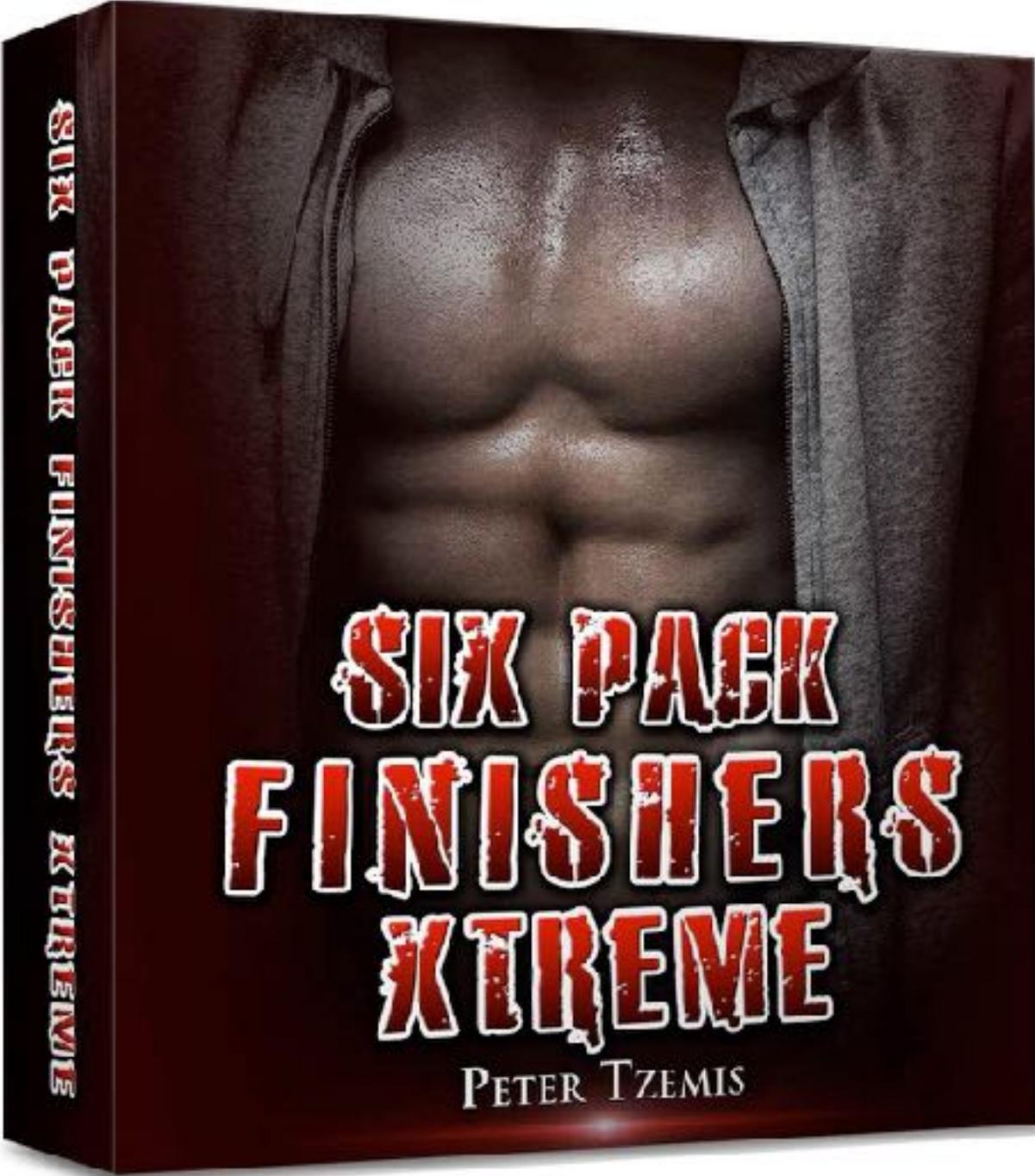


SIX PACK FINISHERS XTREME



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PETER TZEMIS

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How can we make SPF even more effective?

After 100's of emails asking for the next level of ab training, I had to create this manual.

My tribe, as you know, strives for excellence in any endeavour. We want to be challenged because we know that failure is just another word for growth.

Extreme six pack finishers is a whole new beast. It builds upon the principles for targeted fat loss and abdominal density training while taking it to a whole new level.

SPFX ideally, is done on its own session (because it can last 30-40 minutes). I personally do it in the morning and do my lifting in the afternoon. If you don't have the luxury of being able to do two sessions a day, Do the SPFX on the days off from the gym.

If you like to train 4-6 days a week you will likely have to do a few sessions after your workout. While it's not optimal and not my first choice, it will work to get you lean but might reduce muscle growth. So, put it on your easiest lifting workouts.

I personally use this approach once I'm fairly lean already. While it will work regardless of your bodyfat level, if you have 20% bodyfat you will not see the difference it's making. If you are 11-12% you can almost see a day by day difference in waist tightness. This matters only for motivation purposes. I personally do not like to use the same approach for 8-12 weeks, it bores me to death and I lose motivation and don't train as hard.

So, I prefer to keep the abs shredder for when I want to rapidly affect a change in my midsection and when I'm lean enough to see the difference.

That having been said, you could use it for a whole 12 weeks fat loss cycle quite effectively.

I created to levels. Level 1 and level 2.

I suggest spending 4 weeks in level 1 then move up to level 2.

Of course, that is after you have gone through the six pack finishers original program.

Exercises 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 | |

LEVEL 1 SPFX

- 3 sets of abdominal work. You want medium reps, 12 to 15, and those 12 to 15 should be hard. Focus on getting a good squeeze in your abs on every rep. Keep the rest minimal between sets, roughly 30 seconds.
- No rest
- 10 minutes of steady-state cardio (around 120-130 beats per minute). Can be treadmill, elliptical, bike, etc.
- No rest
- Go back to the abdominal exercise

Repeat 3-4 times.

Level 1 SPFX Example

| Ab Exercise | Reps | Rest |
|--|-------------|--------------------------------|
| Decline Crunch (bodyweight or weighted)* | 12-15 | 30s |
| Weighted hanging leg raise* | 10-12 | 30s |
| Russian twist (weighted optional)* | to failure | 30s |
| Steady state cardio | | None, repeat circuit 3-4 times |

* Feel free to substitute in any ab exercise from the exercise substitution chart

LEVEL 2 SPFX

- 1 set of abdominal work. Same recommendations as for the above.
- No rest
- Loaded carries for 30 seconds (farmer's walk, Zercher carry, overhead walk, etc.)
- No rest
- Moderate intensity cardio (140-160 beats per minute) for 3 minutes.
- 30 sec of rest
- Go back to abs

Repeat 3-5 times

Level 2 SPFX Example

| Ab Exercise | Reps | Rest |
|----------------------|-----------------------------|-------------------------------|
| Cable Crunch* | 12-15 | 0 |
| Farmer's walk | 30s | 0 |
| Bike interval sprint | 3 min; 30s slow, 30s sprint | 30s, repeat circuit 3-5 times |

* Feel free to substitute in any ab exercise from the exercise substitution chart