

# SIXPACK SHORTCUTS

## Phase 2 Day 3

This routine focuses on lower body with some legs as well. Remember to always keep rest times low to keep your heart rate up and body warm. Each rep should be done with slow and deliberate movements. Form is very important to shaping the muscle and also preventing injuries. Have Fun and Train HARD!!!

### Warmup with : Push Ups

- 10-20 reps
- 1 set
- Slow and controlled motions

### Barbell Squats *Superset with* Walking lunges

- 10 reps/ 20 reps(or 20 yards)
- For walking Lunges each step is on rep
- For Barbell Squats barbell should be held at your chest
- 3 sets
- 90 seconds rest in between sets

### Barbell Stiff Leg Dead Lift

- 12 reps
- 5 sets
- 90 seconds rest in between sets
- Bend at the waist to 90 degrees
- Slight bend in the knees
- Works mostly lower back with some hamstrings

### Seated Calf Raise *Superset with:* Knee to Elbows

- 25 reps/ 20 seconds
- Contract abdominals with every high knee
- 3 sets
- 90 seconds Rest in between sets
- Works Core and Calves

### Lying One Leg Toe Touch

- 20 seconds
- 4 sets

- rest time 20 seconds
- Keep movements slow and deliberate contracting abdominals with every lift.