



7 DAY AB SHOCKER

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# **SIX PACK FINISHERS**

## **7 Day Ab Shocker**

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**This manual is *really* short.**

I didn't want to waste your time with "filler information" just to make it seem like the information is worth more.

Trust me when I say more is not always better.

Simplicity is the ultimate sophistication.

In the six pack finishers manual, we talked about eh 2 parts of six pack development, fat loss and ab density building. Fat loss is stuck at a rate of 1-2 lbs per week. Faster than that and we risk losing muscle.

However we can dramatically speed up the density of your abs. This is why the 7 day accelerator was created.

Let's kick some ass together!

- Pete

## **Abs Are Made in the Kitchen... and the Gym**

Your abs are just like any other muscle group: in order really see them, they have to be built. In other words, you have to hypertrophy them. It's not JUST about losing fat. Thick abs will be visible even when your body fat percentage creeps up. So what really works when it comes to ab training? Blitz cycles.

### **1-2 Week Blitz Cycles**

Train your abs in short, concentrated training cycles lasting one-two weeks.

It looks like this:

Hit abs every day. Do 4-5 sets of a superset that consists of one weighted and one un-weighted exercise.

### **Why this works**

Setting up your ab training in blitz cycles also helps you to build a better mind-muscle connection with the abdominals, making your abs more responsive in the future.

### **How to perform**

Choose the ab exercises you can "feel" the most. Pick one exercise where you use some type of external resistance (weighted) and one exercise where no external load is used (unweighted).

Alternate day 1 and day 2 for 5-6 days straight of the blitz exercises.

Take 2 days off.

Then start the normal six pack finishers routine.

## **The 7-Day Six-Pack Accelerator Program**

Choose the ab exercises you can "feel" the most.

Pick one exercise where you use some type of external resistance (weighted) and one exercise where no external load is used (unweighted).

We will be performing the blitz sets as supersets. So you do one set of the weighted exercise and then, without rest, one set of the unweighted exercise.

Then rest 60s.

Perform the superset 3-5 times.

## **Superset Day 1**

| Exercise           | Reps  |
|--------------------|---|
| Cable Crunch       | 12-15   |
| Swiss Ball Crunch: | To Failure (slow tempo, keep abs tensed throughout the set) |

## **Superset Day 2**

| Exercise        | Reps / Sets                        |
|-----------------|------------------------------------|
| Pullover Crunch | 12-15 reps                         |
| Garhammer Raise | To failure, slow, controlled tempo |

## **Your Proposed Schedule**

| Monday     | Tuesday    | Wednesday  | Thursday   | Friday     | Saturday   | Sunday |
|------------|------------|------------|------------|------------|------------|--------|
| Superset 1 | Superset 2 | Superset 1 | Superset 2 | Superset 1 | Superset 2 | OFF    |
| OFF        | SPF Start  |            |            |            |            |        |