



SIX PACK FINISHERS

All Rights Reserved

Copyright © 2017 and beyond – Peter Tzemis Fitness. All rights are reserved. You may not distribute this report in any way. You may not sell it, or reprint any part of it without written consent from the author, except for the inclusion of brief quotations in a review.

Disclaimer

The information presented in this work is by no way intended as medical advice or as a substitute for medical counselling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using the recommendations in the program, you are agreeing to accept full responsibility for your actions.

By continuing with the program you recognize that despite all precautions on the part of Peter Tzemis Fitness, there are risks of injury or illness which can occur because of your use of the aforementioned information and you expressly assume such risks and waive, relinquish and release any claim which you may have against Peter Tzemis Fitness, or its affiliates as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of the program

Welcome to Six Pack Finishers!

Six pack finishers, as the title implies, is an 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 gods 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.

Crushing the final set of an exercise can make or break your workout.

These last sets, or "finisher sets," have always been a staple in bodybuilding because they allow you to get in more reps than a traditional straight set. Plus they leave you feeling good about a job well done.

Studies demonstrate that this anabolic finisher technique (and others) also lead to dramatic fat loss while spending up muscle growth. Plus they leave you feeling good about a job well done.

450% More Calories Burned With Six Pack Finisher Sets

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

The HIRT 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 HIRT 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, is that taking your last sets to failure through the use of finishers results in dramatic fat loss. And it can be done without necessarily adding more work, just by optimizing your final sets.

Six Pack Abs Truth: It's Not Easy

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.

Part 1: Targeting Abdominal Fat Loss

First things first: 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 people need to drop down to a **true** 10% 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, my technique 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!

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.

But here are the cliff notes:

- 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”.
- 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.
- 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.

So with all the science out of the way, let's get right into it!

Part 2: Building Ice Cubs Abs

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.

The full “six pack” look requires low body fat levels and well-developed core muscles.

The biggest mistake most people make with ab training is they don't perform any weighted ab exercises.

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

The abs are like any other muscle: they require progressive overload to grow, and that can only be accomplished by adding resistance to exercises. I've found that abs seem to respond best to a combination of weighted and unweighted 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.

So without further or do let's get right into it.

Your Proposed Schedule

Beginner - Start with 2x a week. When you can do 3-4x a week, with ease, move on to the intermediate phase. Mix up bodyweight and weighted ab training.

Intermediate - Start with 2x a week. When you can do 4x a week, with ease, move on to the advanced phase. Have a 2:1 ratio of weighted to bodyweight days. Meaning for every bodyweight ab training day, you would train weighted twice.

Advanced - Start with 2x a week and work your way up to 4x a week. Email me when that becomes easy. Have a 2:1 ratio of weighted to bodyweight days. Meaning for every bodyweight ab training day, you would train weighted twice.

Circuit 1- Beginner bodyweight only

Exercise	Reps/Time	Sets	Temp
Plank	1 min	2	hold for 60 s
Hanging Leg Raises	8	2	2 sec up, 2 sec down
Side to side knee ups	8 per side	2	2 sec up, 2 sec down
Side Plank	30s per side	2	hold for 30s

Notes : Rest 30s between exercises and 2 min between sets. Complete 2 sets

Circuit 2- Beginner with weights

Exercise	Reps/Time	Sets	Temp
Weighted Hanging Leg Raises	8 with dumbbell between feet.	2	2 sec up, 2 sec down
Weighted Incline Crunch	8	2	2 sec up, 2 sec down
Weighted Cable Crunch	8	2	2 sec up, 2 sec down
Russian twist with medicine ball	15 twists	2	

Notes : Rest 30s between exercises and 2 min between sets. Complete 2 sets

Circuit 3 - Beginner Mixed

Exercise	Reps/Time	Sets	Temp
Plank	1 min	2	hold for 60 s
Weighted Hanging Leg Raises	8	2	2 sec up, 2 sec down
Side to side knee ups	8 per side	2	2 sec up, 2 sec down
Russian twist with medicine ball	15 twists	2	

Notes : Rest 30s between exercises and 2 min between sets. Complete 2 sets

Circuit 4 - Intermediate Bodyweight

Exercise	Reps/Time	Rest
Swiss Ball Crunch	12-15	15-30s
Side to side knee ups	12-15	30s
Bike Interval Sprint	3 min total: 45s easy / 15s hard	30s

Notes : Repeat 3 times. Bike Sprints can be substituted for other forms of cardio. Exercises can be substituted for other of your favorite bodyweight ab exercises.

Circuit 5 - Intermediate Weighted

Exercise	Reps/Time	Rest
Captain Chair Crunch	12-15	15-30s
Weighted Hanging Leg Raises	12-15	30s
Bike Interval Sprint	3 min total: 45s easy / 15s hard	30s

Notes : Repeat 3 times. Bike Sprints can be substituted for other forms of cardio. Exercises can be substituted for other of your favorite weighted ab exercises.

Circuit 6 - Intermediate Mixed

Exercise	Reps/Time	Rest
Captain Chair Crunch	12-15	15-30s
Weighted Hanging Leg Raises	12-15	30s
Bike Interval Sprint	3 min total: 45s easy / 15s hard	30s

Notes : Repeat 3 times. Bike Sprints can be substituted for other forms of cardio. Exercises can be substituted for other of your favorite ab exercises.

Circuit 7 - Advanced Bodyweight

Exercise	Reps/Time	Rest
Swiss Ball Crunch	12-15	0
Sprints / Burpees	45s	45s

Notes : Rest 0s between exercises and 45s between sets. Complete 6-8 sets. Bike Sprints can be substituted for other forms of cardio (rowing, regular sprinting, etc.) Exercises can be substituted for other of your favorite bodyweight ab exercises.

Circuit 8 - Advanced Weighted

Exercise	Reps/Time	Rest
Weighted Hanging Leg Raises	12-15	0
Bike Sprint	45s	45s

Notes : Rest 0s between exercises and 45s between sets. Complete 6-8 sets. Bike Sprints can be substituted for other forms of cardio (rowing, regular sprinting, etc.) Exercises can be substituted for other of your favorite weighted ab exercises.

Exercise Substitution Chart

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
Captain's chair leg raise	Weighted Captain's chair leg raise
Hanging leg raise	Weighted Hanging leg raise
air bicycle	Cable Crunch
ab wheel roll out	Weighted plank
Plank	Weighted decline crunch
Side Plank	Medicine ball russian twists
Decline Crunch	
Swiss ball jack knife	

REFERENCES

Frayn, K. Regulation of fatty acid delivery in vivo. *Advances in Experimental Medicine and Biology*. 1998;441:171-9.

Frayn, K. Macronutrient metabolism of adipose tissue at rest and during exercise: a methodological viewpoint. *The Proceedings of The Nutrition Society*. 1999 Nov;58(4): 877-86.

Lowery, L. Dietary fat and sports nutrition: a primer. *J Sports Sci Med* 2004; 3, 106-117.

Lowery, L. Chapter Four: Fat. In: *NSCA's Guide to Sport and Exercise Nutrition* (Campbell and Spano Eds.). Human Kinetics: Champaign, IL; 2011.

Mick, T., et al. Comparison of sports drinks on substrate oxidation during exercise. (Abstr) CCF Dept Orthopaed Surg 12th Ann Res Day, Cleveland, OH 2002.

Moro, C, et al. Sex differences in lipolysis-regulating mechanisms in overweight subjects: effect of exercise intensity. *Obesity* (Silver Spring, Md.). 2007 Sep;15(9): 2245-55.

Ormsbee, M, et al. Regulation of fat metabolism during resistance exercise in sedentary lean and obese men. *Journal of Applied Physiology*. (Bethesda Md.: 1985) 2009 May; 106(5):1529-37.

Stallknecht B, et al. Are blood flow and lipolysis in subcutaneous adipose tissue influenced by contractions in adjacent muscles in humans? *American Journal of Physiology. Endocrinology and Metabolism*. 2007 Feb;292(2):E394-9.

Turcotte, L. Role of fats in exercise. Types and quality. *Clinics in Sports Medicine*. 1999 Jul;18(3):485-98.