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SIX PACK FINISHERS

***10 Circuits that will carve you up so nicely,
Michelangelo would be proud***

Welcome to Six Pack Finishers!

Six pack finishers, as the title implies, is an add-on to the program, Anabolic Finishers.

That program, AF, is one of the most comprehensive muscle building and transformation systems available--but, strangely, does not have a tremendous focus on abdominal training.

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: balancing you out.

Also its to make you have abs girls drool over...It has happened.

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 10 different circuits which you can add on to the end of your regular BBB workout. Mix and match em. Some are harder. Some are easier. Some require equipment. Others do not.

I wanted to give you all the options so that you never have an excuse not to complete a circuit.

Let's get started.

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- Intermediate bodyweight only

Exercise	Reps/Time	Sets	Temp
Plank	2 min		3 hold for 120 s
Hanging Leg Raises		12	3 2 sec up, 2 sec down
Side to side knee ups	12 per side		3 2 sec up, 2 sec down
Side Plank	30s per side		3 hold for 30s

Notes : Rest 10s between exercises and 1 min between sets. Complete 3 sets

Circuit 3 - Advanced bodyweight only

Exercise	Reps/Time	Sets	Temp
Plank	3-5min		3 hold
Hanging Leg Raises	15-20		3 2 sec up, 2 sec down
Side to side knee ups	15-20		3 2 sec up, 2 sec down
Side Plank	1 min per side		3 hold for 60s

Notes : Rest 0s between exercises and 30s between sets. Complete 3 sets

Circuit 4- 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 5- Intermediate with weights

Exercise	Reps/Time	Sets	Temp
Weighted Hanging Leg Raises	10 with dumbbell between feet.		3 2 sec up, 2 sec down
Weighted Incline Crunch		12	3 2 sec up, 2 sec down
Weighted Cable Crunch	12-15		3 2 sec up, 2 sec down
Russian twist with medicine ball	30 twists		3

Notes : Rest 30s between exercises and 1 min between sets. Complete 3 sets

Circuit 6 - Advanced with weights

Exercise	Reps/Time	Sets	Temp
Weighted Hanging Leg Raises	12 with dumbbell between feet.		3 2 sec up, 2 sec down
Weighted Incline Crunch		15	3 2 sec up, 2 sec down
Weighted Cable Crunch		15	3 2 sec up, 2 sec down
Russian twist with medicine ball	Failure		3

Notes : Rest 10s between exercises and 1 min between sets. Complete 3 sets

Circuit 7 - 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 8 - Intermediate Mixed

Exercise	Reps/Time	Sets	Temp
Plank	2 min		3 hold for 120 s
Weighted Hanging Leg Raises		12	3 2 sec up, 2 sec down
Side to side knee ups	12 per side		3 2 sec up, 2 sec down
Russian twist with medicine ball	30 twists		3

Notes : Rest 30s between exercises and 1 min between sets. Complete 3 sets

Circuit 9 - Advanced Mixed

Exercise	Reps/Time	Sets	Temp
Plank	3-5min		3 hold
Weighted Hanging Leg Raises	15		3 2 sec up, 2 sec down
Side to side knee ups	15 per side		3 2 sec up, 2 sec down
Russian twist with medicine ball	45 twists		3

Notes : Rest 10s between exercises and 1 min between sets. Complete 3 sets

Circuit 10 - Expert Mixed

Exercise	Reps/Time	Sets	Temp
Plank	Failure		4 failure
Weighted Hanging Leg Raises	18		4 2 sec up, 2 sec down
Side to side knee ups	18 per side		4 2 sec up, 2 sec down
Russian twist with medicine ball	Failure		4
Weighted Incline Crunch	15		4 2 sec up, 2 sec down

Notes : Rest 30s between exercises and 1 min between sets. Complete 4 sets