

SIXPACK SHORTCUTS

Day 1 workout

This is a totally body workout centered in the core. All the major muscle groups will be activated in this routine so prepare yourself for an INTENSE workout! It is crucial for the effectiveness and efficiency of the routine to keep rest times in between sets low! This will ensure you aren't letting the body cool down too much which will not extend the muscles to their full potential! TRAIN HARD!

Warm-up: Push ups

- Go for 10-20 repetitions. Slow and controlled motions. Don't rush through the reps.

Flat Bench Superset *Superset with Bent over rows*

- 12 reps of each exercise consecutively with no rest. Weight should be appropriate to level of strength. If you are able to complete all 12 reps with ease increase weight by 5-10 percent.
- 3 sets
- 90 sec rest in between sets

Seated Military Press *Superset with Standing Barbell Shrugs*

- 12 and 15 repetitions respectively. Do a weight that you can complete both exercises with so you do waste time putting down and picking up weight.
- 2 sets
- 90 second rest in between sets

Standing Barbell Curls *Superset with Seated body weight dips*

- 12 reps of Standing Barbell Curls, BW dips should be done to failure on first set. For Second set shoot to do 70 percent of the reps you did on your first set.
- 2 sets
- 90 seconds rest in between sets

Barbell Squats *Superset with Stiff Dead Lifts*

- 15 reps of each
- 2 sets
- 90 seconds rest in between sets

Standing Calf Raises *Superset with* Running in place with weight

- 20 reps of Standing Calf Raises
- Hold equal weight in each hand, go for 90 seconds
- 1 set
- 90 seconds rest in between sets

Decline Sit-ups

- 15 second
- Body weight only
- 4 sets
- 15 seconds rest in between sets