



**SIX PACK
FINISHERS
BODYWEIGHT EDITION**

PETER TZEMIS

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

Circuit A

| Exercise | Reps/Time | Sets | Temp | Rest |
|------------------|-----------|------|--------------|-------|
| Hollow Body Hold | 30-60s | 3-4 | Static Hold | 1 min |
| V-Up | 30-60s | 3-4 | Slow squeeze | 1 min |
| Reverse Crunch | 30-60s | 3-4 | Slow squeeze | 1 min |
| Oblique V-Up | 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 |
| Leg raises | 30-60s | 3-4 | Slow squeeze | 1 min |
| Side Plank | 30-60s per side | 3-4 | Static Hold | 1 min |
| Bicycles | 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.

Phase 2 Deep Ab Development (Weeks 5-12)

Circuit A

| Exercise | Reps/Time | Sets | Rest | Notes |
|------------------|---------------|------|--------|-------|
| A1 - V-Up | 8-12 | 3-4 | None | |
| A2 - Hollow Hold | To Failure | 3-4 | 60-90s | |
| B1 -Oblique V-up | 8-12 per side | 3-4 | none | |
| B2 - Leg Raises | To Failure | 3-4 | 60-90s | |

Phase 2 Deep Ab Development (Weeks 5-12)

Circuit B

| Exercise | Reps/Time | Sets | Rest | Notes |
|---------------------|------------|------|--------|-------|
| A1 - V-Up | 8-12 | 3-4 | None | |
| A2 - Plank | To Failure | 3-4 | 60-90s | |
| B1 - Reverse crunch | 8-12 | 3-4 | none | |
| B2 - Air Bicycles | 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.

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

Circuit A

| Exercise | Reps/Time | Sets | Rest | Notes |
|-------------------------------|----------------|------|--------|-------|
| A1 - V-Up | 12-15 | 4-8 | None | |
| A2 - Jump Jacks | 45s MAX effort | 4-8 | 45-60s | |
| A3 - Hollow body hold | Failure | 4-8 | None | |
| A4 - Alternating Lunges jumps | 45s MAX effort | 4-8 | 45-60s | |

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

Circuit B

| Exercise | Reps/Time | Sets | Rest | Notes |
|--------------------|----------------|------|--------|-------|
| A1 - Oblique V-ups | 12-15 per side | 4-8 | None | |
| A2 - Jump squats | 45s MAX effort | 4-8 | 45-60s | |
| A3 - Leg raises | 12-15 | 4-8 | None | |
| A4 - Burpees | 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.

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

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 | Cardio Options |
|--------------------|-------------------------------|
| Oblique V-up | Sprinting |
| Reverse crunch | Jumping Rope |
| air bicycle | Burpees |
| Plank / side plank | Jumping Jacks |
| V-Up | Ladder Work |
| Hollow body hold | Jump Squats |
| | Alternating split squat jumps |

