

SIXPACK *SHORTCUTS*

Alright! You are almost there. Phase four is going to help you shed off those last few pounds and set you up with routines you can continue on with to prevent ever hitting a plateau and ensure you maintain all the progress you have made so far. You should be fully implementing the zero willpower eating system at this point. Make sure as always you stay consistent and TRAIN HARD!

Purpose of Phase 4

- *Goal: To lose the final few pounds and reveal you Six Pack.
- *Active rest during workouts
- *Back to isolated body parts in your workouts
- *Learn how to maintain your Six Pack for after you have completed the program
- *Fully implement the Zero Willpower Eating System

Revealing Six Pack Abs

- *Exercises give intense muscle building, but also cardio assisted to help burn off that last little bit of belly fat
- *By this point you have increased your Resting Metabolic Rate significantly so these exercises along with full implementation of the Zero Willpower eating system you have what you need to maintain and sustain this healthy lifestyle.

Total Implementation of Zero Willpower

Continue to find solace in the 80/20 rule. I don't want anyone to feel restricted in their life, but with full implementation of the Zero Willpower Eating System you should have full control over 80 percent of your meals.

- *Remember how liquid calories can really mess up your diet. Stick to water and limit high sodium drinks like sodas.
- *This is all you need to maintain the six pack you have achieved.

Pitfalls To Watch Out For

If by now you are not fully implementing the Zero Willpower Eating System that is your biggest mistake. Remember in the beginning of the program I preached about having a total transformation, and adopting a new and improved healthy lifestyle that is sustainable. This is how you do it! Take what you have learned to heart. With that along with consistent exercise you have what you need to maintain your six pack forever!