; and following them may be stopping you from reaching your fitness goals..

Hours logged on those fast-paced gym machines are a sure-fire way to melt off the weight - after all, it's calories in versus calories out, right?

Well, yes, but...

You may lose weight faster doing cardio only, but unfortunately it's the wrong kind of weight. Cardio alone burns away both fat and muscle. For a lasting change, you have to integrate strength workouts into your routine. Weight training builds lean muscle mass, which elevates your metabolism and burns more fat, even when you're not exercising. The 2 function together to develop six-pack abs far more effectively than either by itself.



Some people even believe that if you don't have an hour to commit to the cardio gods, it's not worth it. That is flat-out not true! All body movement has benefits in terms of calorie burn. What you can control though, is how efficiently you burn them. You may be able to do steady-state cardio longer, and burn more calories during that time, but the key is what happens after your workout.



By doing high-intensity interval training [HIIT], which means you incorporate intense periods of work with shorter periods of recovery, your metabolism is elevated and you'll be burning calories for up to 38 hours after your HIIT workout is completed. If you prefer to pray at the altar of the treadmill, take heart. The American Heart Association says that doing three 20-minute

sessions of cardio at a vigorous intensity [like running] is the equivalent of doing five 30-minute sessions at a moderate level (like fast walking). Even 10 minutes at a high intensity is beneficial.

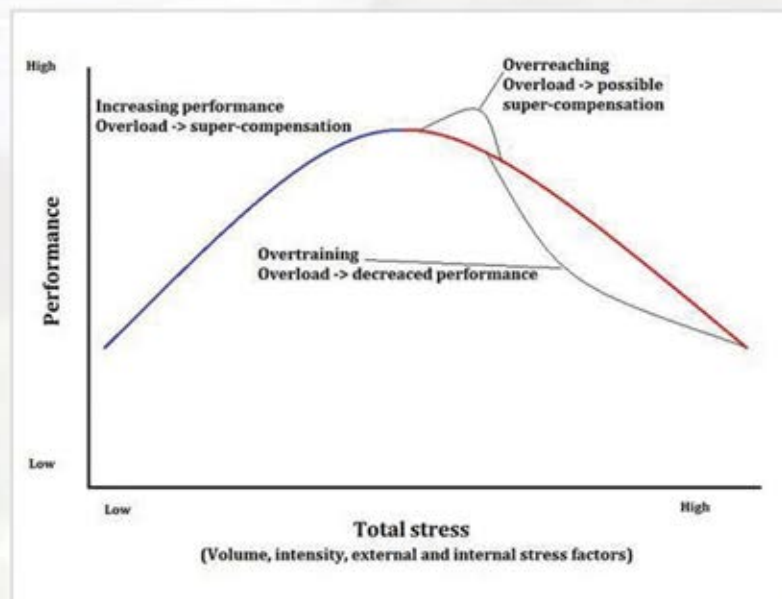
The main concept of HIIT is to train in intervals of differing speeds. One of the most important things to remember while doing HIIT is never allowing your body to adjust to one intensity level. You can do interval training with many different exercises: sprinting or jump-roping, using the treadmill, stair-mill, stationary bike or the elliptical; you could even use the punching bag or do box-jumps. The key is to push through the high-intensity intervals and lower your heart-rate during the low-intensity intervals.

TRUTH: *Diversify your workouts in order to develop shredded Six Pack Abs!*

Myth 5

The harder I train, the leaner I get!

One of the most important truths about getting into shape and developing that six pack is rest. Overtraining occurs when the frequency and intensity of training exceeds the body's ability to rest and recover. In an overtrained state, people experience a slew of negative symptoms ranging from muscle atrophy and loss of motivation, to decreased immune system functioning and moodiness. When motivation is high and results are desired fast, people can find themselves losing muscle mass and gaining fat, despite a consistently demanding exercise routine.



To prevent this paradox, it is crucial to get plenty of rest to recover from intense workouts. It is also important to follow a diet that includes adequate amounts of macronutrients, especially high-quality carbohydrates. Providing your body with nutrients and rest will enable the muscles to repair and grow. Although it may seem counterintuitive, longer workouts aren't always better. Eliminate marathon sessions from your regimen and you will see more results, not less. Implement the following strategies to ensure that you avoid overtraining and continue to see progress.

Eat enough carbohydrates:

According to a study published in the Journal of Sports Sciences, "the best treatment [for overtraining] is prevention." The study mentions that sufficient carbohydrate intake is essential to preventing overtraining. Carbohydrates are required for muscle recovery and energy, and when absent from a diet, can cause your body to enter a state of muscle catabolism in which your body uses muscle mass for energy.

Take two days off from the gym:

Without proper rest, people can easily enter a state of overtraining. Time out of the gym is just as important, if not more important, than time in the gym. Many people who experience overtraining make a common mistake: they train even harder, pushing themselves deeper into the overtraining trap. When results slow and performance decreases, it's best to take some time out of the gym and reassess your program. Start by taking two days off completely.

Set your limits:

After about an hour, testosterone levels in your body begin to dip and levels of the stress hormone cortisol begin to rise. Since testosterone is responsible for

muscle growth and maintenance, and because cortisol can cause you to put on weight, this is the complete opposite of what we want to happen. Three-hour marathon workouts are a sure way to increase your likelihood of overtraining, keep your sessions under an hour for best results.

TRUTH: *Overtraining can make you gain weight and become depressed!*

Exercises for Developing the Ultimate Six Pack:

Now that we have uncovered your true motive for wanting to develop a six pack, which will be your mental fuel moving forward; and debunked some popular myths that are floating around out there, next up are the five core exercises that are going to BLAST your gut and help you reveal those ripped abs everyone wants to see. You'll perform these three or four times every week, depending on your recovery times.



Keep in mind, these core movements need to be combined with a reasonable High Interval Intensity Training schedule or Weight Lifting program that has a well-defined cardio component. There is NO shortcut to getting the **Ultimate Six Pack** without getting your heart rate into the **Fat Burning Zone**. Any program, trainer or book that tells you otherwise is simply incorrect.

The good news is you don't even need a gym to get that HIIT program going. You can do everything you need to develop six pack abs in your own home, or in a community park. Remember that intensity and genuine effort rule in this game. Give every workout your true best efforts. Why engage in a fitness program half-hearted? Center on your purpose and give every set everything you've got to give!

The Plank:

The Plank is one of the most effective ab exercises ever! You may be learning the plank exercise for the first time or you may already use it regularly in your workouts. I have found it to be one of the most transformative ab exercises I use.

Not only does it strengthen the abdominal muscles, including obliques, but also works all the core muscles -- the back, hips, etc. I recommend starting with the first exercise and gradually increasing the time you can hold the position. It's very rewarding when you can see your core strength improve by the length of time you are able to hold the position!

- ❑ Start by lying face down on the ground or use an exercise mat.
- ❑ Place yourself in top of push up position.
- ❑ Maintain a flat back and do not allow your hips to sag towards the ground.

Hold this position, focusing on tightening your abs, until you can no longer maintain a flat bridge. For beginners, start with 10 seconds and gradually increase your time. Try to work up to 3 minutes, return to start position.



Beware of Cheating! Remember to not let your hips and back sag. This exercise will only be effective if you work to maintain a flat line from your shoulders to your feet. You might want to start in front of a mirror to learn the technique.

The Side Plank:

- ❑ Lie on your side with your right hand on the ground or use an exercise mat.
- ❑ For beginners, it is recommended to begin this exercise on your elbow. Lift yourself up to form a plank with your right arm straight and your left arm on your side.



Hold this position for the recommended number of reps (start with 8-12). Repeat with the other side. Beware of Cheating! Remember to keep your body in a straight line, tightening your abs and butt muscles. You might want to start in front of a mirror to learn the technique.

Mountain Climbers:

- ❑ For beginners, use a bench or a chair for added support.
- ❑ For more advanced students, do this exercise with the hands on the ground.
- ❑ Stand facing the side of a bench sturdy or flared leg supports that don't wobble.
- ❑ With your feet hip-width apart, lean forward and extend your arms.



- ❑ Put your hands on the front edge, shoulder-width apart.
- ❑ Walk your feet backward until your body is straight from the top of your head to your heels and your hands are directly beneath your shoulders.
- ❑ Keep your upper body still and arms straight as you slowly bend your right leg and bring your knee up toward your right arm as far as you can.
- ❑ Reverse your movement and repeat with your left leg and left arm to complete one rep.
- ❑ Perform two to three sets of 10 to 12 reps.

Pick up the pace once you feel comfortable with the marching-type movements. Add a little hop as you quickly bring each knee toward your arm. With this technique, both feet will momentarily be off the floor. **Your abs will get fired up!**

Hollow Body Hold:

- ❑ Lie down flat on your back and contract the abs, pulling the belly button towards the floor.
- ❑ The arms and legs should be held straight out from the body with hands and toes pointed.
- ❑ Slowly raise shoulders and legs from the ground.
- ❑ The arms and head should be raised along with the shoulders.
- ❑ The lower back must remain in contact with the floor.
- ❑ Find the lowest position that you can hold the arms and legs, without them touching the floor and without breaking lower back contact (the point at which the lower back begins to arch from the ground).
- ❑ Keep the abs and butt tight at all times.

The back is rounded and the pelvis tucked under. The arms are extended next to the ears and the toes pointed slightly in front of the body. The lower back should be against the floor at all times. Aim to develop your hollow body hold for 3 continuous minutes.



Bird Dog:

- ❑ Kneel on the floor with your hands shoulder-width apart.
- ❑ Brace your abs and lift an alternate arm and leg.
- ❑ Point the arm out straight in front and extend the opposite leg to the rear.
- ❑ Hold at the top of the move for 5 seconds before returning to the start position.

This is one of my favorites as it not only works the core, but it is also a good warm up exercise to prepare you for a workout and helps your body establish a good sense of balance. Do 3 sets of 5 reps each side for a total of 3 sets. Once it becomes easy, do 7 to 10 reps on each side for 3 sets.



To make it easier, try reverse breathing. In the same stance. Work the core by pushing out your belly as you breathe in and vice versa. To make it harder Increase the time you hold each elevation.

If you follow these exercises as instructed, they will start to get easier for you. That's when it's time to up the amount of time or reps! Keep challenging yourself and watch those abs start to peek through at you in the bathroom mirror!

Up to this point we have already put in a good amount of work. We started building your foundation for **Six Pack Success**. By now you should have a clear motive that you will use as your mental fuel to melt the fat off that gut. We broke down and busted some popular myths that have been plaguing western society for decades - and we established five core exercises that are not only going to start developing your six pack, but will also strengthen your entire core and give you better overall stability.

Perform these ab-shredding exercises with total focus and dedication!

The next section of the book is of key importance. It alone is as important as the entire rest of this book. So pay very close attention as this is where most people fail in their attempts to develop Six Pack Abs...

The TRUTH about Developing **SIX PACK ABS**

Remember when I told you achieving your Ultimate Six Pack was 100% mental? It is, and here is how it breaks down. Your motives and attitude are everything in this game, they control the physical aspect. You might have heard this before:

Six Pack Abs are built in the KITCHEN. Achieving six pack success is 70% nutrition and 30% fitness.

The majority of people are not running around with six pack abs - and there's some very direct reasons for that. Mainly, developing six pack abs takes physical exercise, which most people fail to do consistently. Second, it requires controlling dietary intake. The fact is that more than one third of Americans are now classified as either overweight, obese or both. And those who are not overweight and/or obese still most probably do not have six pack abs.

Six Pack Abs are rare. If you truly want them, you are going to have to take your food intake choices very seriously from now on. There is no way around this - none that are healthy anyway.

So, let's focus on some nutritional guidelines that we have tested out, with excellent results, over the last two decades. Some will be obvious and some won't. If you just follow these simple dietary rules, you will undoubtedly feel the weight and inches melting off of you. Of course, our stronger hope is that you will consistently use your mental fuel, the ab-exposing exercises and the nutritional changes in conjunction with each other.



If you do all three consistently, then your hidden Six Pack is going to EXPLODE!

Types of Fats

Fat got a bad rap decades ago because scientists assumed, based on the misinterpretation of a couple of large studies, that eating foods containing fat would lead directly to obesity and heart disease. Fatty foods were made out to be our sole dietary vice, responsible for raising our cholesterol levels, clogging our arteries, and causing us to get, well, fat.

And that made a kind of intuitive sense: why wouldn't the fat you consume wind up as the fat you see on your butt and thighs? But the low-fat diet backfired, America's obesity epidemic skyrocketed even while our fat intake went down.

So experts are getting off the "fat is evil" bandwagon these days, and we should, too. The upside of eating fat, like carbohydrates and protein, is fat is an essential nutrient. This means that your body requires it for key functions, such as absorbing the fat-soluble vitamins A, D, E, and K. Fat is also an important energy source and is vital for keeping your skin and hair healthy and smooth.

Research is revealing that eating the right fats can actually lower your risk of diabetes, heart disease, obesity, and improve your cholesterol levels. That's because all fats are not created equally. It's not the total amount of fat in your diet that affects how much you weigh, or whether you're at risk for heart disease, at least not according to rigorous studies from the past decade. What matters are the types of fats you choose - and when it comes to dropping pounds, the total number of calories you ingest.

Good Fats



Monounsaturated fatty acids (MUFAs) are found in plant foods like nuts, avocados, olive oil, canola oil, and in poultry. MUFAs can actually lower cholesterol levels, and in doing so, the risk of heart disease. According to the Journal of the American Medical Association, replacing a carb-rich diet with one high in monounsaturated fats can lower both the LDL cholesterol

levels and the probability of heart disease. Additionally, this reduces blood pressure too.

Just to be clear on the point: you can lower bad cholesterol, reduce your risk for heart disease AND lower your blood pressure simply by replacing a high-carbohydrate diet with one higher in monounsaturated fats.

Polyunsaturated fatty acids (PUFAs) are found in fatty fish such as salmon and mackerel, corn oil, and soybean oils to name a few sources. Like MUFAs, PUFAs have been shown to improve cholesterol levels and reduce heart disease risk.

One type of PUFA is the omega-3 fatty acid, which is plentiful in some kinds of fish, but not to be confused with omega-6 fatty acids, found in meats, corn oil,

and soybean oil. Research finds that Americans eat about 20 times more omega-6 than omega-3; we should be aiming to get closer to four times as much. To do so, you sub in fish for meat when you can.

Not-So-Bad Fat

Saturated fat is found in meat and dairy products such as cheese, butter, and milk. We've been warned for decades to eat less saturated fat - after all, it raises "bad" (LDL) cholesterol levels, and thus, it was assumed, ups your risk of heart attack and stroke. Lately though, clinical research has begun to vindicate saturated fats, partially absolving them from their wholly corrupted reputations. For instance, a 2010 American Journal of Clinical Nutrition review of 21 studies was unable to find a direct link between saturated fat consumption and heart disease or stroke.



While some experts say there's no downside to cutting out saturated fats, others believe keeping them in the mix helps us avoid getting too many bad-for-you refined carbohydrates instead. Bottom line: You don't need to ban all fats. Just make sure most of your fat intake is unsaturated. Eat red meat only once or twice a week, and use olive oil instead of butter.

Trans Fats (very bad)

The fat found in fried foods, shortening, and packaged snacks like crackers and desserts are called trans fats. They gained notoriety several years ago when one state and a handful of cities banned the artificial kind - found in partially hydrogenated vegetable oil - from restaurants. (Trans fats also occur naturally in small amounts in some foods.)

Research has found that artificial trans fats raise LDL (bad) cholesterol and lower HDL (good) cholesterol - and a high LDL/low HDL combination can increase your risk of heart attack and stroke. Still, partially hydrogenated oil remains a fairly common ingredient in processed foods, in part because adding hydrogen to vegetable oil gives it a longer shelf life.



Experts agree that you should cut out trans-fat altogether, and thankfully, that's not so hard to do. Limit your intake of processed foods,

commercial snacks, and fast food, and you'll avoid trans-fat - for the most part.

Don't assume you're in the clear if your packaged snack says "0 trans fats" on the label. Food manufacturers are allowed to put '0 trans fats' in the nutritional information if the item has up to 0.5 grams of trans fat per serving. Look at the ingredient list: If you see the word 'hydrogenated' then the food has trans-fat and you should skip it.

Eat Fat AND Lose Weight!

We know what you're thinking: How do you control calories if you're downing chocolate, olive oil, and nuts? After all, fat packs 9 calories per gram, compared to 4 calories per gram of carbs or protein. Well, for one thing, when you eat a food that contains some fat, you're likely to feel satisfied faster than when eating something fat free.

That means you'll consume less of it (with a bit of mindful attention) and will likely be less tempted to snack later on. Some studies have also indicated that certain fats work to help you stay slim: For instance, Harvard researchers found that people who ate nuts regularly gained less weight over a four-year period than those who didn't. Plus, foods labeled "reduced fat" or "fat free" can actually contain more calories than their full-fat counterparts. That's because the fat has been replaced with sugar, starch, and other fillers, with little to no nutritional value, to add back flavor lost from reducing or removing the natural fat content.

So how much "good" fat you should get? The American Heart Association recommends that unsaturated fats make up 18 to 28 percent of the calories in our diets, with no more than 7 percent of our daily calories coming from saturated fat.

But here's an easier rule of thumb:

Just make sure MOST of that the fats you eat come from healthy food sources—like vegetable oils, fish, legumes, nuts, and other plant-based foods. It is really that simple.

By choosing small amounts of the proper types of fats, you can eat fat AND still develop ripped-out Six Pack Abs!

Carbohydrates: Good or Bad?

In the past five years the reputation of carbohydrates has swung wildly. Carbs have been touted as the feared food in fad diets. And some carbs have also been promoted as a healthful nutrient associated with lower risk of chronic disease. So which is it? Are carbs good or bad?

The short answer is that they are both.

Fortunately, it's easy to separate the good from the bad. We can reap the health benefits of good carbs by choosing carbohydrates full of fiber.

That's the key about good carbohydrates: fiber!



Carbs with fiber get absorbed slowly into our systems, avoiding spikes in blood sugar levels. Good examples would be whole grains, vegetables, fruits, and beans. We can also minimize the health risks of bad carbs by eating fewer refined and processed carbohydrates that strip away beneficial fiber - like white bread and white rice, for example.

Why Carbohydrates Matter

In September 2002, the National Academies Institute of Medicine recommended that people focus on getting more good carbs with fiber into their diet. The following statements are based on information given in the report:

- ❑ To meet the body's daily nutritional needs while minimizing risk for chronic disease, adults should get 45% to 65% of their calories from carbohydrates 20% to 35% from fat, and 10% to 35% from protein.
- ❑ Men aged 50 or younger should get 38 grams of fiber each day.
- ❑ Women aged 50 or younger should get 25 grams of fiber each day.
- ❑ Because we need fewer calories and food as we get older, men over age 50 should get 30 grams of fiber a day.
- ❑ Women over aged 50 should get 21 grams of fiber a day.

Now, there is only one way to get fiber: Eat Plants!

Plants such as fruits and vegetables are quality carbohydrates that are loaded with fiber. Studies show an increased risk for heart disease with low-fiber diets. There is also some evidence to suggest that fiber in the diet may also help to prevent colon cancer and promote weight control.

What Are The Good Carbs?

Most of us know what the good carbs are: plant foods that deliver fiber, vitamins, minerals, and phytochemicals along with grams of carbohydrate, such as whole grains, beans, vegetables, and fruits. The point is that you can't judge a carb as "good" without considering its fiber content.

Why Fiber in Carbohydrates Counts

Fiber is the part in plant foods that humans can't digest. Even though fiber isn't absorbed, it does all sorts of great stuff for our bodies. Fiber slows down the absorption of other nutrients eaten at the same meal, including carbohydrates. This slowing down may help prevent peaks and valleys in your blood sugar levels, reducing your risk for type 2 diabetes. Certain types of fiber found in oats, beans, and some fruits can also help lower blood cholesterol. As an added plus, fiber helps people feel full, adding to satiety.

The problem is that the typical American diet is anything but high in fiber. "White" grain is the American mode of operation: we eat a muffin or bagel made with white flour in the morning, have our hamburger on a white bun, and then have white rice with our dinner. In general, the more refined, or "whiter," the grain-based food, the lower the fiber and beneficial nutrients.



To get some fiber into almost every meal takes a little effort. Here are three tips: Eat plenty of fruits and vegetables. Just eating five servings a day of fruits and vegetables will get you to about 10 or more grams of fiber, depending on your choices.

Include some beans and bean products in your diet. A half-cup of cooked beans will add from 4 to 8 grams of fiber to your day, plus an excellent amounts of protein. Switch to whole grains every single possible way (buns, rolls, bread, tortillas,

pasta, crackers, etc).

What Are the Bad Carbs?

Bad carbs come from simple sugars, sugars that are added to processed foods and the sugars that come from bleached grains, like white rice. There's no way to sugarcoat the truth: Americans are eating more sugar than ever before. In fact, the average adult takes in about 20 teaspoons of added sugar **every day**, according to the USDA's recent nationwide food consumption survey. That's about 320 calories, which can quickly up to extra pounds. Many adults simply don't realize how much added sugar is in their diets.

Sugars, refined grains and starches supply quick energy to the body in the form of glucose. That's a good thing if your body needs quick energy, for example if you're running a race or competing in sports. The better carbs for most people are unprocessed, or minimally processed, whole foods that contain natural sugars, like fructose in fruit or lactose in milk.

Avoid "Added Sugars"



Added sugars, also known as caloric sweeteners, are sugars and syrups that are added to foods at the table or during processing or preparation (such as high fructose corn syrup in sweetened beverages and baked products). Added sugars supply calories but few or no nutrients. They are basically void of all nutritional value. Yet still, if ingested, the body has to filter them, break them down,

be affected by their harmful chemicals and ultimately find a way to get them out!

Americans are very aware of low-fat diets, and because of that we've been eating more fat-free and low-fat products. But what many people don't know is that in many of these products, sugar is being substituted for fat, so we've really been trading fat for sugar.

The USDA recommends that we get no more than 6% to 10% of our total calories from added sugar. That's about nine teaspoons a day, maximum.

Kick bad carbs out of your life and focus on high-fiber carbohydrates to Rip Out Your Six Pack!

Protein

Protein gives you the energy to get up and go, and then keep going. While too much protein can be harmful to people with kidney disease, diabetes, and some other chronic conditions, eating the right amounts of high-quality protein keeps your immune system functioning properly, maintains heart health and respiratory system efficiency, and it speeds recovery after exercise by accommodating healing, growth and tissue repair.

Facts about Protein

- ❑ Eating lean, high-quality protein can help reduce your risk for diabetes and cardiovascular disease.
- ❑ A diet rich in high-quality proteins can help you think clearly and may improve recall.
- ❑ Protein is an essential element of a healthy, balanced diet that can improve your mood and boost your resistance to stress, anxiety, and depression.
- ❑ As well as being imperative to feeling healthy and energetic, protein is also important to the way you look.
- ❑ Eating high-quality protein can help maintain healthy skin, nails, and hair.
- ❑ If you're looking to lose weight, eating high-quality protein can help you maintain lean body mass while dieting.



While most people eating a Western diet get sufficient quantity of protein each day, many of us are not getting the quality of protein we need. When choosing protein-rich foods, it's important to look at more than just the protein content.

Some foods, such as low-quality red meat, are a great source of protein but also contain high levels of saturated fat. Despite misleading claims to the contrary that have garnered headlines recently, eating a diet high in saturated fat can increase cholesterol and heighten your risk for serious disease, such as diabetes, stroke, and heart disease.

Keeping an eye out for the fat content is only part of differentiating between low- and high-quality sources of protein. While some processed or lunch meats, for example, can be a good source of protein and contain only limited amounts of saturated fat, many are loaded with hidden salt. Eating too much salt can cause high blood pressure and lead to other health problems.

The key to ensuring you eat sufficient high-quality protein is to include different types in your diet. Rather than relying on red meat, processed meat, and whole

milk dairy products, which are also high in saturated fat, nutrition experts suggest you opt for these sources of high-quality protein:

- ❑ **Fish.** Most seafood is high in protein and low in saturated fat. Fish such as salmon, trout, sardines, anchovies, tuna and herring are also high in heart-healthy omega-3 fatty acids. Experts recommend eating wild-caught seafood at least twice a week as part of a balanced diet.
- ❑ **Poultry.** Removing the skin from fresh chicken and turkey can substantially reduce the amount of saturated fat. In the U.S., though, non-organic poultry may also contain antibiotics and hormones.
- ❑ **Beans.** Beans and legumes are packed full of both protein and fiber. Add them to salads, soups and stews to boost your protein intake.
- ❑ **Nuts and seeds.** As well as being rich sources of protein, nuts and seeds are also high in fiber. Almonds, peanuts, walnuts, cashews, flaxseed, sesame and sunflower seeds are also full of "good" fats that can help lower cholesterol. Add to salads or keep handy for snacks.
- ❑ **Tofu and soy products.** Tofu and soy are excellent red meat alternatives, high in protein and low in fat. Try a "meatless Monday" each week. Plant-based protein sources are often less expensive than meat, so it can be as good for your wallet as it is for your health.

Provide your Six Pack Abs with high-quality protein in order to maximize their SHRED!

Portion Control

By reducing the portion size of your meals, you can lose excess pounds without disrupting your lifestyle. Unlike a crash diet you can't stick to long term, downsizing your portions is a sustainable change to your eating habits and essential for developing and maintaining your six pack!

Sure, many of us know the reason for a tighter waistband is too much food - at home and in restaurants. After all, a steady intake of large portion sizes translates into too many calories that head straight for your midsection (or hips and thighs).

If we're aware of the portion problem, why is it so hard to fix it?

Habit for starters. The "clean your plate" mentality is powerful and often rooted in childhood. Studies show that people with more food in front of them tend to eat more of it whether it's served on their plate or eaten from a container. Once your eyes and stomach become used to large portions of food, cutting back can make you feel deprived.

Environmental factors also conspire against us. The "more for your money" thinking has sent portion sizes of chain restaurant meals, snack foods and soft drinks skyrocketing. Prices are usually cheaper for large portions (think Costco) which appeals to our desire for value.

In a world where big food has become the norm, many people have lost touch with what's considered an appropriate serving size. Before you start controlling portion size, you may need to reign in your appetite. In order to feel satisfied with less food, eat three small meals plus two healthy snacks throughout the day. Spreading out your food over the day keeps your stomach always partly full. If you sit down to a meal ravenously hungry, you're bound to overeat.

The next step is doing a reality check on what a "serving size" really looks like. A serving size is defined as a specific amount of food defined by food guides, nutrition labels and diet plans. A portion size, on the other hand, is the amount of food you eat in one sitting, regardless of how much your body actually needs.

A standard serving of cooked meat or chicken is about 3 ounces (90 grams), or the size of a deck of cards. For starchy foods like cooked rice and pasta, a serving is one-half cup (125 ml), or the size of half a tennis ball. Once you start weighing and measuring the amount of food you eat at meals, you might find that standard servings are much smaller than real-life portions. (Not to mention, unrealistic.)

It's important to know how many food servings you need each day and how much you're eating. Portion control is not about deprivation. Research shows that when we're served less food, we don't leave the table hungry. Study participants report feeling just as satisfied with the smaller portion as with larger-sized meals. And once you begin to feel the benefits of eating smaller portions - weight loss, better digestion, more energy - you won't be tempted to ask for seconds. Eating right-size portions requires knowledge, awareness, time and constant vigilance.

The following tips will get you started:

- ❑ Use the plate model. To eat less, you've got to put less food on your plate. Period. To help you control your portion size, divide your plate into four sections, or quarters. Fill one quarter with protein such as meat, chicken, fish or tofu. Fill another quarter with a starchy food like cooked rice, pasta, potato, or quinoa. The remaining half of your plate should be filled with vegetables.
- ❑ Instead of filling a dinner plate, serve your meal on a luncheon-sized plate (7 to 9 inches in diameter). Use small glasses for milk, juice and other caloric beverages and large glasses for water.

- ❑ Serve several courses. Prolong your meal by dividing it into a few courses. Start with a broth based soup; serve salad separately from the rest of the meal; offer fruit afterwards instead of an extra portion of meat or potato. Doing so stretches meal time, makes less food seem like more and gives your brain time to register you've had enough to eat.
- ❑ Keep seconds out of sight. Don't serve "family style". Seeing dishes of food on the table encourages overeating. Ideally, cook only one serving for the family. If there's extra food sitting on the stove, you'll be tempted to go back for seconds. Avoid the problem of seconds by not making too much food.
- ❑ If you do make extra food for leftovers or the next day's lunch, store it in the fridge before you sit down to your meal. To store leftovers such as pasta, casseroles and side dishes, separate them into individual-sized containers. That way, you'll reheat just enough for one serving.
- ❑ Add low energy density to meals. Foods such as fruits, vegetables, whole grains, broth-based soups, low fat milk, legumes, poultry breast and white fish are called low energy density foods. They're foods that provide a larger portion size for fewer calories thanks to their water and fiber content.
- ❑ Desserts, processed foods, crackers, chips, and oils have a high energy density - a small portion has a large number of calories. Medium energy density foods include cheese, salad dressing, meats and breads.
- ❑ Research shows that eating large quantities low energy density foods and smaller portions of high and medium energy density foods increases satisfaction and reduces caloric intake more effectively than drinking water with a meal.
- ❑ Don't rush your meal. Put your knife and fork down after every bite to slow your eating pace. Or consider using chopsticks. Eating slowly helps you eat less food and gives your brain time to register fullness.
- ❑ Share an entrée. Restaurant portions are often heaping, delivering double or triple the calories you'd serve yourself at home. When dining out, order two appetizers instead of a main course, or split an entrée between two people.
- ❑ Read nutrition labels. Read labels on food packages to become familiar with serving sizes of breakfast cereals, crackers, snack foods, even salad dressing and peanut butter. Then measure out your foods in a measuring cup or with measuring spoons.



Redefine how much you eat, and how often you eat to develop incredible Six Pack Abs!

Let's Begin Your Journey!

Our hope is that after reading this manual, you now have the tools for this journey to transform yourself into a "better you". We truly want for you to shed that unwanted weight and get that chiseled six pack you thought was impossible to achieve.

Here is the thing, it won't be easy, but life isn't easy either. Even if you end up losing some of the weight and hit a ceiling, that's ok, it's still a HUGE win and ceilings are meant to be busted through!

We don't expect you to follow this manual 100%. It's going to take some trial and error, some adjusting. We just ask that you give it 100% and be accountable to yourself. This should be fun and exciting! One morning soon, you will wake up and notice your pants are loose and you need a belt to hold them up, what a great feeling!

Now dedicate yourself to bringing out those sexy, shredded Six Pack Abs!



ABOUT THE AUTHORS



DUSTIN WOLFF / *FITNESS EXPERT*

Dustin has been a sports and fitness enthusiast his entire life, he is a NASM Certified Personal Trainer and also a NASM Certified Sports Nutritionist. He is passionate about helping people achieve their health, fitness and appearance goals through education, motivation and a good old fashion kick in the butt sometimes!

His enthusiasm for fitness is fueled by seeing the people around him change their lives for the better and reach new levels they never thought were possible.

He has been married to his wife Stephanie for 15 years, they live in Southern California where they are raising their two children.

STEPHANIE WOLFF / *P.A.-C*

Stephanie is a licensed Physician Assistant and a Certified Weight Loss Specialist, she has been practicing medicine for close to 15 years. Throughout that time she has helped hundreds of patients lose thousands of pounds.

Not only has this resulted in her patients leading healthier lives, it has reduced the need for some if not all of the medications they have been told to take for so long. She truly enjoys making a meaningful impact in people's lives.

She has been married to her husband Dustin for 15 years, they live in Southern California where they are raising their two children.

