

SIX PACK FINISHERS

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Welcome to Six Pack Finishers!

Six pack finishers, as the title implies, is an ab carving machine that we add-on to your normal workout.

The goal of creating this for you was to challenge your abs like they've never been challenged before, while simultaneously doing what no other program has been able to accomplish: target and melt ab belly fat.

Normally, bodybuilders and fat loss extremists train and get imbalanced. They often get injured, or they end up hitting plateaus. Not us!

We're going to dominate. We are badasses. We perform like olympians and look like models. SPF is going to rip you up and shred you down. Your body is going to transform at an incredible rate.

But, I'm depending on you to give every workout maximum effort.

Deal? Excellent!

There will be 3 different levels of ab training circuits which you can add on to the end of your regular workout. Beginner, Medium And Advanced.

They are based on many different scientific studies but mainly are focused on burning body fat (9x more than cardio), building dense ab muscles and targeting lower ab fat.

Let's get started.

Solving The Six Pack Puzzle

I've got a secret for you: most of the meathead's who make fun of the kid with good abs would love to have them. Sure, they might value strength and size more than cuts, but if they had a way to get abs without effort and without losing mass, they would take them.

Typically, most people make fun of what they don't (or can't) have.

I know, because I was like that!

From the age of 15 to about 21, I was never lean despite having started training at 15. By the time I was 17, I was training 2-3 times per day and playing rugby. Still wasn't lean.

So, I thought that it simply wasn't in the cards for me.

By the time I was 19 I was that guy who ate everything in sight to get bigger and stronger and made fun of the small guys with abs. Heck at one point I was eating 5 hamburgers after every training session and telling whoever wanted to hear me out that trying to get abs was dumb and vain and that getting bigger and stronger was that the real men did.

Of course, things changed when I got injured and couldn't do Olympic lifting for a while and decided to get lean. When I got lean, I never looked back. No longer did I make fun of people with good abs.

Sorry for the long-winded intro but the truth is that except for those who are competing in strength sports and need to pile on weight to be competitive, most of us train to look damn good. Yes, we also want to be stronger and

perform better, but looking better is paramount, and a lean mid-section goes a long way in making you look better.

When you have a solid 6-pack, lady luck just seems to be on your side. It's like the world realizes you are playing on a different level.

Something about you is just better...

Profitable opportunities will just seem to float to you.

Friends and family that give you shit now will naturally start to RESPECT you (the same way they'd respect a CEO, pro athlete, or public figure)..

Where endless opportunities fall into your lap, regardless of your looks, money, or health.

That's the magic of six pack abs.

But then, why are they so rare?

- 1. Most people don't spend enough time losing fat to show off their visible abs. There's a diagram below that I created and it's a pretty accurate description of how long it will take to see your abs. Estimate your body fat % in the first image and then match it up to the row and column in the second one.**



1 - 4%



5 - 7%



8 - 10%



11 - 12%



13 - 15%



16 - 19%



20 - 24%



25 - 30%



35 - 40%

HOW LONG UNTIL YOU GET SIX PACK ABS

@petertzemis

Starting Bodyfat %	Weeks Until Six Pack Abs
10% - 13%	Less than 4 weeks
14 -16%	8 weeks
17-18%	12 weeks
19-20%	16 weeks
21-23%	24 Weeks
24-26%	32 Weeks
27-29%	40 Weeks
30%+	52 Weeks



Now, the actual amount of time it's going to take can be slightly more or less depending on how well you stick your diet and training programs, whether you use supplements to speed up the process or not, and how efficiently or inefficiently your body tends to mobilize and burn fat.

Unfortunately most people find out that they don't quite have the core you envisioned once you reach your target body fat percentage.

2. Most people don't have enough "deep abdominal" development

Getting lean is always enough to see some abs, but it's not always enough to have the total six pack package.

Hence, the people out there that are relatively lean, but that have rather unimpressive cores.

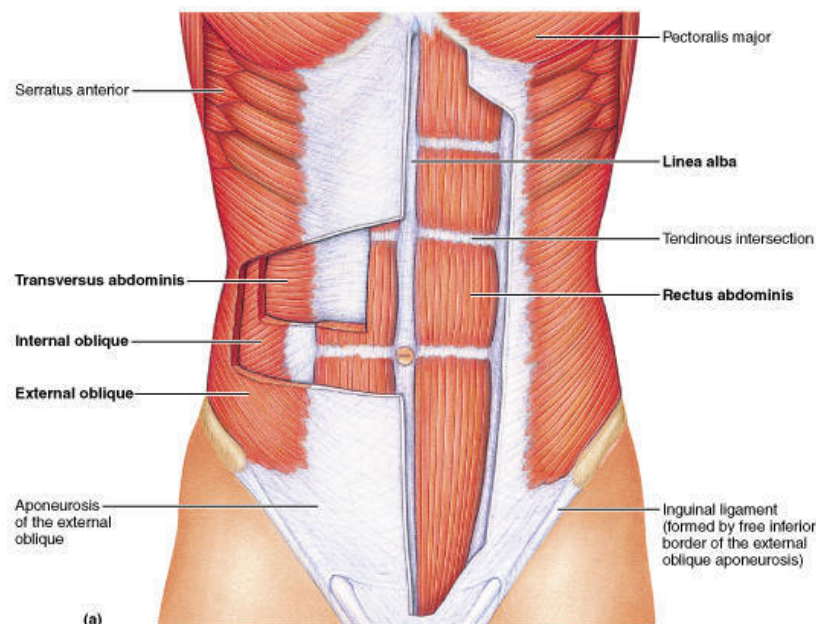
To get a great looking six-pack, you need to fully develop all the core muscles, especially the deep muscles.

But first we need to understand the anatomy of a six pack.

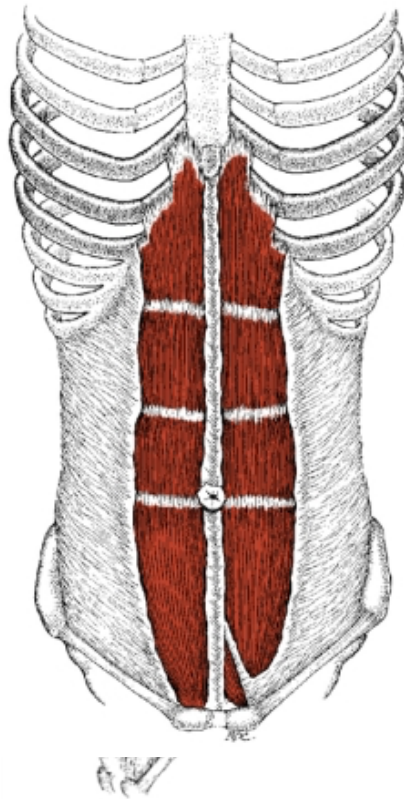
Six Pack Anatomy

In order to develop great abs, you need to understand the basic anatomy of all the different muscles involved. This includes their functions and specific location. Only when you know how each muscle works, can you train them properly. Of course, you don't need to remember every last detail about muscle anatomy. To train effectively, focus on understanding where the abdominal muscles are located and what their exact functions are.

Your core is made up of several different muscles. On the anterior core those are: - The three muscle groups of the deep layer (thoracic diaphragm, pelvic floor, transverse abdominis). They help pressurize your inner-core musculature, which is important for heavy exercises such as squats or deadlifts. - The intermediate layer with its most important muscle, the internal oblique, which helps with respiration and torso rotation. - The superficial layer which includes the external oblique and the rectus abdominis. These are the muscles you mean when talking about a six-pack.



Rectus Abdominis



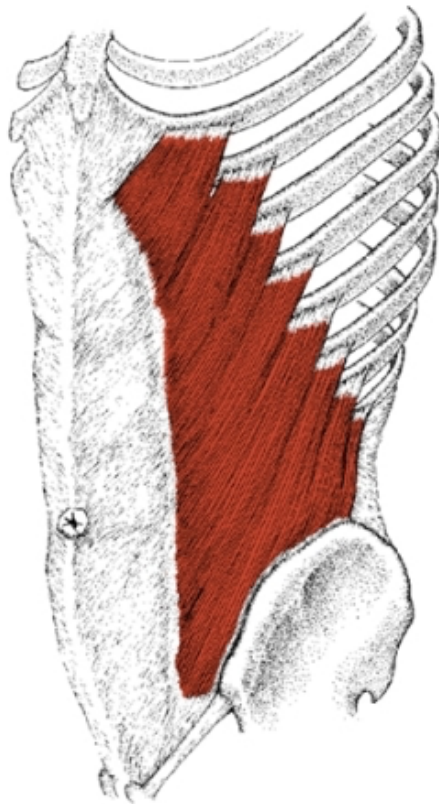
The rectus abdominis muscle originates (starts) at the bottom of the sternum and inserts (ends) at the pelvis into the fifth, sixth, and seventh ribs.

Its main function is to pull your knees up to your torso, increase abdominal pressure, and stabilize the pelvis. When we speak about training the upper or lower abs, you should keep in mind, that they are part of the same muscle group and simply two different ends of it.

It's visible from the outside and usually referred to as the six-pack muscle.

The number of packs your abs showing is determined by the number of connective tissues crossing your abdominal region (called bands of fascia).

External Obliques

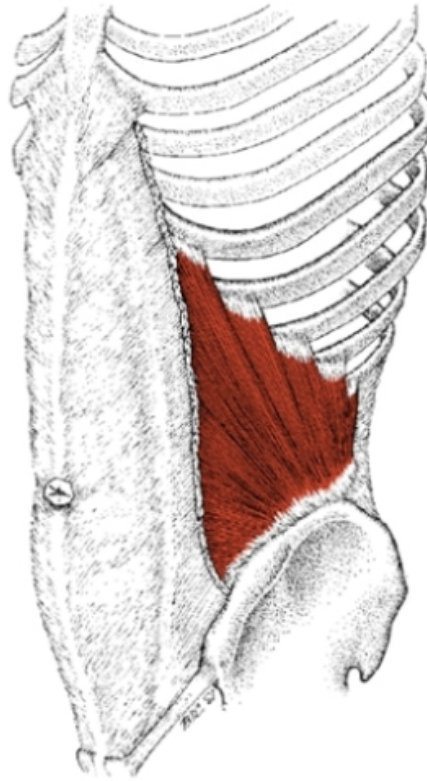


The external obliques originate on the lower eight ribs and run down to your hips, where they insert at the lower part of your pubic area. They have parallel-orientated fibers that form a flat muscle architecture.

The external obliques act as a trunk flexor and rotator, but also play a crucial role in muscle stability within the core and midsection. Strong external obliques are necessary for any exercise that requires lateral stabilization.

This muscle group gives the torso a more detailed look that many well-conditioned athletes and bodybuilders are famous for. They are visible from the outside (when properly developed) and provide the "V" shape that frame the lower abs.

Internal Obliques

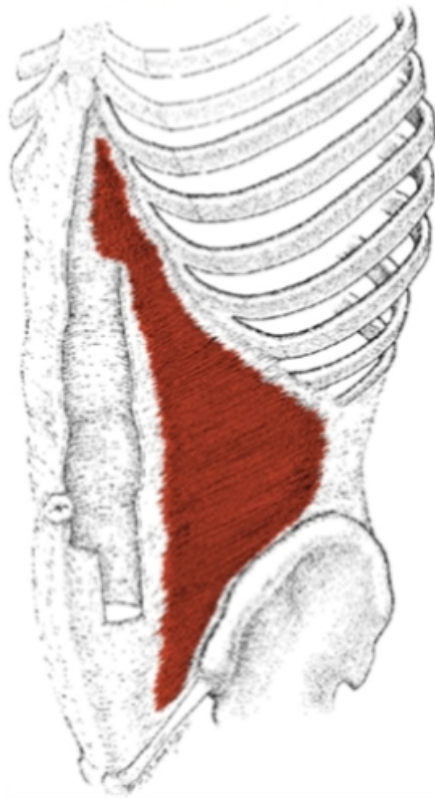


The internal obliques lie as a flat sheet of muscle below the external obliques. The muscle originates at the middle of your anterior trunk and inserts at around the hip bone.

Next to its function as a torso rotator, it compresses the abdomen and helps with respiration. The external and internal obliques are collectively referred to as the “obliques”.

Together they carry out the same movements, however, the internal obliques act as same-side rotators, while the external obliques are opposite-side rotators.

Transverse Abdominis



The transverse abdominus lies directly below the rectus abdominus and is the deepest layer of muscle in the abdominal wall. It reduces the diameter of the abdomen and is invisible to the naked eye.

It originates along the hip bone and on the lower six ribs and inserts into the lower part of your pubic area.

The muscle acts as a natural belt and keeps organs from distending out past the ribcage and stabilizes the lumbar spine.

So while it's not necessarily a "pretty" muscle, it serves a very important purpose.

Neuro-Abdominal Reprogramming

In this first phase, the goal is to improve your capacity to recruit your abdominal muscles. To be able to stimulate them you need to be good at contracting them voluntarily.

As such, we will use the lowest skill and less demanding exercises in the program. **But it is very important that you try to make these exercises hard.**

You do this by trying to ex your abs as hard as humanly possible for every inch of every rep. Imagine that you are about to get punched in the stomach.

When you have a dynamic exercise initiate every rep by tensing your abs (like your'e about to get punched in the stomach). For the isometric/static exercises, focus on never releasing the tension in your abs.

In this phase, we will use the same exercises at every session. This is simply to better improve your capacity to recruit your abdominals. You will do this workout at the end of every single training day.

If you train 4 days a week, you do it 4 times. If you train 6 days a week, do it 6 times.

There will be a weekly progression, but it is not as significant as with the other phases, since this is low demand work.

Rather, you should try to progress by improving your neuro-adbominal connection, how hard you can flex your abs, from week to week.

There are no intensification methods like supersets or rest/pause in this phase: we want to focus on practicing contracting the abdominals, not on destroying them.

Since most of these movements are unweighted, how difficult they will feel will depend on how good you are at tensing your abdominals.

When someone can do 20+ reps of an unweighted abs exercise it tells me that they are not contracting them hard enough.

I do not want you to focus on reps but on tension.

Contract abs as hard as you can before each rep, go up slowly while maintaining tension, squeeze as hard as you can at the top, go down slowly while maintaining tension.

For that reason, I will give you a set duration, as opposed to a number of reps to reach.

Since it is low intensity work and because the goal is to improve the motor skill of recruiting your abs, you will not have a deload at the end of this phase.

Note on duration: The goal is to keep your abs maximally tensed and do reps for the prescribed duration. Aim to make the sets harder; meaning that if the duration is 20-30 seconds and you can easily do reps for 30 seconds, squeeze your abs harder and go slower on the next set. Do what it takes to fail in the prescribed time zone.

Phase 1 - Neuro-Abdominal Reprogramming (Weeks 1-4)

Circuit A

Exercise	Reps/Time	Sets	Temp	Rest
Weighted Hanging Leg Raises	30-60s	3-4	Slow squeeze	1 min
Weighted Incline Crunch	30-60s	3-4	Slow squeeze	1 min
Weighted Cable Crunch	30-60s	3-4	Slow squeeze	1 min
Russian twist with medicine ball	30-60s	3-4	Slow squeeze	1 min

Phase 1 - Neuro-Abdominal Reprogramming (Weeks 1-4)

Circuit B

Exercise	Reps/Time	Sets	Temp	Rest
Plank	30-60s	3-4	Static Hold	1 min
Weighted Hanging Leg Raises	30-60s	3-4	Slow squeeze	1 min
Side to side knee ups	30-60s	3-4	Slow squeeze	1 min
Russian twist with medicine ball	30-60s	3-4	Slow squeeze	1 min

How to: Perform 3 sets of a given exercise, resting 1 min between sets. Then move on to the next exercise. Week 1-2 use the low end of the time/sets. By the time you get to week 6 you should be doing 4 sets of each exercise holding for 60s.

Perform either circuit A or B (alternating) after every workout that you do.

Carving “Deep Abs”

In phase 1, you improved your capacity to recruit your abs and ex them, which is a pre-requisite to developing them.

In this second phase, we will work on hypertrophy of the "6-pack" as much as possible.

Just being lean isn't enough.

It's true that you need to have low levels of body fat for your abs to fully show. For us guys, they start really showing as you get under 10% body fat, and for gals, under 20% body fat.

But the reality is you can get very lean and still not have the “six pack” look you want.

How so?

The answer is simple: nobody's core is naturally developed enough to have the deep cuts and pronounced lines that make for a truly outstanding six pack.

Having thicker abdominal bellies is what gives the "pack" look: it differentiates the muscle bellies from the tendinous attachments that create the separation to have the multiple "packs" on your abdomen instead of just one at surface.

Plus, the thicker your abs are, the easier it will be to see them even when you are not ripped.

Thin abs require you to drop to a super low level of body fat to be seen. I have thick abs and even at 14% body fat I have a well-defined abdomen.

The biggest mistake most people make with ab training is they don't develop "deep" ab muscles.

The result is the ability to do a bazillion crunches or leg raises, but with abs that look small and underdeveloped.

Then there are several other core muscles that complete the look, including the obliques, transversus abdominis (or "TVA" as it's commonly referred to), and serratus.

Don't discount the importance of developing these muscles in addition to the "pretty" rectus abdominis.

The simple way to develop "deep" ab muscles?

Add weighted abdominal work. You don't have to add weight to all of your ab training, but you must add it to some if you want abs that really pop.

The key isn't just *doing* ab exercises, though. It's *progressing* on them.

The core muscles are like any other in that they respond best to progressive overload, which means that you need to focus on getting stronger over time.

Thus it's imperative you track every SPF workout. The goal is to get stronger every single workout.

Phase 2 Deep Ab Development (Weeks 5-12)

Circuit A

Exercise	Reps/Time	Sets	Rest	Notes
A1 - Cable Crunch	8-12	3-4	None	
A2 - V-Up	To Failure	3-4	60-90s	
B1 - Weighted hanging leg raises	8-12	3-4	none	
B2 - Swiss ball crunch	To Failure	3-4	60-90s	

Phase 2 Deep Ab Development (Weeks 5-12)

Circuit B

Exercise	Reps/Time	Sets	Rest	Notes
A1 -Weighted hanging leg raises	8-12	3-4	None	
A2 - Hollow Body Hold	To Failure	3-4	60-90s	
B1 -1 arm serratus crunch	8-12	3-4	none	
B2 - GHD crunch	To Failure	3-4	60-90s	

How To: We will use two different workouts (A & B) and they are alternated during the week. I recommend hitting abs three or four times per week during this phase.

Since I believe in abs blitzes, you will not do any direct abs work during Week 8 & 12.

In this phase, I will give you a rep number prescription, but do all the reps with maximum tension as we practiced during phase 1.

If the abs are not burning, it's not working.

Targeting Abdominal Fat Loss

Quote

Getting lean enough to have visible abdominals is not an easy task unless you are naturally lean or have been lean for a while already. The method I will explain is effective at increasing fat loss from the abdominal area, but it's not a magic solution either.

Most men need to drop down to a **true** 12% body fat to have decent abdominal definition. “*No big deal*” you say, “*I’m not far from that*”. Well I’ve got news for you: you are much further away than you think.

Unless you had a DEXA scan done on you, you will always underestimate how much fat you carry. Even skinfold caliper measurements are not that great. I know plenty of guys that were measured at 7-8% and still had a pouch on their stomach. I myself have been measured at 4.1% body fat when I was really closer to a true 10%.

And it's even worse when someone approximates how much fat they carry. “*I’m about 15-16%*”. No, you’re not. Unless you had your bodyfat measured many times at different levels of leanness, you have no idea how 15, 10 or 20% looks on you. I find that most people who “estimate” their body fat are generally 5% higher in reality.

Why am I saying this?

Because if your goal is to have abs you must know what you are up against. Going from 15% down to 9-10% normally takes around 8-10 weeks for most. Some might get there a bit faster and for some it might take 12-14 weeks.

But if you are really 20% it's going to take you closer to 15-20 weeks to get lean enough to see your abs. And that is if you do everything right.

Yes, SPF can speed up the process in getting leaner around the waist. But if you are 15 weeks away from being lean enough to see your abs, don't do it for 3 weeks and then claim that it doesn't work!

Now as you get leaner, one thing that tends to stick around stubbornly in men is ab fat.

Contrary to what we have believed for a long time; targeting fat loss more for a specific area of the body is possible.

Dr. Lonnie Lowery wrote a very good, long article on that topic, explaining all the science behind it. We learned 3 main things:

1. Certain areas have poor blood flow. This is the case of the abdominal and oblique region. During whole body exercise (cardio) blood flow will be insufficient to mobilize fat optimally from that region. This is one of the reasons why fat stores around your waist are "stubborn".
2. Fat mobilization (first step to losing fat in an area) is greater around the contracting muscles. This is likely because it increases heat in that region as well as blood flow.
3. By doing focused contraction work for the waist (abdominal exercises) around your energy system/fat burning work, you will mobilize more fat from that region. You will not burn more overall fat, but more of it will come from the area adjacent to your abs.

Burn 450% more calories with finishers...

One study compared the effect of 20 weeks of HIIT (high intensity interval training) with 20 weeks of ET (endurance training) on young adults.

Incredibly, the HIIT group lost 9 times as much fat as the ET group. Another study compared a traditional weight-training program with a higher intensity resistance-training (SPF style) program.

The traditional program consisted of 8 exercises each for 4 sets of 8-12 reps, the last one taken to failure.

The HIIT program consisted of 3 exercises for 3 sets of 6 reps, while an additional set was performed in a rest-pause fashion.

The traditional program took 62 minutes to complete and the total session volume was around 17,000 pounds. However, the HIIT group finished their workout in 32 minutes, lifted only 8,500 pounds, but had a post-caloric burn the next day that was 450% greater than the traditional lifting group.

What these two studies confirm, gloriously, that the proper use of finishers results in dramatic fat loss. Six pack finishers adds the deep core muscle work, making it a double whammy.

And it can be done without necessarily adding more work, just by optimizing your final sets.

Phase 3 - Targeted Fat Loss (Weeks 13-16+)

Circuit A

Exercise	Reps/Time	Sets	Rest	Notes
A1 - Cable Crunch	12-15	4-8	None	
A2 - Stair climber	45s MAX effort	4-8	45-60s	
A3 - Hollow body hold	Failure	4-8	None	
A4 - Treadmill print	45s MAX effort	4-8	45-60s	

Phase 3 - Targeted Fat Loss (Weeks 13-16+)

Circuit B

Exercise	Reps/Time	Sets	Rest	Notes
A1 - Weighted Hanging Leg Raises	12-15	4-8	None	
A2 - Bike Sprint	45s MAX effort	4-8	45-60s	
A3 - Swiss ball Jackknife	12-15	4-8	None	
A4 - Row machine	45s MAX effort	4-8	45-60s	

How To: The premise is simple - Go back and forth between an ab exercise and a conditioning exercise. We will use two different workouts (A & B) and they are alternated during the week. I recommend hitting abs three or four times per week during this phase.

Again if the abs aren't burning, they aren't working. Ensure maximum tension while working the abs like we practiced in phase 1.

Bike Sprints can be substituted for other forms of cardio (rowing, regular sprinting, etc.) Ab exercises can be substituted for other of ab exercises from the substitution chart.

Exercise Substitution

Look some exercises people just hate. I get it. But it shouldn't be a reason you can't achieve a six pack.

In this chart I created substitute exercise for both body weight and weighted ab training routines. Feel free to swap any of the listed below for the ones in the original charts.

Just make sure to swap bodyweight with bodyweight and weighted with weighted.

A note: I didn't just choose these at random—research has actually shown them to be the most effective for training the rectus abdominis and obliques (unfortunately the study disappeared off the Net, but it was led by Peter Francis, Ph.D., at the Biomechanics Lab at San Diego State University).

Bodyweight	Weighted	Cardio Options
Captain's chair leg raise	Weighted Captain's chair leg raise	Sprinting
Hanging leg raise	Weighted Hanging leg raise	Bike Sprints
air bicycle	Cable Crunch	Treadmill Sprints
ab wheel roll out	Weighted plank	Rowing
Plank / side plank	Weighted decline crunch	Recliner Bike
V-Up	Medicine ball russian twists	Jumping Rope
Decline Crunch	Standing Serratus crunch	Burpees
Swiss ball jack knife	1 arm serratus crunch	Jumping Jacks
Hollow body hold	Farmer's walk	Stair Master
Seated knee tuck	Zercher Carry	Elipitical
GHD crunch		Ladder work

Next Steps

Quote

Winning this game comes down to raising your standards. Have higher expectations for yourself than anyone else!

Be obsessed with ACTION. And remember, how you do ANYTHING is how you do EVERYTHING!

Joining the six pack club is only bestowed upon the most worthy men. But its benefits are endless...

- > Money
- > Power
- > Women
- > Fame
- > Respect

The list goes on forever.

Decide right now: I'm doing this now and no one is going to stop me! And with my help, YOU WILL.

By reading this you are committed to becoming the most badass version of yourself and bringing about that body, that badass head turning, panty soaking body that commands respect.

This body has been laying dormant for years, pressed by society and their bullshit game...

Not anymore.

Now your on my team.

Get ready to meet the beast.

What to do after

Where do all my ambitious, badass students go after completing SPF system? Well there are a few options:

1. First they start with the SPF Accelerator Program. This is the next level if you are ready for a challenge and want to take your physique to new heights.
2. They add the SPF Xtreme program to take there abs to a whole new level of awesome.
3. They use the strategies found in the Banned fat loss black book (if it's still available) to get the best badass look.

I sincerely appreciate you investing in this program and am looking forward to seeing your transformation!

I'm going back to the gym to "carve the diamond"...

To Fitness, Fortune And Freedom,



Peter Tzemis

"Two roads diverged in a wood and I, I took the one less travelled. And that has made all the difference" - Robert Frost

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