

The Six Pack Abs Workout and Diet Plan

Use this workout plan every other day.

Warm-up Circuit

Complete this warm-up circuit two times, resting 30 seconds between circuits.

Y-Squat(10 REPS)

Pushup(10 REPS)

Stick-Up(10 REPS)

Mountain Climber(5 REPS PER SIDE)

Forward Lunge(5 REPS PER LEG)

Waiter'sBow(10 REPS)

Spiderman Climb(ALTERNATE LEGS UNTIL YOU DO 5 REPS PER SIDE)

WORKOUT A SUPERSETS

(Superset 1)

Perform these two exercises back-to-back, no rest between. Rest 1 minute before repeating the superset two more times.

ShoulderPressPushup(10 REPS)



Place your feet on a bench and hands on the floor slightly wider than shoulder-width. Pike your hips up in the air, so you are as vertical as can be. Slowly lower your head to the floor. Pause, and push with your shoulders and triceps back to the start position. Do 10 reps.

Step-Up(12 REPS perleg)



The step should be high enough that your thigh is parallel to the floor when your foot is on the step. Place one foot on the step and push down through your heel to lift your other leg up. Return to the starting position and finish all reps with one leg before switching legs and repeating the exercise. Do 12 reps per leg.

(Superset 2)

Perform these two exercises back-to-back, no rest between. Rest 1 minute before repeating the superset two more times.

1-LegRDL (8 REPS leg)

Stand with your feet slightly more than shoulder-width apart. Raise one foot and extend it behind you, just off the floor.



Contract your glutes, brace your abs, and keep your spine naturally arched. Focusing on balance, lower yourself until your torso is parallel to the floor. Initiate the movement by pushing your hips back. Push back up to the starting position. Do 8 reps per leg.

SwissBallMountain Climber(10 REPS side)

Assume the classic pushup position but place your hands on the sides of a Swiss ball, fingers pointing forward. Brace your abs and straighten your legs behind you. This is the starting position. Lift one foot off the floor and bring your knee toward your chest. Straighten your leg back out, move your other knee to your chest, and return that leg to the starting position.



Keep alternating sides. Do 10 reps per side.

(Superset 3)

Perform these two exercises back-to-back, no rest between. Rest 1 minute before repeating the superset one more time.

Inverted Row(12 REPS)



Set a bar at hip height in a Smith machine or squat rack. Lie underneath the bar with your heels on the floor and grab the bar, your hands 1 or 2 inches more than shoulder-width apart. Keeping your body in a straight line, pull your chest up to the bar using your back muscles. Slowly lower yourself until your arms are straight. Do 12 reps.

Wide-GripPushup(20 REPS)



Do this as you would a standard pushup, but place your hands wider apart. Do 20 reps.

INTERVAL WORKOUT

Warm up for 3 minutes, getting progressively more intense with time.

Perform an interval by exercising for 30 seconds at a very hard pace (at a subjective 8/10 level of effort).

Follow that with “active rest” for 30 seconds by exercising at a slow pace (at a subjective 3/10 level of effort).

Repeat for a total of 6 intervals.

Finish with 4 minutes of very low intensity (3/10) exercise for a cool-down.

MinutebyMinute Type IntensityLevel

1 Warm up 3 out of 10

2 Warm up 4 out of 10

3 Warm up 4 out of 10

4 (30 seconds) Hard 8 out of 10

4 (30 seconds) Easy 3 out of 10

5 (30 seconds) Hard 8 out of 10

5 (30 seconds) Easy 3 out of 10

6 (30 seconds) Hard 8 out of 10

6 (30 seconds) Easy 3 out of 10

7 (30 seconds) Hard 8 out of 10

7 (30 seconds) Easy 3 out of 10

8 (30 seconds) Hard 8 out of 10

8 (30 seconds) Easy 3 out of 10

9 (30 seconds) Hard 8 out of 10

10 Cool Down 3 out of 10

11 Cool Down 3 out of 10

12 Cool Down 3 out of 10

13 Cool Down 3 out of 10

13 minutes total

You don't want to count calories, look up recipes, or think about your weight-loss program. You want it to be easy, you want it to be filling, and you want it to work.

Meal Plan

Pick a breakfast, a 10:30 a.m. snack, a lunch, a 3:00 p.m. snack, and a dinner from the list below.

Breakfast

Pick one:

- Bowl of cereal: 1.5 cups (2 servings) Shredded Wheat or Wheaties with 6 oz. 1 percent milk
- Bowl of oatmeal: 1 cup instant oatmeal, unsweetened, with 20 blueberries
- 3 scrambled eggs

Add

- 1 piece of fruit: A medium apple, banana, or orange
- Breakfast beverage: An 8 oz. glass of unsweetened orange juice, 1 percent milk, or a pint of coffee (that's a grande) with 1 sugar and 1 individual packet of cream. (Save yourself 27 calories by substituting calorie-free sweetener and a drop of skim milk.)

Lunch

Pick one:

- Turkey sandwich: 3 deli slices of turkey breast on whole-wheat bread with lettuce, tomato, and 1 tsp. Dijon mustard

- Tuna sandwich: 1 can tuna, drained, mixed with 3 tsp. Dijon mustard on whole-wheat bread
- PB&J sandwich: Peanut butter and easy-on-the-jelly on whole-wheat bread

Add

- 1 piece of fruit
- Handful of almonds: 24-28 nuts
- Water

Dinner

Pick one:

- Seared steak: 1 medium New York strip steak, seared ([click here to learn how](#))
- Chicken breast: Boneless, skinless chicken breast, grilled (George Foreman or otherwise) with 1 tsp.

BBQ sauce

Add

- 1 heaping portion green vegetables: An individual frozen package or normal-sized can of peas, green beans, or spinach
- 1 glass wine or beer: A 6 oz. glass of wine or a bottle of beer. Don't go nuts, here: Extra calories from alcohol can ruin your weight-loss plans

Snacks

At 10:30 a.m. and 3 p.m., pick one of these snacks:

- Stonyfield fruit-flavored yogurt
- 2 sticks low-fat string cheese

Don't Want to Cook?

For those of you who are too lazy to make it yourself.

If you must eat out for breakfast...

McDonald's: Egg McMuffin, no hash browns, Breakfast beverage

Burger King: Croissan'wich egg and cheese, no side, Breakfast beverage

If you must eat out for lunch...

McDonald's: Option 1: Asian Salad with Grilled Chicken and Newman's Own Low-fat Sesame Ginger Dressing

McDonald's: Option 2: 6-piece Chicken McNuggets with 1 package BBQ sauce

Burger King: Option 1: Whopper Jr. (no mayo) with side garden salad

Burger King: Option 2: Tendergrill Chicken Garden Salad with Ken's Light Italian Dressing

Wendy's: Ultimate Chicken Grill Sandwich with side salad and medium iced tea

If you must eat out for dinner...

McDonald's: Option 1: Asian Salad with Grilled Chicken and Newman's Own Low-fat Sesame Ginger Dressing

McDonald's: Option 2: 6-piece Chicken McNuggets with 1 package BBQ sauce

Burger King: Option 1: Whopper Jr. (no mayo) with side garden salad

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If you'd rather microwave...

Healthy Choice: Beef Merlot Dinner

Lean Cuisine: Glazed Chicken

How you can get six pack abs faster

So far I've given you a basic diet and some exercises to follow, but if you want to develop six pack abs more quickly, you'll have to use a more advanced workout plan. And that's not all. You'll need a good diet regimen to go with your new workout routine as well.

For a full workout routine and diet program, I recommend reading [The Truth About Six Pack Abs](#).

To get it [Click Here](#).