

HITBURN

ABS

BLUEPRINT



HIITBURN ABS

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HIITBURN ABS: ABOUT THE AUTHORS

Welcome to the HIITBURN Abs Blueprint!

Are you ready to finally start getting fit and lean **the right way**?

As the old saying goes, "There is no better time than now!"

Before we get going, I quickly wanted to introduce myself. My name is Dennis Heenan and that's my beautiful wife, Kelsey. We are the founders of HIITBURN.com, where we share the latest and greatest breakthroughs in interval training.

Together, we've been in the fitness industry for over a decade and have had the opportunity to work with over 11,000 men and women from across the globe.

And in this time, our goal has always been the same: **to get men and women as lean and as fit as possible... In the SIMPLEST and most effective way.**

Through endless research and testing, we have come up with simple yet powerful solutions on how to get fit fast and finally get the body you deserve and desire.

This manual has our most cutting edge strategies and amazing findings from the last decade, ones that are **PROVEN** to work to finally get you the body you want.

You will find ways to get fit fast, while doing it the **right way**. We have seen far too many books and programs that advocate unhealthy ways of getting fit and it absolutely infuriates us.

That's why we strive to be **DIFFERENT**.

Not only do we want you to get in the best shape of your life, we want you to be healthy and stay fit for life.

Some of the information you come across may surprise you but just know that it has been tried and tested and **it works every single time!**

We are so excited to get the opportunity to share this information with you and to be a part of your fitness journey. Our hopes are that this blueprint is just the beginning of something great to take place in your life.

As you go through this, we encourage you to take the information and start applying it to your life **IMMEDIATELY**. Set some goals, get motivated, and follow the path to the outcomes and results you desire.

Can't wait to hear all about YOUR transformation story!

To your lifelong success,

-Dennis and Kelsey Heenan



Meet the creators of HIITBURN
Dennis and Kelsey Heenan

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CHAPTER ONE

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Chapter One: 5 Biggest Mistakes You are Making to Ruin Your Six-Pack Ab Goals

You may think you have tried everything in order to get lean and see your abs. Or maybe, this is the first book you've read on the topic.

Whatever the case, we first need to cover some MISTAKES that people make when it comes to see their abs...

It's easy to read a magazine headline or see some super ripped guy or gal at your gym and be tempted to do exactly what they are doing...

However, what you must understand is that often time what you see or read is just the tip of the iceberg.

Just because a magazine tells you that "this ripped model" does this certain ab workout, doesn't mean that's all he or she does.

Not even close...

So let's take a moment to look at what we consider to be the biggest mistakes that people make when it comes to trying to get abs. Chances are, you're guilty of a few if not all of these.

I learned these mistakes the hard way through lots of failed experiments. That's why I want to share these with you so you can avoid them and start doing things correctly right off the bat...

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Chapter One: 5 Biggest Mistakes You are Making to Ruin Your Six-Pack Ab Goals

Mistake #1: Ineffective Dieting To See Your Abs

Have you ever heard the saying that “abs are made in the kitchen”?

This seems to be everywhere these days without much explanation behind it. Unfortunately when people first hear this, they think that they need to eat like a rabbit or just eat chicken, rice, and broccoli every single meal...

Or worse... Thinking that you need to drastically cut calories in order to see their abs.

If you want abs, cutting calories is NOT the way to go.

See, our bodies are made to adapt to whatever is happening to them... So if we are not feeding the body enough food, the brain will start telling the body to store all the food we eat as *fat* so we can use it as back up energy.

It's our bodies natural survival mechanism that's kicking in.

The truth is, more times than not... It's not the amount of calories that you are eating but the **KIND** of calories you are eating.

That means focusing on eating lots of the *right* kinds of food.

If you are eating the right kinds of foods, your body will naturally burn fat. And this is especially true if you are working out a few times a week.

Starvation and crash diets are NOT the way to go when trying to see your abs. You need to be constantly fueling your body with good sources of energy (i.e. food) so your body can burn unwanted fat.

You should focus on getting 3-8 meals per day that are loaded with good sources of protein, healthy fats, vegetables, and carbohydrates.

If you eat the correct foods, eat when you are hungry and until you are satisfied, results will follow! In a later chapter we will discuss exactly what foods you should be eating.

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Mistake #2: Not Focusing On Strength

It's no secret that the most ripped men and women that you see have a significant amount of LEAN muscle.

This does not mean bulky... I am talking about athletic muscle... The kind we all want.

And the best way to build lean, athletic muscle is by getting stronger in your lifts.

Too often people think that getting abs is all about cardio and doing ab exercises.

Although these play a part in getting your best abs, this should not be your focus.

Instead, you need a well constructed workout plan that is focused around getting you STRONGER.

The stronger you are, the leaner and more ripped you will be.

Just think if you could do 20 straight pull-ups or 50 straight pushups. You'd be pretty dang lean and strong, right?

Focus on strength and results will follow.

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Mistake #3: Doing The Wrong Kind of Cardio

As I mentioned in the previous section, cardio DOES play a role in getting you lean...

However, there are certain forms of cardio that are superior to others.

Doing hours of long slow cardio (jogging, elliptical, stationary bike, etc.) is not going to bring you results fast.

It may bring some results, but it will not bring the results you are looking for.

The truth is, you should only spend a *total* of about **30-40 minutes a week** doing "cardio" workouts. For example, two days of sprints that last about 15-20 minutes each is far enough.

If you really want to speed up your results, try adding in another 1-2 days. But don't waste your time slaving away on the treadmill or elliptical.

There IS a time and place for slow cardio, however, this should be done only when you are **BELOW 8% body fat for men and 15% for women.**

The reason for this is that **ADDING** slow cardio will help burn away that last little bit of fat.

However, if you are above those body fat benchmarks, you should focus more on high intensity cardio.

If you keep your cardio sessions short and intense, your results will skyrocket.

When you engage in high intensity cardio sessions (especially sprints), your body naturally produces Growth Hormone (GH) which plays a huge role in burning fat, keeping you lean, strong, and healthy.

So ditch the long slow cardio and start focusing on short bursts of all out intensity. This style of cardio workout will bring you far better and far faster results than long slow cardio ever could.

One thing I will say, I do encourage you to do slow cardio like walks, hikes, frisbee at the park, or simply moving around; these kinds of activities will only help your results.

But as for your actual cardio workouts, keep them short and very intense. The more intense they are the better!

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Mistake #4: More Ab Exercises Equals Leaner Abs

Technically speaking, you do not need to do *any* ab exercises to start seeing your abs.

You see, the problem for most people is the layer of fat that is covering up their abs, so doing crunches and sit ups won't do anything to help eliminate that layer of fat.

And often times, doing tons of crunches will make you look fatter because you are building your ab muscles but the fat is still there. Your focus should be to first eliminate the layer of fat, then work on building up your abs.

Core and ab workouts are necessary, but the truth is you can get a ripped six-pack without ever doing a crunch or ab routine.

If you focus your workouts on eliminating the fat covering up your abs and focus on doing key compound movements, your abs will start showing.

I encourage you to stop wasting your time making ab workouts your main focus.

Instead, focus on strength and intensity in your workouts and use ab workouts as an **ADD ON!**

You should incorporate ab workouts 3 days a week, but this should not be the focus of your workout. It should simply be an *add on* to your workout routine.

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Mistake #5: Not Following A Plan

Walk into the gym, look around, and say... “What should I do today?”

Sound familiar?

Not having a plan in place to help you strategically progress to your goals is one of the biggest mistakes that you can make.

Since you are reading this blueprint, however, that's not going to be a problem for you!

On the pages that follow, we will be going over the exact plan that you should follow if you want to get six-pack abs.

And the best part is it's simple to follow and easy to do. It will take some hard work, however, I know you can do it!

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Chapter One: 5 Biggest Mistakes You are Making to Ruin Your Six-Pack Ab Goals

SUMMARY

It's not that difficult to put yourself in the position to finally start seeing your abs. In short, it doesn't require you spending hours doing cardio and ab workouts, starving yourself in the kitchen, or even killing yourself in workouts.

These 5 mistakes are the main reason why so many men and women fail at ever seeing their abs. It's why months and even YEARS can go by without seeing any kind of progress or change.

Think about it... How many people do you see in the gym who haven't changed in the last 6-months? My guess would be a lot...

Now that I've shown you the mistakes you may be making and should avoid, you may be asking yourself... **"OK, how do I get six-pack abs the right way?"**

Let's dive in!

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CHAPTER TWO

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Chapter Two: The Science Behind Six-Pack Abs

Ok. So you want a six-pack. But where do you start. Below, we'll be covering 4 different rules that you should follow as well as break down exactly what you should know about each...

Six Pack Abs Rule #1: Six Pack Abs Are Made In The Kitchen

"Abs are made in the kitchen" is a quote that you can reference here because when it comes to getting abs, what you eat is vitally important.

That said, as you saw in the last chapter, this does NOT mean counting calories or going on some crash diet...

But just how important is nutrition? Well... Nutrition is 80-90% of the way you look and feel...

So I'd say it's pretty dang important.

Take a look around you at the gym next time you go... You will see herds of people who work super hard day in and day out in their workouts but struggle to burn fat.

Why? Because their diet is not right.

Nearly everyone I work with usually is doing something wrong in their nutrition. And this is partly because of all the contradicting information that is out there...

How many carbs should I eat? Should I count my calories? Should I eat my bodyweight in protein? Can I have cheat meals? Should I drink protein shakes? Should I do low fat or low carb? Should I follow paleo?

We're going to provide you with all these answers and more so that you never again have to wonder what you should be eating to achieve your best and most lean body...

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Chapter Two: The Science Behind Six-Pack Abs

Six Pack Abs Rule #2: Six Pack Abs Are Accelerated In The Gym

This may seem obvious, however, it's still worth covering because so many miss this aspect.

Your workouts play a HUGE role in accelerating the results you see. As I like to say:

“Nutrition is what reveals your abs. Workouts are what SPEED UP the process.”

It's vitally important that you are doing the right workouts if you want your fastest possible results.

When it comes to your workouts, you should be focused on two main aspects:

Strength and Intensity.

Hit both of these in each workout and your results will skyrocket.

Later in the blueprint, we'll cover exactly what you should be doing...

But first, let's get to rule #3...

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Chapter Two: The Science Behind Six-Pack Abs

Six Pack Abs Rule #3: Six Pack Abs Are Revealed EVEN Faster With The RIGHT Cardio

You saw in the previous section that long slow cardio, although it does have a time and place, should NOT be a focus in your workouts...

Slow cardio is the WRONG cardio when trying to get abs...

Back in 2006, researchers at Berkeley and Stanford University did a study on habitual long distance runners.

The study included 13,000 runners, both men and women, from all walks of life. The results of this study will shock you just as they shocked the fitness industry at the time:

Researchers concluded from their study that runners actually gained weight each year throughout the study!

And this was even true for the ones that ran up to 8 miles per day!

For years now, study after study has shown that high intensity workouts are what bring the best results. **Not only do high intensity workouts burn more calories, but they directly target fat loss.**

Here is the main problem with long slow cardio...

When you go for a jog, **you only burn calories while during the workout.** Once your workout is over, your calorie and fat burning stops.

To get the results you are looking for, **you must engage in workouts that will allow your body to burn fat and calories for hours and even days after your workouts are finished.**

And this is what higher intensity workouts do for you...

They initiate the "afterburn effect" allowing you to burn more calories and fat both during AND after the workout...

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Six Pack Abs Rule #4: Six Pack Abs Are A Lifestyle

This may sound a bit strange at first, however, when it comes to seeing your abs...

Your nutrition, workouts, and lifestyle all must fall into place.

Now this is a lot easier than you think, so don't worry :)

When I refer to lifestyle, I am talking about what you do outside the gym.

If you are active, go for walks, hike, go out and have fun... You are more likely to be super lean than if you were to just sit around all day watching TV and eating potato chips.

Making slight adjustments to your lifestyle will make a huge impact on the results you see...

Some examples would be...

Getting better sleep...

Stressing less...

Moving MORE and sitting LESS...

Controlling your alcohol consumption...

And that's just for starters.

I think you know what lifestyle changes you need to make in order to start getting better results...

Write those down today and start making a change!

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Chapter Two: The Science Behind Six-Pack Abs

SUMMARY

You've just been give the 4 Rules for getting six-pack abs. These are tested and proven, so doing things differently will only result in time wasted.

Getting super lean and finally revealing your abs is what you deserve. And it's as simple as following the rules above and staying consistent with them to finally reach your goal.

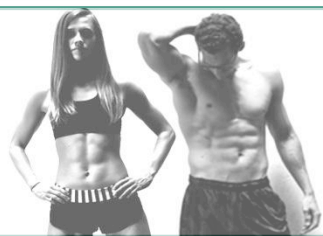
As you can see, getting abs and getting lean is SO much easier than what magazines, supplement companies, and other media outlets make it seem...

In the sections that follow, we will be breaking things down even more for you so that you can have a clear-cut plan on what you need to do TODAY to start building the body you want...

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CHAPTER THREE

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Chapter Three: Six-Pack Killers

Your Bad Habits And How To Kill Them Quickly

Getting fit not easy. It takes discipline, motivation, hard work, and the right information to get you there.

In the first few chapters I gave you a surefire ways to get you started on getting fit right now. Now with that said, the last thing you would want to do is let some outside factor or habit hinder all your hard work and dedication.

There are many different factors that can come into play to really slow down the results you are trying to get. Take a look at the elements below that may be holding you back and see where you need to improve in order to better your results.



Sleep Deprivation

In today's day in age, sleep deprivation is a regular occurrence in the lives of many.

We are constantly "burning the midnight oil" or "burning the candle at both ends."

Many times we take pride in not sleeping more than four hours a night, as if it is some kind of accomplishment. (Although it is impressive going on little sleep, the side effects are not something to brag about).

The problem with sleep deprivation is that there are some serious consequences health-wise. Sleep is meant to restore your body and let it recover from the day so you can wake up each morning refreshed and ready to go.

Instead, most people find themselves hitting the snooze, reaching for the pot of coffee, or dragging themselves through their day. Take a look at a few of the harmful side effects that lack of sleep can have on your body:

- Insulin sensitivity decreases, meaning it makes it harder for the body to burn fat.
- Interrupts the natural production of Testosterone and growth hormone (GH)... Which both play a HUGE role in getting lean.
- Multiple studies have shown an increase in heart disease and obesity when we lack sleep.
- We don't allow our bodies to fully recover making it much harder to get through the day let alone a workout that is going to boost our results.
- When we lack sleep, our body is forced to produce a hormone known as cortisol, which can be detrimental to our health. Cortisol is known as the "stress hormone" but it can also be referred to as the "fat storing hormone."

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Chapter Three: Six-Pack Killers

Sleep Deprivation Continued...

As you can see, sleep deprivation has some pretty significant downfalls when it comes to the effects it has on your body. Now take a look at some of the benefits that you will see if you start taking your sleep seriously:

- Insulin sensitivity increases allowing your body to *melt away unwanted fat at a rapid speed.*
- You allow your body to recover and produce GH and testosterone, which help us stay strong, healthy, and lean!
- You will have more energy, more focus, more strength, and more fat burn. All great things to have when trying to get fit!

Sleep is so overlooked in today's world when the reality is, it is crucial in not just helping you achieve your fitness goals, but for your overall health.

I challenge you to turn off the TV, put down the video game controller, and get some sleep. Sleep is so important when it comes to fat loss, lean muscle gain, and getting fit fast.

Shoot for 7-8 hours a night!

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Chapter Three: Six-Pack Killers

Stress

Stress is a major contributor when it comes to weight gain and hindering your fat loss results.

Our bodies were designed to deal with stress in one of two ways: “fight or flight.”

No matter what kind of stress it is: stress about work, sports, sitting in traffic, financial stress, an upcoming exam, or problems in a relationship... Our bodies handle it the same way.

All stress causes the body to produce cortisol, which ultimately promotes the storage of fat!

As we saw in our sleep section, cortisol can be referred to as the “fat storing hormone.” The last thing you want to do is store fat when you are trying to lose it.

With stress being such a huge part of our lives these days, it is a must that you take a breath and try to eliminate all the stress you can from your life. It is much easier said than done, but taking the steps to eliminate stress will not only better your fat burning and results, but it can add years to your life!



Too Much Sitting

In a recent study, it was shown that the average person sits down for 9.3 hours a day. That is more than the average person sleeps in a day (7.7 hours). Even worse, another study showed that people who spent most of their time sitting down at work, tend to sit down during their leisure time too. This is a recipe for disaster.

The more time you spend sitting, the less time you spend moving.

Now many cannot help the number of hours they sit down during the day but it is important to recognize opportunities when you can stand up and move around more.

Take breaks during the workday to stand up and stretch or walk around. Park far away from your building so you have to walk further. Instead of watching three hours of TV a night, cut it in half and use the other hour and a half to go for a walk.

When you sit down, your caloric burn drops, your leg muscles start to shut down, and your insulin sensitivity drops.

You should try to make a conscience effort to move around and be on your feet more.

I don't expect you to stand every waking hour; I just want you to be aware of just how much you are sitting. Find ways to incorporate more standing and moving throughout the day. Use your sitting times as relaxation periods.

If you must sit down for your job, try to incorporate breaks to stand up, stretch, and walk around.



Alcohol Consumption

When trying to lose fat and put on lean muscle, alcohol can play a huge role in holding you back from the results you are looking for. Take a look at a few of the ways alcohol can effect the results you get:

- When you consume alcohol it *inhibits both fat burning and muscle building hormones* for *hours* after alcohol enters your body. This means your fat burning and muscle building slow a great deal when you consume alcohol.
- Alcohol is usually (if not always) stored as fat when consumed. Just as protein will help put on lean muscle, alcohol will help *put on* unwanted fat.
- Many times when consuming alcohol, poor choices will be made when it comes to your diet. For example, a 2AM fast food run that will put an extra 2000 calories into your body without you even realizing it.
- Alcohol is mostly consumed in the evening or late night hours, meaning we aren't giving our bodies a chance to burn off all the calories we just drank.
- Alcohol affects your sleep, and seeing from above how important sleep is, this is not a good thing when trying to lose unwanted fat!

There is a time and place for alcoholic beverages. It is fine to indulge in one or two a few times a week, but if you are really looking to get results very quickly it is best to cut it out all together. Alcohol contains calories and chemicals that your body does not need when trying to lose fat and put on lean muscle.



Lack Of Motivation And Determination

This may be the biggest factor holding you back from getting the results you desire. You can read and talk about all the information we have covered in the last few chapters, but if you don't take action on it, you will stay right where you are currently.

Plus, on top of that, if you don't have the motivation and determination to get in better shape and change your health, you won't get anywhere.

Your friends, family, and myself can only motivate you so much. But there comes a point where you have to buckle down, get motivated and get healthy once and for all.

It doesn't matter what your motivation is, just as long as you stay motivated and determined.

Now my motivation is to stay incredibly healthy and continue to get stronger every single day. Setting different fitness goals has been a great way to keep me focused and motivated to get better.

Your mindset may be the most important tool you have when it comes to getting fit. There will be days when eating healthy is incredibly hard but you know deep down you must stay strong to your plan. There will also be days when a workout is the last thing you want to do but you know you must push through to keep getting better.

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Chapter Three: Six-Pack Killers

SUMMARY

The five factors above can either make or break the results you are going to get when it comes to burning unwanted fat and putting on lean muscle. It is up to you to decide which direction you are going to go.

If you want to keep depriving yourself of sleep and keep drinking alcohol every night, your results will suffer. If you are unmotivated and undetermined, you will find yourself indulging in the wrong foods and skipping workouts on a regular basis.

On the flip side of things, if you dedicate yourself to staying motivated, getting ample amounts of rest, moving around more, cutting down the alcohol consumption, and controlling your stress levels, you will be setting yourself up for great successes in the future.

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CHAPTER FOUR

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Chapter Four: Six-Pack Abs Training Protocol—The Exercises

When it comes to getting fit and super lean abs, the RIGHT workouts are very important.

Remember, nutrition will bring awesome results. But your workouts SPEED UP those results.

Below I first want to go over the top exercises you should do when it comes to getting fit, healthy, and building an amazing physique. Some of these may surprise you, but they have all been tried and tested and *will bring incredible results.*

Please note that some of the movements below are advanced so it is advised that you start slow and build up to using heavier weights, more reps, longer times, etc.



Chapter Four: Six-Pack Abs Training Protocol—The Exercises

Sprints

Sprints are amazing, period. Sprints are in fact the only “real” cardio workout that I ever do. Whether this is a sprint workout outside on the grass, indoors on a basketball court, or on a rowing machine; sprints are where the results are at!

Sprinting can be defined as “*anything you do for a short period of time at the highest intensity that you can safely go at, then rest and repeat.*” Put simply: move very fast, recover, do it again.

Take a look at a few of the benefits sprinting brings to better understand why you should start taking them seriously and doing them on a weekly basis:

- Extreme fat burn
- Very fast results
- Improved cardiovascular health
- Boosted Metabolism
- Improved insulin sensitivity
- Naturally produces Growth Hormone (GH)
- Allows for continued fat burn after your workout is over

Sprints are the ultimate all around workout. Not only will they burn fat, but they will also make your abs “pop” like never before. Not to mention they play a huge roll in allowing you to put on ripped, lean muscle.

Many times when people hit plateaus, incorporating sprints can help push them past the plateaus and into even better fitness levels. They are very powerful when it comes to getting fit.

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Chapter Four: Six-Pack Abs Training Protocol—The Exercises

Kettlebell Swings

Kettlebell swings are an incredible fat burning exercise that will really help burn unwanted fat in a very short period of time. In a recent study done by the American Council of Exercise, kettlebell swings showed to burn 20.2 calories per minute, which is simply crazy!

In comparison, a spin class will burn you 9.8 calories per minute. So kettlebell swings double that of a spin class in terms of calories burned per minute! Pretty sweet deal.

Because kettlebell swings recruit tons of muscles throughout the body, this forces your abs and body to get stronger and grow. So not only are you burning tons of fat, but you are strengthening your entire body by doing this one simple movement.

Deadlifts

The ultimate full body workout, that will burn tons of fat and build ripped lean muscle. When doing deadlifts, you are activating nearly all the muscles in your body. Deadlifts are extremely demanding on the body but this means you are literally forcing the body to build lean muscle and burn away fat.

Don't be afraid to pick up some serious weight when it comes to deadlifts. Start off light but over time, work on building up to lifting more weight. Deadlifts will not make you bulky. Instead it will help put on the lean muscle we are all looking for.

Squats

Squats, although known as a strength and power exercise, bring some great benefits when doing them regularly. Not only will they work all the muscles in your legs, but they will also help with continued fat burn after your workout is over.

Squats take a great deal of effort, putting a lot of stress on the body. So by squatting you are forcing your body to work very hard, essentially forcing it to burn more calories and more fat.

For best fat loss results, I have found working with a challenging weight doing 6-10 repetitions and resting 30-60 seconds between sets works best. This style of training will help increase growth hormone levels, which as we know is what aids in keeping us strong, lean, and healthy.

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Chapter Four: Six-Pack Abs Training Protocol—The Exercises

Pull-Ups

The pull-up is often avoided by so many because it is a very difficult movement. I encourage you to push through and start working on getting better at them. Start with jumping pull-ups, assisted pull-ups, or inverted row to help build strength.

Pull-ups greatly involve using your core so not only are you strengthening your upper body and back, but you are building up your abs and core.

No matter where you are at right now, each person should shoot to complete at least 40-50+ pull-ups a week. For beginners this may mean to do 5-10 sets of 1-2 pull ups a day for five days while for more advanced this can be done in two sets. (More advanced should incorporate more than 50 a week!)

Whatever the case may be for you, pull-ups should start to become a regular part of your workout routine.

Thrusters (Squat to Press)

The add-on to the squat: Thrusters are an incredibly demanding exercise that involves doing a front squat to shoulder press. If you are looking for some serious burn throughout your whole body, do this.

Once again, by engaging your whole body, you are forcing the body to burn more calories and fat even after your workout is over!



Chapter Four: Six-Pack Abs Training Protocol—The Exercises

Push Ups

Push-ups help boost your metabolic rate which in turn means you will burn fat at a more rapid pace. Push-ups can be added on to just about any workout and will really help in improving your overall strength.

Push-ups are essential to any good training program. The great thing about push-ups are the many different variations that they have. Included would be:

- Knee push-ups (beginner)
- Wall push-ups (beginner)
- Bench push-ups (beginner)
- Decline push-ups (moderate)
- Wide grip and close grip push-ups (moderate)
- Medicine Ball push-ups (moderate)
- Dive Bombers (moderate/advanced)
- Spiderman push-ups (moderate/advanced)
- Suspended push-ups (moderate/advanced)
- Handstand push-ups (advanced)
- TRX or Ring push-ups (advanced)
- One-armed push-ups (advanced)
- Planche push-ups (very advanced)

The push-up variations that you can come up with are endless and as you can see they can be catered to all fitness levels. Some are far more advanced than others but each one will get you stronger and more fit. It is important that you are constantly challenging yourself to improve your push-ups and your push-up totals.



Chapter Four: Six-Pack Abs Training Protocol—The Exercises

Burpees

Burpees are a great definition of the ultimate high intensity workout. They involve using the whole body and will leave you very out of breath by the end. The combination of strength training and cardio shows great results in terms of fat loss and caloric burn.

Burpees can be best used as a finisher to a workout, or as an interval cardio workout. They can also be made to be as “easy” or as hard as you want.

From adding in push-ups and squat jumps to adding in a pair of dumbbells, this movement is incredibly difficult and you can expect some great results doing it.

Any Kind of Jumping

When it comes to burning fat, building your core, and improving your athleticism jumping is where it's at! Jumping can be used to build both strength and endurance and is something everyone should incorporate into their routines a few times per week.

Here are a few jumping options you can start to incorporate:

- Squat jumps
- Box jumps
- Single leg leap ups
- Jump rope
- Broad jumps
- Tuck jumps
- Quick jumps
- Jump lunges
- Step down to hop up
- Dunking a basketball

A strong core is essential if you want to improve your jumping. Jumping is another great cardio workout that will burn tons of calories, eliminate fat, and build lean muscle. Oh yea, and it will make you jump higher.

As my dad once told me: “If you want to jump higher... JUMP!” Great advice!

If you have not jumped in a while be sure to start slow as jumping is very demanding on your joints and body. Build up to doing more each time you go workout.



Chapter Four: Six-Pack Abs Training Protocol—The Exercises

Inverted Row

This exercise really targets your entire back, will improve core strength, and help to build ripped forearms and biceps. Once again there are many different variations that will make this exercise more or less difficult.

Depending on what you are using for the inverted row will determine the difficulty level. Take a look at a few of the options below:

- Barbell
- Rings
- Towel
- Ropes
- TRX Band

Each of these brings more or less difficulty to the exercise and are all very beneficial. You can also increase difficulty by pausing at the top of each repetition or by suspending one or both legs in the air.

Bent Over Row

When I started incorporating bent over rows into my workout routine, I was amazed at how fast results started coming. My back started feeling stronger than ever before and my low back pain, which I had been experiencing, was almost immediately eliminated.

Not to mention, this is a great exercise that engages your core and builds lean muscles throughout your entire back.



Chapter Four: Six-Pack Abs Training Protocol—The Exercises

Dips

Dips are a great exercise to target your triceps while also engaging your chest and core.

Dip options:

- Chair (beginner)
- Bench (beginner)
- Dip bars (moderate)
- Rings (advanced)
- TRX straps (advanced)

Once you become better and better at dips, you should start incorporating weight to make them even more challenging.

Single Leg Squat

Single leg squats are a very hard exercise but will build tons of strength all throughout your lower body and core. This is an advanced move that must be slowly transitioned into but is another that you should work your way towards.

There are a few different ways you can perform a single leg squat:

- Placing your foot on a bench
- Single Leg Deadlift
- Placing your foot on a TRX band
- Performing a pistol squat

For beginners, it is recommended to go in the order as you see it above. Some people may never be able to perform a pistol squat, but that definitely doesn't mean you shouldn't work towards doing one!



Chapter Four: Six-Pack Abs Training Protocol—The Exercises

Lunges

Aside from squats and deadlifts, lunges are the go to exercise when trying to build great leg strength and a nice backside. Although incorporating weight is the best way to build muscle more quickly, doing bodyweight lunges will also bring results.

Lunges require lots of core strength and balance so you will be getting a great overall workout. You can also easily bump up the intensity on lunges by doing jump lunges. This will bring a cardio style workout all while building up strength.

You can complete lunges with your bodyweight, dumbbells, a barbell, kettlebell, medicine ball, etc.

Bodyweight Squats

The key to doing bodyweight squats is to always be improving on them. Just like regular squats as you are always trying to increase the weight, bodyweight squats should always be getting more challenging.

To do this you must always be pushing yourself to go lower and lower until your hamstrings are able to meet your calves. This will help in improving your flexibility and will help when doing weighted squats.

Bodyweight squats can be used during any style workout and are another exercise that will build solid muscles in your legs.

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Chapter Four: Six-Pack Abs Training Protocol—The Exercises

Overhead Press

You want to build some nice looking shoulders? Overhead press is where you should turn. This is a demanding exercise especially when doing heavy weight. This exercise will engage your core and really get you a great shoulder workout.

This can be done with a barbell, dumbbells, or even kettlebells.

Renegade Row

You know the renegade row is a serious exercise when you see Ben Affleck doing it in the movie 'The Town'. The renegade row starts with having dumbbells in your hand in a push-ups position. You then perform one push-up, and row each dumbbell up one at a time. For the rowing motion, you will balance on one arm while bringing your other elbow straight up to the sky, all while keeping your core very tight.

Once you complete one row with each arm, that is considered one repetition. You will then complete as many as your workout calls for.

This is great for building core strength and overall upper body strength.



Chapter Four: Six-Pack Abs Training Protocol—The Exercises

What About Abs?

Everyone loves to do abs, yet none of the exercises that were mentioned above are considered “ab exercise”. That just shows the power of the exercises above.

If you want to get fit and get that six-pack to start showing, your focus should NOT be all on ab exercises. Instead, ab exercises should be an **add-on** to your workout.

As we learned in an earlier chapter, doing thousands of crunches will not burn the fat around your stomach, the exercises above will help do that. Not to mention the exercises above will really help make your abs “pop” and also aid in adding lean muscle.

The fact is, I love a great ab workout and thought it would only be appropriate if I added in a few of my favorite ab specific exercises. All these ab exercises will greatly benefit you and will help build a ripped set of abs.

Plank/Side Plank

This is a move to help build great core strength and eliminate low back pain. The best part is it caters to all fitness levels and can be easily adjusted to make it more advanced or more for a beginner.

To kick this workout up a bit, try doing it with your arms on a stability ball. According to one study, it makes the exercise 30% more effective!

To make them easier, start by planking on a bench or chair.



Chapter Four: Six-Pack Abs Training Protocol—The Exercises

Hanging Leg Raises

An exercise, that when done correctly will bring some great results. This will really help build up your ab muscles and core, as well as strengthen your hip flexors and back.

Outside Mountain Climber

A killer stability, strength, and endurance ab exercise. I love this exercise because it hits every possible muscle in your core. You can go at a slow-moderate pace or speed it up for a more intense workout.

Stability Ball Jack Knife

This is an advanced move that will aid in growing your abs. Start by performing 'knees to chest' on the stability ball and move up to performing the stability ball jack knife.

Ab Roll Outs

This can be done on an ab wheel, barbell, or stability ball. Start by doing very little repetitions (5-10) and build up to doing more. This exercise will engage your whole core so if you start out to strong you will be incredibly sore the next day.

More Ab Exercises To Consider:

- Mountain Climbers
- Cross Body Mountain Climbers
- Cable Crunch
- Bicycles
- Leg Raise to Thrust Up
- In-n-Outs
- Russian Twist

Your abs are an important muscle to train, but remember that ab exercises should be used as an add on to your workouts.

They should not be the focal point when trying to get abs. If you are looking to get serious results, burn unwanted fat, and build lean muscle... follow the exercises outlined above and then add in the ab exercises we just went over.

Your abs are just like every other muscle in your body in the sense that they should not be trained everyday. They need rest in order to recover and grow. Include an ab routine every other day at most.

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Chapter Four: Six-Pack Abs Training Protocol—The Exercises

SUMMARY

After going through the list above, all the exercises have one thing in common: they all involve using more than one body part!

Notice how you didn't see bicep curls or hamstring curls on the list. While there is a time and place for these kinds of movements, if you are looking to get results fast you must start incorporating the exercises above and adding in the ab exercises at the end of workouts.

Remember that you should not train the same body parts or muscle groups every single day. It is important to allow them to rest so they can recover and grow. It is recommended that you have at least a days rest in between weight training workouts (unless you train upper body one day and lower body the next) and incorporate abs every other day at most. This will ensure that you are giving your body enough time to recover.

You should try to workout at least three days per week and no more than six days per week. Find the sweet spot that works best for you and your recovery. For myself, I find that 4-5 days per week is my sweet spot. Going six days makes me very tired and going three days does not seem like enough. Find what works for you and stick with it.

If you are in question with how many days a week you should start with, start out with three days each week. You can always build up to doing more.

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CHAPTER FIVE

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Chapter Five: Six-Pack Abs Training Protocol—High Intensity Interval Training

When it comes to the workouts you should be doing for your fastest possible results, I am a HUGE fan of high intensity interval training.

This style of training will bring you far better results than any long slow cardio workout ever could and will really boost your fat burning to new levels.

A common question I get when it comes to intervals is **what amount of time and reps work best?**

The truth is, there is no “best” interval time or rep range that you can use for interval training... All intervals will bring results. That said, it does help to keep changing up your interval times every few weeks...

Below, I've outlined some great interval times that you can use in your workouts and that you'll see amazing results with...

8 Seconds On, 12 Seconds Off

In a 2007 study between “interval training and cardio”, this study showed that participants doing an 8 seconds on, 12 seconds off interval lost stomach fat while participants doing cardio did not. The only issue you will find with this training style is it is very difficult to perform on a piece of cardio equipment. It will work best with bodyweight workouts.

15-Second Intervals

15-second intervals are once again very tough to do on a piece of cardio equipment but work great for something like sprints or bodyweight circuits. Rest periods should stay between 15-60 seconds depending on your fitness level. The longer you rest, the harder you will be able to go during “go” time. So choose an interval rest period that works best for you.

20 Seconds On, 10 Seconds Off

This is also known as Tabata training, which is clearly very advanced. Being able to perform an exercise hard for 20 straight seconds, then rest for 10 seconds and repeat calls for being in very good shape. Build your way up to performing this style of intervals.

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Chapter Five: Six-Pack Abs Training Protocol—High Intensity Interval Training

30 Second Interval Training

These intervals work great for just about anything. You can easily perform these on any type of cardio equipment as well as perform bodyweight or weighted circuits. Once again the longer your rest periods, the harder you will be able to go each time.

More advanced can perform 30 second intervals with 30-60 seconds rest in between while beginners should stay closer to 90 seconds of rest in between. Just be sure you are going hard throughout the “on” portion of the exercise for best results

45-60 Second Intervals

Being a former basketball player, we used to have to do these all the time. Going hard for this long will really help with boosting your conditioning and fat burning.

The key here is to make sure you are going hard throughout the exercise portion and get an ample amount of recovery time between reps. Stick with performing 3-6 total rounds for this style of interval.

Density Intervals

Density can be described as getting as much work done in a set period of time. For example, performing as many reps as possible in 5-minutes. Density INTERVALS comes into play when you follow your density work with a set rest time and repeat.

For example, you would do 5-minute of as many reps as possible, followed by a 3-minute rest then repeat 3 rounds in that fashion. Absolute KILLER interval workout.

Get Creative

There are plenty of different interval styles that you can use and come up with. You always want to ensure that you are performing the interval at your top intensity then relaxing during rest periods.

Interval training is the BEST for fat burning, overall performance, and getting abs.

In the next chapter, you will receive an outlined 12-week plan that utilized all different kinds of interval training to bring you your best possible results.

And the best part is, these workouts only take 20-minutes to complete!

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CHAPTER SIX

HIITBURN ABS

There are two workout plans included in this chapter.

The first plan is for people who consider themselves to be beginners and intermediate.

The second plan is for those who consider themselves to be a more advanced intermediate or an fully advanced athlete.

Feel free to move from the first plan into the second. You will get great results with both!

So, let's get to those workouts!

LEVEL ONE

*Beginners and
Intermediate*

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Chapter Six: Six-Pack Abs Training Protocol—Blueprint Workouts

Below are the three workouts that you will do for the first 4-weeks on this program. You will perform these workouts 3 times per week with at least one days rest in between for the full four weeks. Once finished with the four weeks, you will move to the next set of workouts for the final 2-weeks. Be sure to time your workouts!

WEEKS 1-4

Day 1 Workout A Warm-Up

Perform 20 seconds of each exercise with no rest in between. After each full circuit, rest 20 seconds and repeat 2 TOTAL rounds.

- **Bodyweight Squats:** 20 seconds
- **Pushups:** 20 seconds
- **Alternating Lunges:** 20 seconds
- **Spiderman Climbs:** 20 seconds

Rest 20 seconds and repeat one more time. After your warm-up, take 1-2 minutes to recover fully then start circuit #1:

Circuit #1

Complete 3 rounds of the exercises below as fast as possible resting only when needed. Complete all reps on one exercise before moving to the next. If you cannot complete all the reps in a row, just rest and then finish the remaining reps before moving to the next exercise.

- 1A) Pushups:** 20 reps
- 1B) Squat to Squat Jump:** 20 reps
- 1C) Jump Rope:** 100 reps OR 1-minute in length
- 1D) Outside Mountain Climbers:** 20 reps each side
- 1E) Kettlebell or Dumbbell Swings:** 25 reps

Once you have completed 3 full rounds, rest 1-2 minutes and complete Circuit #2.

Circuit #2

Complete 3 rounds of the exercises below as fast as possible resting only when needed. Complete all reps on one exercise before moving to the next.

- 2A) Alternating Reverse Lunges:** 10 reps each side
- 2B) Spiderman Climbs:** 10 reps each side
- 2C) Superman Jumps:** 10 reps
- 2D) Cross Body Mountain Climbers:** 10 reps each side
- 2E) Burpees:** 10 reps

HIITBURN ABS



Chapter Six: Six-Pack Abs Training Protocol—Blueprint Workouts

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WEEKS 1-4

Day 2

Active Rest Day

Go for a walk, hike, play outside, do yoga...stay active!

Day 3

Workout B

Be sure to time your workout today

Circuit #1

Warm-Up

Perform the same warm-up as you did on day one. After your warm-up, take 1-2 minutes to recover fully then start Circuit #1.

Circuit #1

Complete 3 rounds of the exercises below as fast as possible resting only when needed. Complete all reps on one exercise before moving to the next. If you cannot complete all the reps in a row, just rest and then finish the remaining reps before moving to the next exercise.

- 1A) Pull-Ups or Bodyweight Rows:** 15 reps
- 1B) Sprints in Place:** 30 reps (one rep is both feet hitting the ground once)
- 1C) Side Plank Reach Throughs:** 10 reps each side
- 1D) Rocking Planks:** 30 reps

Once you have completed 3 full rounds, rest 1-2 minutes and complete circuit #2.

Circuit #2

Complete 2 rounds of the exercises below as fast as possible resting only when needed. Complete all reps on one exercise before moving to the next.

- 2A) Squat Jumps:** 25 reps
- 2B) Pushups:** 25 reps
- 2C) Swing Through Lunges:** 10 reps each side

Once you have completed 2 full rounds, rest 1-2 minutes and complete the finisher.

Finisher

Perform as many burpees as possible in 3-minutes. Be sure to mark down how many you were able to do!

Day 4

Active Rest Day

Go for a walk, hike, play outside, do yoga...stay active!

HIITBURN ABS



Chapter Six: Six-Pack Abs Training Protocol—Blueprint Workouts

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WEEKS 1-4

Day 5 Workout C

Be sure to track your number of rounds completed for each circuit!

Warm-Up

Perform the same warm-up as you did on day one. After your warm-up, take 1-2 minutes to recover fully then start circuit #1:

Circuit #1

Complete as many rounds as possible of the exercises below in 5-minutes resting only when needed.

- 1A) Pull-Ups:** 5 reps
- 1B) Pushups:** 10 reps

Once you have completed the 5-minutes, rest 1-2 minutes and complete Circuit #2.

Circuit #2

Complete as many rounds as possible of the exercises below in 5-minutes resting only when needed.

- 2A) Squat to Toes:** 15 reps
- 2B) Outside Mountain Climbers:** 10 reps each side

Once you have completed the 5-minutes, rest 1-2 minutes and complete Circuit #3.

Circuit #3

Complete as many rounds as possible of the exercises below in 5-minutes resting only when needed.

- 3A) Close Grip Pushups:** 5 reps
- 3B) Burpees:** 5 reps
- 3C) Kettlebell Swings:** 10 reps

Day 6 and 7 Active Rest Day

Go for a walk, hike, play outside, do yoga...stay active!

HIITBURN ABS



Chapter Six: Six-Pack Abs Training Protocol—Blueprint Workouts

For the final two weeks on this program, you will be working out 5 days per week. Three days will be focused on strength and the other two days will be focused on sprints. Let's finish strong!

WEEKS 5-6

Day 1 – Workout A

Be sure to time your workout or number of rounds completed

Warm-Up

Perform 20 seconds of each exercise with no rest in between. After each full circuit, rest 20 seconds and repeat 2 TOTAL rounds.

- **Bodyweight Squats:** 20 seconds
- **Pushups:** 20 seconds
- **Alternating Lunges:** 20 seconds
- **Spiderman Climbs:** 20 seconds

Rest 20 seconds and repeat one more time. After your warm-up, take 1-2 minutes to recover fully then start circuit #1:

Circuit #1

Complete 3 rounds of the exercises below as fast as possible resting only when needed. Complete all reps on one exercise before moving to the next. If you cannot complete all the reps in a row, just rest and then finish the remaining reps before moving to the next exercise.

- 1A) Pushups:** 30 reps
- 1B) Bulgarian Split Squats:** 10 reps each leg
- 1C) Kettlebell or Dumbbell Swings:** 25 reps

Once you have completed 3 full rounds, rest 1-2 minutes and complete circuit #2.

Circuit #2

Complete as many rounds as possible in 12-minutes of the exercises below. Rest only when needed. Complete all reps on one exercise before moving to the next.

- 2A) Alternating Reverse Lunges:** 5 reps each side
- 2B) Decline Pushups or Regular Pushups:** 15 reps
- 2C) Punisher Squats*:** X2 (1-minute)
- 2D) Jump Rope:** 30 seconds

*Perform 20-seconds of bodyweight squats followed by a 10-second hold. Repeat 2 times for a total of 1-minute, then move to the next exercise

HIITBURN ABS



Chapter Six: Six-Pack Abs Training Protocol—Blueprint Workouts

For the final two weeks on this program, you will be working out 5 days per week. Three days will be focused on strength and the other two days will be focused on sprints. Let's finish strong!

WEEKS 5-6

Day 2 – Sprints

Perform 7 full speed sprints at 50-80 yards each. Rest as long as needed between sprints. If you do not have access to a track or field, perform 7 sprints-in-place at 30-seconds each. Other sprinting options are jumping jacks, jump rope, or burpees.

Day 3 – Workout B Warm-Up

Perform the same warm-up as you did on day one. After your warm-up, take 1-2 minutes to recover fully then start circuit #1:

Circuit #1

Complete as many rounds as possible in 15-minutes of the exercises below. Rest only when needed. Complete all reps on one exercise before moving to the next. Be sure to track your number of rounds!

- 1A) Pull-Ups or Bodyweight Rows:** 10 reps
- 1B) Kettlebell or Dumbbell Swings:** 15 reps
- 1C) Bulgarian Split Squat or Split Squats:** 10 reps each leg
- 1D) Off Set Pushups:** 5 reps each side
- 1E) Swing Through Lunges:** 5 reps each side

Once you have completed the 15-minutes, rest 1-2 minutes and complete the finisher below.

Finisher

Perform as many burpees as possible in 3-minutes. Be sure to mark down how many you were able to do.

Day 4 – Sprints

Perform 7 full speed sprints at 50-80 yards each. Rest as long as needed between sprints. If you do not have access to a track or field, perform 7 sprints-in-place at 30-seconds each. Other options are jumping jacks, jump rope, or burpees.

HIITBURN ABS



Chapter Six: Six-Pack Abs Training Protocol—Blueprint Workouts

For the final two weeks on this program, you will be working out 5 days per week. Three days will be focused on strength and the other two days will be focused on sprints. Let's finish strong!

WEEKS 5-6

Day 5 – Workouts C

Warm-Up

Perform the same warm-up as you did on day one. After your warm-up, take 1-2 minutes to recover fully then start circuit #1:

Circuit #1

Complete as many rounds as possible of the exercises below in 10-minutes resting only when needed. Be sure to track your number of rounds!

- 1A) Spiderman Pushups: 10 reps
- 1B) Superman Jumps: 10 reps
- 1C) Plank Spiderman Climbs: 10 reps each side
- 1D) Jump Lunges or Alternating Lunges: 10 reps total

Once you have completed the 10-minutes, rest 1-2 minutes and complete Circuit #2.

Circuit #2

Complete as many rounds as possible of the exercises below in 10-minutes resting only when needed. Be sure to track your number of rounds!

- 2A) Chin-Ups: 10 reps
- 2B) Sit Throughs: 10 reps
- 2C) Kettlebell Swings: 10 reps
- 2D) Burpees: 10 reps

Day 6 and 7 Active Rest Day

Go for a walk, hike, play outside, do yoga. Stay active!

LEVEL TWO

Advanced Intermediate

+

Full-Advanced

HIITBURN ABS



Chapter Six: Six-Pack Abs Training Protocol—Blueprint Workouts

This chapter will outline your workouts for the next 6-weeks. You will have two different phases for your workout schedule. For weeks 1-4, you will be working out 5-days per week alternating the workouts below.

WEEKS 1-4 Workout #1: Monday *Legs and Back*

Warm-up Circuit

Go through 2 times with no rest between exercises. Rest 30 seconds between circuits.

- **Barbell Squat** – 30 seconds using 50% of the weight you will be using in the 1st circuit set
- **Pull-ups** – 20 seconds
- **Alternating Reverse Lunge** – 20 seconds

Rest 30 seconds and then start Circuit #1

Workout Circuit #1

Go through 4 times with no rest between exercises. Rest 30-60 seconds between full circuits.

1A) Barbell Squats

- Set 1: 15 reps
- Set 2: 12 reps
- Set 3: 9 reps
- Set 4: 6 reps

Be sure to bump up the weight on each set using a weight that is comfortable yet challenging. Perform with a weight that allows you to have 1-2 reps left in the tank on each set. So for 15 reps you should NOT be able to do 17 reps but should be able to complete all 15 reps.

1B) Pull-Ups

- Max reps on all 4 sets

1C) Box-Jumps

- 20 reps on all 4 sets

Rest for 30-60 seconds and repeat 4 total circuits.

Workout Circuit #2

Go through 3 times with no rest between exercises. Rest 30-60 seconds between circuits.

2A) Dumbbell Lunges (alternating)

- 10 each leg

2B) Bent Over Row

- 10 reps

2C) Jump Lunges

- 20 total jumps

Rest 30-60 seconds and repeat 3 total circuits.

Workout Circuit #3

Do the below circuit 3 times with no rest between exercises. Rest 30 seconds between full rounds.

3A) Box Jumps – 30 seconds

3B) Leap Ups – 30 seconds

3C) Squat Holds – 60 seconds

HIITBURN ABS



Chapter Six: Six-Pack Abs Training Protocol—Blueprint Workouts

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- **Pull-ups** – 20 seconds
- **Alternating Reverse Lunge** – 20 seconds

Rest 30 seconds and then start Circuit #1

Workout Circuit #1

Go through 4 times with no rest between exercises. Rest 30-60 seconds between full circuits.

1A) Barbell Squats

- Set 1: 15 reps
- Set 2: 12 reps
- Set 3: 9 reps
- Set 4: 6 reps

Be sure to bump up the weight on each set using a weight that is comfortable yet challenging. Perform with a weight that allows you to have 1-2 reps left in the tank on each set. So for 15 reps you should NOT be able to do 17 reps but should be able to complete all 15 reps.

1B) Pull-Ups

- Max reps on all 4 sets

1C) Box-Jumps

- 20 reps on all 4 sets

Rest for 30-60 seconds and repeat 4 total circuits.

Workout Circuit #2

Go through 3 times with no rest between exercises. Rest 30-60 seconds between circuits.

2A) Dumbbell Lunges (alternating)

- 10 each leg

2B) Bent Over Row

- 10 reps

2C) Jump Lunges

- 20 total jumps

Rest 30-60 seconds and repeat 3 total circuits.

Workout Circuit #3

Do the below circuit 3 times with no rest between exercises. Rest 30 seconds between full rounds.

3A) Box Jumps – 30 seconds

3B) Leap Ups – 30 seconds

3C) Squat Holds – 60 seconds

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Chapter Six: **Six-Pack Abs Training Protocol—Blueprint Workouts**

WEEKS 1-4

Workout #2: Tuesday *Sprints and Plyometrics*

During this workout, you will be completing a series of 7 sprints and 2 different plyometric exercises trying to complete the workout as quickly as possible.

Circuit

- **7 Sprints** – for 50 yards each
- **After each sprint:** Complete 15 broad jumps and 15 side hops on each leg

Here's what the circuit will look like:

- Sprint for 50 yards
- 15 broad jumps
- 15 side hops (each leg)

Repeat 6x for a total of 7 rounds.

Be sure to take enough rest in order for your body to recover between sets. It is better to rest longer and go harder during the workout than to try and complete the sprint or jump with bad form.

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Chapter Six: Six-Pack Abs Training Protocol—Blueprint Workouts

WEEKS 1-4

Workout #3: Wednesday Chest, Shoulders, Triceps, Abs

Warm-up Circuit

Go through 2 times with no rest between exercises. Rest 30 seconds between circuits.

- **Pushups** – 20 seconds
- **Bodyweight Squats**– 20 seconds
- **Dumbbell Incline Press** – 20 seconds (using 50% of the weight you will use in the real sets)

Repeat 1x and then...Rest 30 seconds and then start Circuit #1

Workout Circuit #1

Go through 3 times with no rest between exercises. Rest 30-60 seconds between full circuits.

1A) Dumbbell Incline Press

- Set 1: 15 reps
- Set 2: 12 reps
- Set 3: 9 reps

Be sure to bump up the weight on each set using a weight that is comfortable yet challenging. Perform with a weight that allows you to have 1-2 reps left in the tank on each set. So for 15 reps you should NOT be able to do 17 reps but should be able to complete all 15 reps.

1B) Clap Pushups

- 10-15 reps

Rest 15 seconds

1C) Side Plank Reach Through

- 15 reach throughs each side

Rest for 30-60 seconds and repeat 3 total circuits.

Workout Circuit #2

Go through 3 times with no rest between exercises. Rest 30-60 seconds between circuits.

2A) Dumbbell Overhead Press - 12 reps

2B) Dips or Bench Dips – 10-15 reps

2C) Hanging Leg Raises or Leg Raise to Hip Up – 10 – 15 reps

2D) Close Grip Pushups (3-seconds lowering phase) – 10 reps

Rest 30-60 seconds and repeat 3 total circuits.

Workout Circuit #3

Do the below circuit 3 times with no rest between exercises. Rest 30 seconds between full rounds.

3A) Burpees – 30 seconds

3B) Double Unders – 30 seconds

3C) Rocking Planks– 60 seconds

HIITBURN ABS



Chapter Six: **Six-Pack Abs Training Protocol—Blueprint Workouts**

WEEKS 1-4

Workout #4: Thursday *Sprints and Plyometrics*

During this workout, you will be completing a series of 7 sprints and 2 different plyometric exercises trying to complete the workout as quickly as possible.

Circuit

- **7 Sprints** – for 50 yards each
- **After each sprint:** Complete 15 broad jumps and 15 side hops on each leg

Here's what the circuit will look like:

- Sprint for 50 yards
- 15 broad jumps
- 15 side hops (each leg)

Repeat 6x for a total of 7 rounds.

Be sure to take enough rest in order for your body to recover between sets. It is better to rest longer and go harder during the workout than to try and complete the sprint or jump with bad form.

HIITBURN ABS



Chapter Six: Six-Pack Abs Training Protocol—Blueprint Workouts

WEEKS 1-4

Workout #5: Friday Full Body Throwdown

Warm-up Circuit

Go through 2 times with no rest between exercises. Rest 30 seconds between circuits.

- **Pushups** – 20 seconds
- **Bodyweight Squats**– 20 seconds
- **Pull Ups**– 20 seconds
- Single Leg Deadlifts – 20 seconds (each leg)

Repeat 1x and then...Rest 30 seconds and then start Circuit #1

Workout Circuit #1

Go through 4 times with no rest between exercises. Rest 30-60 seconds between full circuits.

1A) Barbell Deadlifts

- Set 1: 12 reps
- Set 2: 10 reps
- Set 3: 8 reps
- Set 4: 6 reps

Be sure to bump up the weight on each set using a weight that is comfortable yet challenging. Perform with a weight that allows you to have 1-2 reps left in the tank on each set. So for 12 reps you should NOT be able to do 14 reps but should be able to complete all 12 reps.

1B) Clap Pushups - 10-15 reps

Rest 15 seconds

1C) Box Jumps - 20 reps

1D) Pullups – Max Reps

Rest for 30-60 seconds and repeat 4 total circuits.

Workout Circuit #2

Go through 3 times with no rest between exercises. Rest 30-60 seconds between circuits.

2A) Dumbbell Flat Press- 12 reps

2B) Leap Ups – 20 total reps

2C) Side Shoulder Raises– 10 – 15 reps

2D) Tuck Jumps – 15 reps

2E) Kettlebell or Dumbbell Swings – 25 reps

Rest 30-60 seconds and repeat 3 total circuits.

Workout Circuit #3

Do the below circuit 5 times with no rest between exercises. Rest 10-30 seconds between full rounds. Each new round subtract 5 reps on each exercise.

3A) Burpees – Round 1: 25 reps, Round 2: 20 reps, Round 3: 15 reps, Round 4: 10 reps, Round 5: 5 reps

3B) Double Unders – Round 1: 40 reps, Round 2: 35 reps, Round 3: 30 reps, Round 4: 25 reps, Round 5: 20 reps

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Chapter Six: Six-Pack Abs Training Protocol—Blueprint Workouts

WEEKS 1-4
Saturday and Sunday
Active Rest

Go out and stay active by walking, hiking, playing at the park, etc. There will be no workouts on these days as you want your body to recover for the next week.

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Chapter Six: **Six-Pack Abs Training Protocol—Blueprint Workouts**

WEEKS 5-6 **The Final Two Weeks!** *Introduction*

You have made it through the first four weeks and are now ready to take things to a whole new level with your workouts.

I am going to need you to have immense focus these next two weeks and make some sacrifices so that you can have your best results ever in this short 6-week period.

As I am sure you can already tell, your body has started burning a ton of fat and replacing it with athletic, lean muscle. We can attribute your success thus far to both your eating AND workouts. And of course, the immense amount of hard work you have put in.

Unlike the first 4-weeks, these last two weeks are really going to be focused on bumping up our sprints and doing some new and never before seen workouts.

We will be hitting all aspects here so make sure you are focused and ready to go.

Sprints For The Next Two Weeks

Over the course of the next two weeks, you will be doing a total of 12 sprint sessions. You can do these at any time of the day. From experience, I recommend doing them 3-4 hours before or after your weight training OR immediately after weight training.

Doing them before you lift weights can cause some strength problems in your workouts. That said, these sprint sessions will last less than 10-minutes as you will only be doing 6 sprints each workout.

Each sprint should be done at around 60-80 yards in distance with a short rest in between and repeat until you have done 6 total sprints.

As you will see below, you will also be doing 3 days of weight training... However, these weight training sessions are only going to be about 25-minutes in length.

So if you decided to place your sprints after your weight training, your total workout time for those days would be around 35-minutes.

Remember this is just 2-weeks of this style of training and we are doing it so that you can get the most results in this time.

So if you are ready, let's dive into the workouts below...

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Chapter Six: Six-Pack Abs Training Protocol—Blueprint Workouts

WEEKS 5-6 The Workouts

Workout A

To Be Done 6 Days Per Week For The Next 2-weeks

The Workout: 6 Total Sprints at 60-80 yards each.

Rest as long as needed between sprints and repeat until you have completed all 6 sprints.

*Remember: Sprints should be placed AFTER weight training sessions OR 3-4 hours before or after. On non-weight training days, do them whenever is convenient.

Workout B: Monday

Lower-Bodyweight Push

Focus: Your workout focus is to GAIN STRENGTH. This means using a challenging weight that will push you on each set.

Warm-up Circuit

Go through 2 times with no rest between exercises. Rest 30 seconds between circuits.

- Bodyweight Squats - 20 seconds
- Pushups - 20 seconds
- Pull-Ups - 20 seconds

Rest 30 seconds and then start Circuit #1

Workout Circuit #1

Go through 3 times with no rest between exercises. Rest 60-90 seconds between full circuits.

1A) Barbell Squats: 7 reps

1B) Pull-Ups or Weighted Pull-Ups: Max Reps

1C) Alternating Dumbbell Lunges: 10 reps each side

Rest for 60-90 seconds and repeat 2 more times for 3 total circuits.

Workout Circuit #2

Go through 3 times with no rest between exercises. Rest 60-90 seconds between full circuits.

2A) Barbell Deadlifts: 7 reps

2B) TUT (Time Under Tension) Pushups*: 15 reps (2-1-2)

2C) Kettlebell Swings: 20 reps

Rest for 60-90 seconds and repeat 2 more times for 3 total circuits.

*Each pushup should take you 5 seconds to complete. This puts your muscles under tension for a longer period of time.

Finisher Circuit

Perform 20-seconds of bodyweight squats following by a 10-second squat hold. Repeat in this fashion for 4-minutes (8 rounds)

3A) Punisher Squats: 8 rounds or 4-minutes

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Chapter Six: Six-Pack Abs Training Protocol—Blueprint Workouts

WEEKS 5-6 The Workouts

Workout A

To Be Done 6 Days Per Week For The Next 2-weeks

The Workout: 6 Total Sprints at 60-80 yards each.

Rest as long as needed between sprints and repeat until you have completed all 6 sprints.

*Remember: Sprints should be placed AFTER weight training sessions OR 3-4 hours before or after. On non-weight training days, do them whenever is convenient.

Workout C: Wednesday Upper-Bodyweight Flow

Focus: Your workout focus is to GAIN STRENGTH. This means using a challenging weight that will push you on each set.

Warm-up Circuit

Go through 2 times with no rest between exercises. Rest 30 seconds between circuits.

- Bodyweight Squats - 20 seconds
- Pushups - 20 seconds
- Pull-Ups - 20 seconds

Rest 30 seconds and then start Circuit #1

Workout Circuit #1

Go through 3 times with no rest between exercises. Rest 60-90 seconds between full circuits.

1A) Bench Press: 8 reps

1B) Bodyweight Bulgarian Split Squats: 10 reps each side

1C) TUT (Time Under Tension) Decline Pushups*: 10 reps (2-1-2)

Rest for 60-90 seconds and repeat 2 more times for 3 total circuits.

*Each pushup should take you 5 seconds to complete. This puts your muscles under tension for a longer period of time.

Workout Circuit #2

Go through 3 times with no rest between exercises. Rest 60-90 seconds between full circuits.

2A) Overhead Press: 8 reps

2B) Box Jumps: 15 reps

2C) Kettlebell Swings: 20 reps

Rest for 60-90 seconds and repeat 2 more times for 3 total circuits.

Finisher Circuit

Perform 20-seconds of the first exercise, rest 10 seconds then move to the next exercise. Continue in this 20-10 fashion for 6 total minutes.

3A) Pushups

3B) Outside Mountain Climbers

3C) Burpees

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Chapter Six: Six-Pack Abs Training Protocol—Blueprint Workouts

WORKOUT DESCRIPTIONS

Alternating Lunges

- Stand with your feet shoulder-width apart
- Step **forward** with one leg, taking a slightly larger than normal step.
- Plant your back toe on the ground and use it to help keep your balance.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright with chest proud.
- Push back to the start position and switch legs.



Alternating Reverse Lunges

- Stand with your feet shoulder-width apart
- Step **backward** with one leg, taking a slightly larger than normal step.
- Plant your back toe on the ground and use it to help keep your balance.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright with chest proud.
- Push back to the start position and switch legs.



Barbell Squats

- Stand holding the bar across your upper back, squeezing your shoulder blades together. You do not want the bar resting on your spine. Set your feet about shoulder width apart with your feet in a comfortable position facing almost straight forward. Your low back should be in its naturally arched position, and your eyes should be straight forward or a slight tilt up.
- Push your hips backwards as if you were going to sit down in a chair, with the pressure and weight on your heels. Lower your body as low or as comfortably as you can. Once you reach the bottom of your squat, drive your heels into the ground and stand back up into your starting position.



Start and Finish



Midway Point

Bodyweight Squats

- Start with your feet a little wider than shoulder width apart and arms placed straight out in front of you. Place your feet in a comfortable position facing straight forward or a little outwards
- Slowly lower yourself down, as if you were going to sit down in a chair. Your weight should be on your heels with your core tight. Once you have reached the bottom of your squat, pause then return to the starting position. This is considered one repetition.



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Chapter Six: Six-Pack Abs Training Protocol—Blueprint Workouts

WORKOUT DESCRIPTIONS

Bent Over Row

- Standing with your feet shoulder width apart and a slight knee bend, grip the bar a little further than shoulder width apart. Be sure to keep your core tight and back straight.
- Row the bar toward your torso pulling back in a controlled motion



Box Jumps

- Stand in front of a box that is 12-24 inches high. Engaging your core, jump and land on top of the box with your knees bent allowing your muscles to absorb the force.
- Step down off the box and repeat. Gradually increase the box height according to what is comfortable for you.



Bulgarian Split Squat

- Stand with your feet shoulder-width apart.
- Place one foot on a bench. Step forward with the other foot, taking a slightly larger than normal step.
- Keeping your core tight, lower your body until your front thigh is parallel to the ground.
- Push up to the starting position.
- Stay in a split-squat stance and perform all reps for one leg and then switch



Burpees

- Stand with your feet shoulder-width apart.
- Drop down onto your hands and feet, then thrust your feet back so you are in a push-up position.
- Perform a pushup (optional)
- Thrust your feet back up and then stand back up.
- Add a vertical jump at the end (optional)



Close Grip Pushups

- Get in a push-up position with your hands forming a diamond below your chest. Keep your core tight and your back straight.
- Slowly lower yourself down to the floor keeping your core tight and back straight. Once you have reached 2-4 inches off the floor, pause for a second then push yourself back up into the starting position.



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Chapter Six: Six-Pack Abs Training Protocol—Blueprint Workouts

WORKOUT DESCRIPTIONS

Cross Body Mountain Climbers

- Start in the push-up position with your core tight and back straight.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your opposite elbow. Do not let your hips sag or rotate.
- Return your leg to the starting position and repeat with the other leg.



Decline Pushups

- Keep the abs tight and back straight.
- Place the hands on the floor slightly wider than shoulder-width apart. Elevate your feet onto stairs or a bench or a chair.
- Lower yourself down until you are 2 inches off the ground. Push through your chest, shoulders and triceps to return to the start position. Keep your body in a straight line at all times.



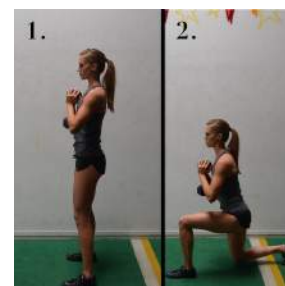
Dumbbell Incline Press

- Lie on a bench with the backrest inclined at 45-60 degrees. Hold the dumbbells above your chest with your palms turned toward your feet.
- Lower the dumbbells to chest level. Press the dumbbells straight up above the chest.



Dumbbell Lunge (Alternating)

- Stand with your feet shoulder-width apart holding a dumbbell in each hand (or one in front of your chest). Step forward with your left leg, taking a slightly larger than normal step. Keep your right toe on the ground and use it to help keep your balance. The right knee should also be bent.
- Lower your body until your left thigh is parallel to the ground. Keep your upper body upright and your lower back flat. Drive through the lead leg to step backward to the standing position. Alternate sides.



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Chapter Six: Six-Pack Abs Training Protocol—Blueprint Workouts

WORKOUT DESCRIPTIONS

Deadlifts

- Start with the bar about an inch away from your shins, with your hands placed just outside your legs. Your back should be naturally arched, with your knees bent, and butt down.
- Clenching the bar with your overhand grip and keeping your back straight, tense your body and stand up with the bar. Keep the bar close to your body throughout the exercise. Many times you will even find yourself scraping your shins on the bar when doing the exercise correctly. Once you have reached the top, slowly lower the bar back down into the starting position.



Jump Lunges

- Stand with your feet shoulder-width apart. Step forward with your left leg, taking a slightly larger than normal step. Keep your right toe on the ground and use it to help keep your balance. The right knee should also be bent. Lower your body until your left thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat, explode upwards (jump by driving through both legs simultaneously) while switching your legs in the air (your feet will switch places on each rep.) Continue in this alternating fashion.



Kettlebell Swings

- Start with your stance a little wider than shoulder width apart with your toes pointed slightly outwards.
- Squat down with your back completely straight, dropping the dumbbell between your legs. When you have reached the bottom on your squat, you will slightly push your forearms against your groin area to get momentum to swing the dumbbell back up. You will then squat back up while the dumbbell swings up in a fluid motion with the squat. This is a continual movement so once you have stood back up and the dumbbell has reached about chest height, you will repeat the movement again.



Leap Ups

- Start with your right leg on a chair or bench with your left leg firmly placed on the ground.
- Driving through your right leg on the chair, jumping up as high as you can and switching legs in the air.
- When you land, land softly with your right leg on the ground and left leg on the chair.
- Keep switching in this alternating fashion going at a quick yet comfortable speed.



HIITBURN ABS



Chapter Six: Six-Pack Abs Training Protocol—Blueprint Workouts

WORKOUT DESCRIPTIONS

Off Set Pushups

- Keep your abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart, BUT place one hand in front of shoulder level and the other hand behind shoulder level.
- Slowly lower yourself down until you are 1 inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.
- Do all reps for one side and then change hand positions and complete all other reps



Outside Mountain Climbers

- Start in the push-up position with your core tight and back straight.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to the outside of the elbow on the same side. Do not let your hips sag or rotate.
- Return your leg to the starting position and repeat with the other leg.



Overhead Press (with dumbbells)

- Place your feet shoulder width apart while gripping a dumbbell in each hand. Arms should be at a 90 degree angle.
- Press the dumbbells straight up until your arms have reached full extension, then slowly lower them back to the starting position.



Plank Spiderman Climbs

- Start in the plank position with your core tight and back straight.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to the outside of the elbow on the same side. Do not let your hips sag or rotate.
- Return your leg to the starting position and repeat with the other leg.



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Chapter Six: Six-Pack Abs Training Protocol—Blueprint Workouts

WORKOUT DESCRIPTIONS

Pull-Ups

- Take an overhand grip on the bar with the palms facing forward.
- Pull your body up until the chest reaches bar level.
- Slowly lower yourself keeping control of your body the entire time.



Punisher Squats

- Stand with your feet just wider than shoulder-width apart.
- Start the movement at the hip. Push your hips backward and act like you are sitting back into a chair. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position. Do not round your lower back.
- Repeat this movement for 20 seconds.
- Once the 20-seconds is finished, you will then HOLD in the bottom of the squat position for 10 seconds.
- This is one cycle. Repeat for the allotted amount of time.



Pushups

- Place your hands just wider than shoulder-width apart.
- Slowly lower your chest and body down to the floor, keeping your core tight and back straight.
- After you hit the bottom of the movement, push with your arms & chest to get your body back up to the start position.
- If it is too hard, drop to the knees or perform pushups with your hands on a bench.



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Chapter Six: Six-Pack Abs Training Protocol—Blueprint Workouts

WORKOUT DESCRIPTIONS

Rocking Planks

- Get in the plank position with your forearms on the floor facing forward, core tight, and back straight.
- Using your core, push yourself forward bending at the elbows while keeping your body in a straight line. Once you reach out as far as you can go, return to the starting position and repeat.



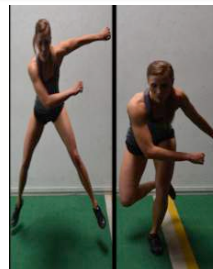
Side Plank Reach Through

- Start in the side plank position with your core tight and back straight.
- Using your core to twist, reach your hand through the plank gap until you cannot go any further. Return to the starting position and repeat. Be sure to keep your core tight throughout.



Single Leg Side Hops

- Start on your left leg with your right knee bent back at a 90 degree angle. Keep your core tight.
- Jump side to side over an imaginary line going as quickly as possible. As soon as your foot hits the ground you should be jumping back the other way. Once you complete all reps on one side, switch legs and repeat.



Sit Throughs

- Start in the pushup position with core tight and back straight.
- Twisting in your core, drive one leg through to the opposite side until you are seating on the floor with one arm on the ground and the opposite arm in the air.
- Return to the starting position and repeat on the opposite side.



Spiderman Climbs (+ pushup)

- Start in a pushup position with your core tight and back straight.
- With your core braced, fire up one foot to the hand on the same side of your body.
- Once completed – add an extra challenge and fire back into the pushup position and repeat on the opposite side.



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Chapter Six: Six-Pack Abs Training Protocol—Blueprint Workouts

WORKOUT DESCRIPTIONS

Sprints in Place

- Run in place, bringing your knees high, alternating steps, and pumping your arms and legs as fast and as comfortably as possible.



Squat Hold

- Squat down until your knees reach a 90 degree angle. Hold that position with your arms out in front for the allotted amount of time.



Squat Jumps

- Start by standing with your feet just wider than shoulder width apart, in the position you would be in if you were getting ready to jump. Squat down as though you were performing a bodyweight squat.
- When you reach the bottom of your squat, drive your feet into the ground exploding into a vertical jump. When coming down, be sure and land softly the repeat.



Squat to Squat Jump

- Start by standing with your feet just wider than shoulder width apart, in the position you would be in if you were getting ready to jump. Squat down and perform a bodyweight squat.
- Immediately drop back down and this time perform a squat jump by driving your feet through the floor and jumping as high as you can.
- Land softly and move back into the bodyweight squat. Repeat in this fashion.



Squat to Toes

- Start by standing with your feet just wider than shoulder width apart, in the position you would be in if you were getting ready to jump. Squat down as though you were performing a bodyweight squat.
- When you reach the bottom of your squat, drive your feet into the ground exploding onto your toes as though you were going to do a vertical jump.
- Quickly return to the starting position and repeat.



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Chapter Six: Six-Pack Abs Training Protocol—Blueprint Workouts

WORKOUT DESCRIPTIONS

Superman Jump (or Rocket Jump)

- Start by standing with your feet just wider than shoulder width apart, in the position you would be in if you were getting ready to jump. Squat down as though you were performing a bodyweight squat.
- When you reach the bottom of your squat, drive your feet into the ground exploding into a vertical jump reaching your hands as high as you can to the sky. When coming down, be sure and land softly the repeat.



Swing Through Lunges

- Do a reverse lunge for your left leg by stepping back with your right leg.
- Then step forward with your right leg so that you do a forward lunge working the right leg.
- Continue for all reps moving one leg then switch.
- This can be done with dumbbells or just bodyweight.



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CHAPTER SEVEN

HIITBURN ABS



Chapter Seven: Nutrition—The Science Behind the Foods

There are two quotes that I would like to share, both speaking great truths:

“Abs are made in the kitchen.”
“You cannot out train a bad diet.”

You can be doing everything right in the weight room and during your cardio sessions, but if you are eating junk food all day you will never be able to eliminate your unwanted fat, period.

There are many philosophies on what proper nutrition looks like. There is probably some confusion on what the truth actually is. Without fully understanding how food effects your body, you will never fully meet your fitness goals.

There are four steps that we need to understand when it comes to nutrition...

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Chapter Seven: Nutrition—The Science Behind the Foods

1. Control your insulin levels

I'm sure you've all heard of insulin in some sort of context. I want to quickly break down the effect insulin has on our bodies and the importance of understanding how it works.

Any time we eat food, the body digests the macronutrients within those foods: protein, fats, and carbohydrates (along with many other amino acids) and uses them as fuel (fuel is measured in calories or grams).

The body does an amazing job with the fuel that you feed it, but major problems start to arise when you feed your body more fuel than it needs. When this happens, your body is FORCED to store the excess fuel.

Each time you digest a sugar or carbohydrate (the breads, pastas, candies, sodas, etc.), it is eventually converted into a simple form of sugar known as glucose.

Now, glucose is a fuel that our body uses but it is when we digest too much when the problems start to arise.

Ok, now for a bit of science (I will keep it short, I promise):

When our bodies digest these carbohydrates and sugars, they get converted into glucose as was stated above. When glucose gets digested it is sent out into the blood stream causing the pancreas to produce insulin, whose job is to allow glucose (and fats and other amino acids) to get entrance into the muscles and liver.

Now when glucose is in the blood stream, insulin comes in and shuttles it around to the muscles and liver storing it as GLYCOGEN in order to get the glucose out of our blood stream.

Not all glucose is bad, as this is something we do use as fuel. When glucose enters our muscles and liver, it gets stored as glycogen. Glycogen is what we use to get us through intense workouts.

Problems arise, because most people are inactive and never use glycogen causing their cells to fill up rather quickly. Glucose then has no other place to go, than to be stored as FAT.

So all that being said, insulin tries its best to work for you and not against you.

However, we are constantly forcing it to work far too hard, and forcing the pancreas to produce far too much insulin to try and shuttle to glucose out of our blood stream.

By regulating our insulin levels, we are letting the body work naturally instead of overworking to store the excess toxins in our body.

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Chapter Seven: Nutrition—The Science Behind the Foods

So what should I do, you might be asking?

I first want to start by saying, exercise has a huge impact on improving your insulin sensitivity. This is the reason so many athletes can eat a high number of carbohydrates and still stay at a healthy weight.

They are constantly burning off and using the glycogen that is in their muscles making way for more and more glucose to enter in.

Another way to improve our insulin sensitivity is to cut back on the carbohydrates and sugars. This especially means the refined sugars such as candy, soda, ice cream, etc. Remember, fat is not the reason we get fat, it is sugar!

Controlling your insulin is a huge step in your journey to seeing your abs. Not only will you feel better, you will start seeing fat melt right off in no time!

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Chapter Seven: Nutrition—The Science Behind the Foods

2. Calories are not all created equal - The protein, carbohydrate, and fat breakdown!

It is true, calories are not all created equal and if you want any chance of getting the ripped body you are looking for, you must understand that.

In order for us to understand this, we must see the importance of the three main macronutrients in our diets: **Protein, carbohydrates, and fats.**

Protein:

Protein is what helps our body recover and build muscle. It is significant in the effort to build lean muscle which is what your goal is (lean muscle = RIPPED body)

Protein is the most essential macronutrient when trying to build lean muscle and that is why you will be needing to take anywhere from 0.7-1.1 grams of protein per pound of body weight.

For example, for someone who weights 200 pounds and is very active, 220 grams (200 pounds X 1.1grams) of protein would be a sufficient amount.

For those less active, less protein is required although you should still incorporate protein into **every meal.**

By having protein with every meal, it is a good way to constantly be fueling your muscles and helping in the recovery process.

Try to eat 20-40 grams of protein with each meal!

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Chapter Seven: Nutrition—The Science Behind the Foods

Carbohydrates:

Remember what we just talked about before?

Carbohydrates get turned into glucose which drives our insulin levels up which leads to fat storing.

Therefore when we are trying to get the ripped body we all want, we need to **MANIPULATE** the carbohydrates we consume.

Carbohydrates are not a bad thing. Our body needs them. **But timing when and what kind of carbohydrates you indulge in make a huge difference.**

Remember, not all calories are created equal. Same goes for carbohydrates. One hundred grams of carbohydrates coming from pop tarts is much different than 100 grams from white rice.

Some better carb choices would be: fruits and vegetables (of course), sweet potatoes, yams, beans, white rice, and oatmeal.

So where does your carbohydrate intake stand?

The more active you are, the more carbohydrates you can indulge in (without going crazy of course). You will do just fine by partaking in 100-200 grams of carbohydrates a day, with the bulk of those coming from fruits and vegetables, along with the sweet potatoes, yams, beans, white rice, and oats.

Obviously the more active will be closer to the 200 gram mark while the less active should indulge in less.

In a later section, I'll be covering my #1 technique for faster results when it comes to carbs...

First though, let's move to healthy fats...

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Chapter Seven: Nutrition—The Science Behind the Foods

Fats:

Fat is our final source of fuel and something we need to learn to embrace. Fat is NOT a bad thing, and when eaten correctly (coming from the right foods) will actually help you burn MORE fat.

YES, eating the right fats will burn fat!

Fat has little or no impact on insulin levels, which actually results in burning your stored fat!

That being said, fats should be one of your main sources of fuel when it comes to nutrition. But again, not all fats are created equal.

Some great fats are: nuts, seeds, avocados, eggs, olive oil, grass fed meats, grass fed butter, coconut oil, ...

By incorporating good fats into your diet, and properly timing your carbohydrates, you will start burning more fat than ever before.

The right balance of proteins, carbohydrates, and fats are essential when getting the ripped body you are looking for! If you follow the guidelines in the next few chapters, fat will start melting off like never before.

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Chapter Seven: Nutrition—The Science Behind the Foods

3. Utilize Intermittent Fasting

One of the fastest and best ways to get leaner, FASTER. Intermittent Fasting is essentially condensing your meals into a shorter “eating window”.

For example, instead of eating from the time you wake up to the time you go to sleep... You would eat from noon to 8PM everyday and then fast from 8PM to noon.

This style of eating has been proven to accelerate fat loss while allowing you to enjoy lots of great tasting foods.

Some common questions I get about Intermittent Fasting are...

Do I have to follow the exact 16 hour fast and 8 hour eating window protocol?

No. First off, the intermittent fasting portion of the diet does NOT have to be an exact 16 hour fast and 8 hour eating window.

You can cater this to fit YOUR needs.

If 16 hours is too long, then go with a 12 or 14 hour fast followed by a 10 or 12 hour eating window.

This was just a guideline on how to help you get started. I understand you are busy, have families, and may not be able to do the 16-8 protocol. That's OK.

Follow what is comfortable to you!

Next, “won't skipping breakfast stop my fat burning?”

No. If anything, it will boost fat burning.

Again though, if you are someone who MUST eat breakfast, go for it.

Just be sure it contains ZERO carbs, high protein, and good healthy fats (eggs with veggies is a good example).

If you workout in the morning, try to do it fasted then eat a high carb, high protein, low fat breakfast.

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Chapter Seven: Nutrition—The Science Behind the Foods

4. Cheat day? A MUST!

Yes, I am encouraging you to have a cheat day. It would be nearly impossible to diet 7 days a week, 365 days a year without having some cheat meals or cheat days thrown in there. After being dedicated for 6 straight days, you deserve getting to indulge in some things you greatly enjoy.

By having a cheat day in your nutrition plan, it makes your plan more sustainable as you have something to look forward to.

Having a cheat day has also been shown to actually help BURN fat and keep your body a fat burning machine!

Because you are limiting certain kinds of food in your nutrition plan (mainly processed foods, carbs and sugary foods) having a cheat day will help keep your fat burning hormones elevated within your body.

Another way to do this “cheat day”, is to do is to spread cheat meals out by having a couple cheat meals strategically throughout the week.

Choose whatever works best for your body. I have found for me have a full cheat day just does not always agree with my stomach. Rather having cheat meals here and there throughout the week works much better as my body is still able to stay on track, and stay in the optimal fat burning zones.

An example of what I might do would look like this:

Monday and Tuesday I eat my normal nutrition plan, but Wednesday I go out to a nice dinner and have a cheat meal. Thursday I am back on my regular eating, then Friday at lunch I may indulge in something like a cheese burger and fries.

Because most of my meals I am getting a good balance of good fats, protein, and carbs these cheat meals throughout the week actually help, as they can boost metabolism and keep key fat burning hormones elevated.

So whatever you decide to do, whether a cheat day or a few cheat meals, be sure to incorporate some junk food into your plan. We all need to live a little every once in a while (if not every week). As we can see, nutrition is such a huge part in our get ripped plan hence the reason it makes up 80% of the plan.

If, however, you really want to speed up your process to getting the ripped body you are looking for, your training plan is HUGE!

The combination of the right nutrition plan and right training plan can really speed up the results you are looking for and get you flat out RIPPED! And FAST!

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Chapter Seven: Nutrition—The Science Behind the Foods

Bonus Nutrition Rules...

Eat when you are hungry and until you are satisfied.

As we talked about in chapter one, you should never starve yourself when trying to get fit and get healthy. You should focus on eating incredibly healthy foods and eating when you are hungry and until you are satisfied.

More great nutrition tips:

Try and eat 4-8 smaller meals per day. Having more smaller meals each day has brought better results in terms of fat loss than eating a few larger meals each day.

Eating the same few healthy meals over and over is the easiest way to eat healthy. Find 2-4 that you enjoy and stick with them.

Prepare meals in advance and cook in bulk. This will always ensure you have healthy foods on hand and will make you less likely to go out and eat junk food.

Remove all the junk food from your house. If there is no junk food to eat, there is a 100% guarantee you won't eat it!

SUMMARY

Eating right doesn't need to be complicated.

Following simple rules above and strategically eating your protein, carbs, and fat you will be well on your way to six pack abs.

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CHAPTER EIGHT

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Chapter Eight: Six-Pack Abs Nutrition Protocol

This is where the details of your meal plan starts...

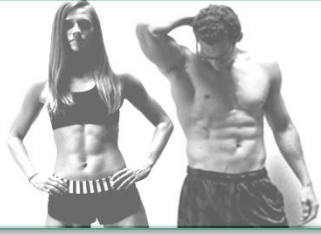
The truth about transforming your physique is that if your diet is not dialed in, you are going to have a very hard time burning fat at the rate you want.

It doesn't matter if you spend 3 hours a day exercising, if your diet isn't where it need to be, results will stall.

That said, when you take your workouts and **combine them with the nutrition plan found on the pages below**, you will start to drastically change your physique.

As I like to say:

“Nutrition BRINGS the results... Workouts SPEED UP those results.”



Chapter Eight: Six-Pack Abs Nutrition Protocol

A few reminders...

Over the next 6-weeks, you should only drink water as your beverage choice.

This means no sodas, sports drinks, milk, juices, alcohol, etc. Black coffee and unsweetened teas are also OK in moderation. Be sure you drink at least 8-12 or more glasses of water per day.

Only eat junk food when the diet says so. Stay strong to the plan. Stick to your workouts. Get them in, no excuses.

Eat when you are hungry and until you are satisfied.

Remember you are not cutting calories on this plan. You are simply eliminating the foods your body doesn't need when trying to burn fat. So do NOT starve yourself over this six week period (or ever for that matter). If you do this, results will suffer.

Have fun and get creative! Make meals that you enjoy and stick with it!



Chapter Eight: Six-Pack Abs Nutrition Protocol

The Breakdown

This plan was shaped so that you can follow this for a full 6-weeks and maximize the results you see.

From experience in research and testing different approaches on my own body and on many clients, the best and fastest way to start transforming your physique is what I call Macro-Cycling (also known as carb cycling).

The approach that we will cover below is different than any other and will rapidly transform your body in a very short period of time.

And the best part is, it's not that difficult to follow.

You won't have to starve yourself or take any crazy supplements. It's real food that will make you look AND feel great, *fast!*

Simply follow what is laid out below and amazing results will follow.

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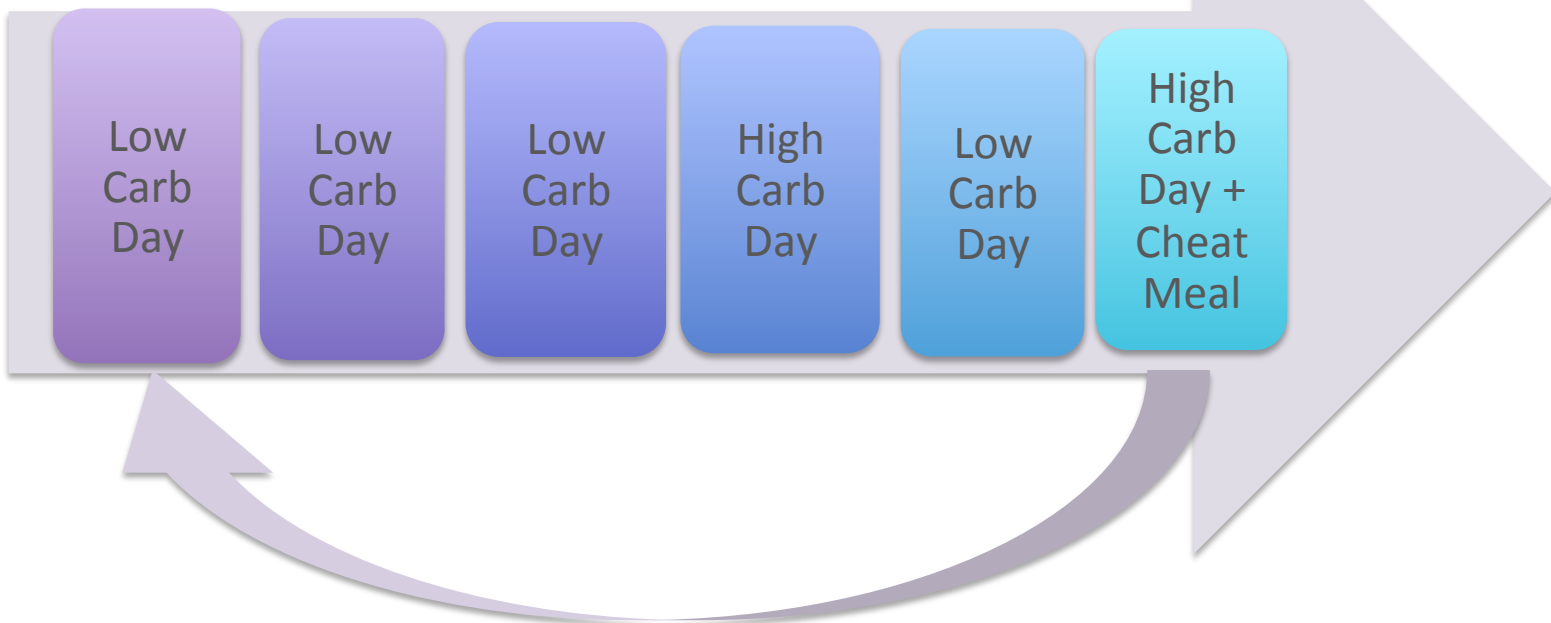


6-Week Nutrition Outline

Over the next 42 days, we will be doing a carb cycle as outlined. Below, you will see the short breakdown of what you will be doing.

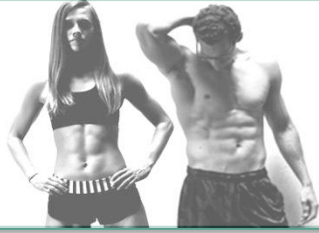
You will be cycling through “lower carb” and “higher carb” days to see your best results. We will go into much more detail on the pages that follow, so you can easily understand exactly what to do.

Here’s the overall breakdown:



Day Type	Amount of Carbs
Low Carb Days	.25 grams of carbs per pound of bodyweight
High Carb Day	1.25-2 grams of carbs per pound of bodyweight
High Carb Day + Cheat Meal	1.25-2 grams of carbs per pound of bodyweight PLUS eat any meal of your favorite foods!

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Macros Breakdown

"How Many Carbs Should I Eat To Get Six Pack Abs?" is a question I get quite often...

So let's talk about that today.

First and foremost, carbs are essential if you are looking to get super lean. I know, good news right :)

And the best part is... The more active you are, the more carbs you will be needing. Before we move on, understand that I don't believe in counting calories, weighing food, or any of that kind of stuff...

I believe in GENERAL OUTLINES that are simple to follow.

You can get super lean simply by using the simple technique I will share with you today... Let's cover some basics first...

How Much Protein Should You Be Eating?

Answer: Eat at least 1 gram of protein per pound of bodyweight each day.

An easy way to do this is by adding 20-30 grams of protein to every meal that you eat. This can mean a few eggs, piece of chicken, steak, fish, whey protein shake, etc.

How Much Fat Should You Be Eating?

Answer: Add fats to all your meals. Grass fed butter, avocado, nuts, seeds, olive oil, coconut oil, etc.

One thing to take note of here...

As you will see in the 'Carbs' section... You should cycle between low and high fat days. A good guideline for how much fat to eat would be to use the calculation below (again, this is just an OUTLINE). Your lower fat days will be your higher carb days and your higher fat days will be your lower carb days.

So, how much fat per day?

Lower Fat Days: 0.2-0.3 grams of fat per pound of bodyweight.

Higher Fat Days: 0.3-0.5 grams of fat per pound of bodyweight

(200 pound male X 0.3 = 60 grams of fat)

(130 pound female X .3 = 39 grams of fat)

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Macros Breakdown

How Many Carbs Should You Be Eating?

Answer: *Carbs can be a bit trickier, however, when you CYCLE between high and low carb days, the results you see come much faster. The amount of carbs you consume also will depend on your level of activity.*

So, how many carbs per day?

Here's a simple outline on how to eat your carbs...

Low Carb Days: 25-100 grams of carbs (The more active you are, the closer to 100 you will eat.)

High Carb Days: 150-300+ grams of carbs (Approximately 1-2.5 grams of carbs per pound of bodyweight)

If you are super active and workout regularly, eat 2.5 grams per pound of bodyweight on high carb days. If you aren't very active, stick with eating 1 gram per pound of bodyweight.

Here's what the calculation would look like:

High Carb Day If Not Very Active:

- 200 pound, not very active male X 1 gram of carb = 200 grams on high carb days
- 130 pound, not very active female X 1 gram of carbs = 130 grams on high carb days

High Carb Day If You Are Active and Workout Regularly:

- 200 pound, not very active male X 2.5 gram of carb = 500 grams on high carb days
- 130 pound, not very active female X 2.5 gram of carbs = 325 grams on high carb days

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Macros Breakdown

A Final Word on Macros...

This cycle one of the simplest and most effective methods of eating when it comes to getting lean.

One more reminder to take note of here...

**On your HIGH carb days... You should eat lower amounts of fat.
On your LOW carb days... You should eat higher amounts of fat.**

High Carb Day Example

- **Protein:** 1 gram per pound of bodyweight
- **Fats:** .25 grams per pound of bodyweight
- **Carbs:** 2 grams per pound of bodyweight

So, here's what the breakdown would look like for a 200 pound person:

- **Protein:** 200 grams (200 X 1 gram)
- **Fats:** 50 grams (200 X .25 grams)
- **Carbs:** 400 grams (200 X 2 grams)

Low Carb Day Example

- **Protein:** 1 gram per pound of bodyweight
- **Fats:** .5 grams per pound of bodyweight
- **Carbs:** .5 grams per pound of bodyweight

So, here's what the breakdown would look like for a 200 pound person:

- **Protein:** 200 grams (200 X 1 gram)
- **Fats:** 100 grams (200 X .5 grams)
- **Carbs:** 100 grams (200 X .5 grams)

Now let's get to the meals!

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Low Carb Day Option One

Meal One				
MEAL	PROTEIN	CARBS	FAT	CALORIES
Protein Powder (2 scoops)	50	0	2	210
Strawberries (1 cup)	1	10.5	0	46
Almond Butter (2 tablespoons)	6	7	16	180
Spinach (3 cups)	2	3	0	20
Meal Sub Total	59	20.5	18	456
Meal Two				
MEAL	PROTEIN	CARBS	FAT	CALORIES
Chicken (8 ounces)	61	0	2.6	300
Spinach (3 cups)	2	3	0	20
Olive Oil (2 tbs)	0	0	27	240
Balsamic Vinegar (2 tbs)	0	4	0	20
Meal Sub Total	63	7	29.6	580
Meal Three				
Chicken (8 ounces)	61	0	2.6	300
Cheddar Cheese (1oz)	8	0	4	70
Avocado (1/2)	1	4.25	7.25	80.5
Broccoli (2 cups)	6	8	0	50
Asparagus (1 cup)	3	5	0	90
Grass Fed Butter (for veggies) (1 tbsp)	0	0	12	110
Meal Sub Total	133	17.25	25.25	700.5

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Low Carb Day Option Two

Meal One				
MEAL	PROTEIN	CARBS	FAT	CALORIES
Eggs (2 whole)	12	0	10	140
Egg Whites (1)	8	0	0	78
Avocado (1/2)	1	4.25	7.25	80.5
Meal Sub Total	21	4.25	17.25	298.5
Meal Two				
MEAL	PROTEIN	CARBS	FAT	CALORIES
Ground Beef (8 oz)	36.6	0	19	332
Cheddar Cheese (1 oz)	8	0	4	70
Broccoli (2 cups)	6	8	0	50
Avocado (1/2)	1	4.25	7.25	80.5
Sub Total	51.6	12.25	30.25	532.5
Meal Three				
MEAL	PROTEIN	CARBS	FAT	CALORIES
Chicken (8 ounces)	61	0	2.6	300
Cheddar Cheese (1 oz)	8	0	4	70
Broccoli (2 cups)	6	8	0	50
Asparagus (1 cup)	3	5	0	90
Almond Butter (1 tbsp.)	3	3.5	8	90
Apple (medium)	0.5	25	0.3	95
Meal Sub Total	81.5	41.5	14.9	695

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Low Carb Day Option Three

Meal One				
MEAL	PROTEIN	CARBS	FAT	CALORIES
Eggs (2 whole)	12	0	10	140
Egg Whites (4)	14.4	0	0	68
Avocado (1/2)	1	4.25	7.25	80.5
Asparagus (12 spears)	4	8	0	44
Meal Sub Total	31.4	12.25	17.25	332.5
Meal Two				
MEAL	PROTEIN	CARBS	FAT	CALORIES
Chicken (8 ounces)	61	0	2.6	300
Spinach (3 cups)	2	3	0	20
Olive Oil (2 tbs)	0	0	27	240
Balsamic Vinegar (2 tbs)	0	4	0	20
Meal Sub Total	63	7	29.6	580
Meal Three				
MEAL	PROTEIN	CARBS	FAT	CALORIES
Fish (8 ounces)	62	0	11	370
Broccoli (2 cups)	6	8	0	50
Asparagus (1 cup)	3	5	0	90
Grass Fed Butter (1 tbsp)	0	0	12	110
Protein Powder (1 scoop)	25	0	1	105
Strawberries (1 cup)	1	10.5	0	46
Almond Butter (1 tbsp.)	3	3.5	8	90
Meal Sub Total	100	27	32	861

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Low Carb Day Option Four

Meal One				
MEAL	PROTEIN	CARBS	FAT	CALORIES
Protein Powder (2 scoops)	50	0	2	210
Almond Butter (1 tbsp.)	3	3.5	8	90
Raspberries (1 cup)	1.5	14.7	.8	64
Spinach (3 cups)	2	3	0	20
Meal Sub Total	56.5	21.2	10.8	384
Meal Two				
MEAL	PROTEIN	CARBS	FAT	CALORIES
Ground Beef (8 oz)	36.6	0	19	332
Cheddar Cheese (1oz)	8	0	4	70
Broccoli (2 cups)	6	8	0	50
Avocado (1/2)	1	4.25	7.25	80.5
Meal Sub Total	51.6	12.25	30.25	532.5
Meal Three				
MEAL	PROTEIN	CARBS	FAT	CALORIES
Chicken (6 ounces)	45	0	2	225
Broccoli (2 cups)	6	8	0	50
Asparagus (1 cup)	3	5	0	90
Spinach (3 cups)	2	3	0	20
Avocado (1/2)	1	4.25	7.25	80.5
Olive Oil (2 tbs)	0	0	27	240
Balsamic Vinegar (2 tbs)	0	4	0	20
Grass Fed Butter (1 tbsp)	0	0	12	110
Meal Sub Total	69	8.25	48.25	835.5

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Low Carb Day Option Five

Meal One				
MEAL	PROTEIN	CARBS	FAT	CALORIES
Eggs (2 whole)	12	0	10	140
Egg Whites (6)	21	0	0.6	102
Cheddar Cheese (1oz)	8	0	4	70
Coconut Oil (1 tablespoon)	0	0	14	124
Greek Yogurt (½ cup)	14	12	7	130
Blueberries (1/2 cup)	0.5	10.5	0	42
Meal Sub Total	55.5	22.5	35.6	608
Meal Two				
MEAL	PROTEIN	CARBS	FAT	CALORIES
Chicken (8 ounces)	61	0	2.6	300
Avocado (1/2)	1	4.25	7.25	80.5
Spinach (3 cups)	2	3	0	20
Olive Oil (2 tbs)	0	0	27	240
Balsamic Vinegar (2 tbs)	0	4	0	20
Meal Sub Total	64	11.25	36.85	660
Meal Three				
MEAL	PROTEIN	CARBS	FAT	CALORIES
Chicken (8 ounces)	61	0	2.6	300
Broccoli (2 cups)	6	8	0	50
Asparagus (1 cup)	3	5	0	90
Grass Fed Butter (1 tbs)	0	0	12	110
Meal Sub Total	70	13	14.6	550

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High Carb Day Option One

Meal One				
MEAL	PROTEIN	CARBS	FAT	CALORIES
Almond Butter (1 tbsp)	3	3.5	8	90
Oatmeal (½ cup dry)	6	27	2.5	150
Banana (1 medium)	1	30	0	110
Meal Sub Total	10	60.5	10.5	350
Meal Two				
MEAL	PROTEIN	CARBS	FAT	CALORIES
Ground Beef (8 oz)	36.6	0	19	332
White Rice (1.5 cups cooked)	6	67.5	0	307.5
Broccoli (2 cups)	6	8	0	50
Meal Sub Total	48.6	75.5	19	689.5
Meal Three				
MEAL	PROTEIN	CARBS	FAT	CALORIES
Chicken (10 ounces)	75	0	3.3	375
Asparagus (2 cups)	6	10	0	180
Sweet Potato (1 medium)	2	31.6	.5	136
Grass Fed Butter (2 tbsp)	0	0	24	220
Meal Sub Total	83	41.6	27.8	911

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High Carb Day Option Two

Meal One				
MEAL	PROTEIN	CARBS	FAT	CALORIES
Whey Protein (1 scoop)	25	1	2	65
Oatmeal (½ cup dry)	6	27	2.5	150
Banana (1 medium)	1	30	0	110
Blueberries (1/2 cup)	0.5	10.5	0	42
Meal Sub Total	32.5	68.5	4.5	367
Meal Two				
MEAL	PROTEIN	CARBS	FAT	CALORIES
Ground Beef (8 oz)	36.6	0	19	332
Sweet Potato (1 medium)	2	31.6	.5	136
Broccoli (2 cups)	6	8	0	50
Meal Sub Total	44.6	39.6	19.5	518
Meal Three				
MEAL	PROTEIN	CARBS	FAT	CALORIES
Chicken (8 ounces)	61	0	2.6	300
White Rice (1.5 cups cooked)	6	67.5	0	307.5
Broccoli (2 cups)	6	8	0	50
Asparagus (1 cup)	3	5	0	90
Meal Sub Total	76	80.5	2.6	747.5

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Nutrition Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Day 1 Low Carb	Day 2 Low Carb	Day 3 Low Carb	Day 4 High Carb	Day 5 Low Carb	Day 6 Low Carb	Day 7 High Carb + 1 Cheat Meal
Day 8 Low Carb	Day 9 Low Carb	Day 10 Low Carb	Day 11 High Carb	Day 12 Low Carb	Day 13 Low Carb	Day 14 High Carb + 1 Cheat Meal
Day 15 Low Carb	Day 16 Low Carb	Day 17 Low Carb	Day 18 High Carb	Day 19 Low Carb	Day 20 Low Carb	Day 21 High Carb + 1 Cheat Meal
Day 22 Low Carb	Day 23 Low Carb	Day 24 Low Carb	Day 25 High Carb	Day 26 Low Carb	Day 27 Low Carb	Day 28 High Carb + 1 Cheat Meal
Day 29 Low Carb	Day 30 Low Carb	Day 31 Low Carb	Day 32 High Carb	Day 33 Low Carb	Day 34 Low Carb	Day 35 High Carb + 1 Cheat Meal
Day 36 Low Carb	Day 37 Low Carb	Day 38 Low Carb	Day 39 High Carb	Day 40 Low Carb	Day 41 Low Carb	Day 42 Full Cheat Day!

Color Code

Purple: Low Carb Days (.25 grams of carbs per pound of bodyweight)

Blue: High Carb Day (1.25-2 grams of carbs per pound of bodyweight)

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Nutrition Summary

There you have it!

As you can see, this plan will take EFFORT. It discipline and dedication in order to get your best results ever.

That said, if you follow the plan just as it's laid out for you above, you WILL see your fastest fat loss results ever.

So, read through the plan again what you need to do, print out the nutrition calendar and get ready for some serious results.

If you follow the calendar and have your meals prepared, this plan is going to be so simple for you.

Remember, you CAN do this. Stick with it, and you will be amazed at your incredible results!

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CHAPTER NINE

HIITBURN ABS



Chapter Nine: Six-Pack Abs Supplement Guide

There is no one supplement that will ever bring you the results that you desire. When first starting out it is very tempting to buy the next “magic pill” that is going to make you thin or get you ripped. The reality is, 95% of the supplements out there are straight crap.

As for the other 5%, there are some that will help in improving your overall health and help with the results you are looking for. Once again though, supplements alone will not bring you results.

The combination of eating the right foods and doing the right workouts is what your focus should be on. Supplements are simply an *add on* to your daily regimen.

The supplements list below is just a small list for starters. The four below are ones we can all benefit from:

1. Greens Supplement

If you eat a balanced diet filled with lots of vegetables and real foods, many times you will not need to take a green supplement. The reason to take one however is to *ensure* that you are getting enough vitamins and minerals into your diet.

It is a good back up plan to have, and it won't hurt to take a daily dose.

The best greens on the market is a product called Athletic Greens. It is like a multivitamin on steroids (ok not actual steroids but it is amazing!).

It is a little pricier than most multi-vitamins, but is an incredible product.



2. Fish-Oils

Take a look below at a few of the benefits that fish oils can bring:

- Lowers body fat
- Improved cardiovascular health
- Better recovery
- Better brain function
- Less inflammation
- Less depression

These are just a few of the many benefits you can expect when taking fish oils. Fish oils are a “must” supplement that people should take.

You can take anywhere from 1-3 grams of fish oil per day and see great benefits.

3. Whey Protein

You do not technically NEED to take a protein powder supplement but it is an easy way to help meet your protein needs for the day or to get in a quick meal. If possible, always try and get your protein from real food sources first (eggs, chicken, grass fed meats, fish, etc.)

I do not recommend having more than one protein shake a day (two is the max). The best times to have your protein shake are either after a workout or first thing in the morning. Other than that, fill yourself with real food.

After workouts your body is in need of a quick protein boost and whey protein is the perfect solution. It digests fast and gets to your muscles very quickly to refuel them.

The best kind of whey protein you can buy is grass fed whey protein. Grass Fed Whey is much more expensive but if you can pocket it, that is the way to go. If not, your next best option is whey protein isolate. Whey Isolate filters out all the fat and carbs so you are getting a very pure source of whey protein.



4. Vitamin D

Vitamin D supplements have been getting more and more popular as of late and for good reason. Take a look at a few of the benefits:

- It helps absorb nutrients such as calcium and phosphorus which play a big part in keeping your bones and immune system strong
- Helps regulate blood pressure
- Reduces stress
- Helps relieve body aches
- Reduces respiratory infections
- Aids in insulin secretion
- Improves cardiovascular health

And many more!

The best way to get your Vitamin D is through the natural source of sunlight. For some, however, sunlight isn't always an option for one reason or another (winter, work inside all day, etc.) If that's the case, be sure to supplement with some Vitamin D to make up for the missed sunlight.

For supplementation it is recommended to take 5000 IU per day if you cannot get into the sunlight. If the sun is available, I always recommend doing that first to get your Vitamin D for the day. 20-30 minutes is usually enough time to soak up all the Vitamin D you would need.

Conclusion...

Once again, supplements don't need to be a focus. They should simply be an add on.

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CHAPTER TEN

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Chapter Ten: Natural Fat Burners

When it comes to getting fit, I am always looking for different ways to speed up the process. By now you know that 80% (if not more) of the results we will get comes from nutrition. You also know that the combination of proper nutrition and doing the correct workouts will greatly *speed up* those results.

Below I want to share with you a few “tricks” that can help with speeding up the process of getting fit and burning fat. And the best part is, doing most of these is as simple as sprinkling a little spice on your food.

Before jumping in, please note that just doing the “tricks” below you will *not* get fit. The best way to get fit, burn fat, and put on lean muscle is by having an awesome nutrition and workout plan. What we will be going over today is simply to *HELP* with those results, not *GET* you the results!

Take a look below at some of the tricks you can start incorporating into your daily routine to help speed up your fat loss efforts...

Fat Burning Spices

Cinnamon

This is one of my favorite spices to use. Cinnamon can be used in coffee, tea, protein shakes, and more. In a recent study, it showed that adding cinnamon to a meal lowered the glycemic index of the foods by 18-29%. Now the reason this is important is because the higher the glycemic index of a meal, the higher your blood sugar levels rise (something you want to avoid when trying to lose fat).

Here are a few of the great benefits cinnamon can bring:

- Helps keep your blood sugar levels under control
- Helps to maintain insulin sensitivity
- It contains great antioxidants
- Reduces LDL cholesterol levels

Is cinnamon really the ultimate belly fat burner?

Well, although cinnamon may not have a *direct* result of burning off belly fat, it does help burn tons of fat in an indirect way. As was stated, cinnamon helps control our blood sugar levels and helps to maintain insulin sensitivity.

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Chapter Ten: Natural Fat Burners

As we read about chapter three, controlling insulin and blood sugar levels is vitally important when trying to lose fat and getting fit. So adding a sprinkle of cinnamon to meals can help ensure that your blood sugar levels stay level, hence allowing your body to burn fat.

Now before you run out and start eating a jar of cinnamon a day, let me say this: Just like anything there is, eating too much of one thing can be detrimental to your health. This includes cinnamon!

The best way to use cinnamon is to sprinkle some on meals throughout the day. Try keeping your daily intake under 2 teaspoons. Staying in the range of 1-1.5 teaspoons a day is usually best.

One of the best times you can use cinnamon is during your cheat day or during cheat meals. Cinnamon will help stabilize your blood sugar levels so the crappy foods that you just ate will have less affect on your body and fat storage.

Cinnamon should be used as an *add-on* to meals to make them a little healthier and possibly help you burn more fat. It should not be used as a way to eat more junk!

Cayenne Pepper

Cayenne pepper is not only an incredible tasting spice, but it is also one of the best spices for fat burn.

When we consume cayenne pepper, it naturally gives the body a *thermogenic boost*. In other words, it causes our body to "heat up" forcing it to burn more calories and increase energy expenditure.

Cayenne pepper is another spice that helps in regulating our blood sugar levels. Just like cinnamon, cayenne pepper can help prevent large blood sugar and insulin spikes after a meal dominated by carbohydrates and/or sugars.

The reason cayenne pepper can help with an insulin spike is because it causes the body to feel fuller for longer, translating into a less dramatic spike in insulin.

When first starting out, be sure to not overdo it with the cayenne pepper; a *light sprinkle can go a long way*. Start with a very small amount to test out if you can handle the heat of the spice. If you can, start incorporating some into your meals.

Again though, do not overdue it!

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Chapter Ten: Natural Fat Burners

Ginger

Ginger is a great additive that you can use when trying to lose weight and burn fat. Ginger aids in the digestive process, which in turn helps boost your metabolism. Having a bad digestive system can really slow down your body's ability to burn fat.

Ginger can help boost your metabolism by 20% according to one study because of the *thermogenic* response it has on the body. This is one of the reasons why it shows great results in terms of fat loss.

If anything, by adding ginger to your diet you are aiding your digestive track, which in turn will help bring you better overall health.

You can consume ginger in a variety of ways including teas, ground, pickled, or raw. As with the other spices, don't overdue it on the ginger. Your main focus should be on a solid nutrition and workout plan to get your results. Ginger will simply *help* you in the process of losing fat and getting healthy.

Try and keep you ginger consumption between 500-750 mg per day.

A few more fat burning spices to look into:

- Garlic
- Black Pepper
- Turmeric

As with the spices above, monitor the amount you consume in a day. Simply add these spices to food when needed.

Coffee

Coffee is talked about a lot in the world of fat loss, but is it really the answer you are looking for? Lets take a look:

Note: When I refer to coffee, I am referring to black coffee, straight espresso, or Americano's. I am not referring to lattes, mochas, or any other kind of coffee drink that adds in extras. Those are the ones to stay away from!

There are two main ways that coffee is shown to help with fat loss:

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Chapter Ten: Natural Fat Burners

The first is that it suppresses your appetite meaning it makes you feel less hungry. Anything that makes you feel less hungry will ultimately have a direct result in aiding with weight loss. It is never advised, however, to suppress your appetite just so you can lose a few pounds. There is a much better way of doing things!

Weight loss and fat loss should happen naturally by focusing on eating real foods and engaging in high intensity workouts 3-6 times per week. This is where the real results will come.

Next, coffee is also linked to having *thermogenic properties*, which helps to burn more calories. The caffeine found in coffee helps boost your metabolism and the higher your metabolism is, the more calories you will burn.

There are, however, some definite side effects that can come along with drinking too much coffee. These can include nervousness, upset stomach, insomnia, and more. It is recommended you do not overdue it on the coffee or caffeine.

It is best to drink coffee for enjoyment purposes and in moderation.

SUMMARY

Getting in incredible shape will always start with the foods you eat. You can then greatly speed up the process by adding in the correct kinds of workouts and exercises as we covered in previous chapters.

With everything that was covered in this chapter, this must be said: Although each of these “tricks” can help you burn a few more calories and maybe even a little more fat, the only way they can truly help is by *combining them* with tried and true method of getting fit.

This means with an awesome nutrition plan combined with doing the right kinds of workouts. All you should take with you in this chapter is the knowledge that there are some pretty powerful spices and natural stimulants out there that can *help you* in your process of getting healthy and getting fit. Other than that, continue to focus on your nutrition and workouts, and results are guaranteed to follow.

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CHAPTER ELEVEN

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Chapter Eleven: The Burning Questions...

We've just covered A LOT of cutting edge information and what I feel is the #1 way to get six pack abs.

At this point, maybe you still have some questions... Below, I will try and answer those for you...

1. I am doing all the right exercises and workouts but still am not losing fat, what's the deal?

Diet is number one when it comes to getting fit. No matter how good your workout routine is or how great the exercises you are doing, if your diet is not on point you will never get the results you are looking for.

I always say that 80% of the results you get will come from how you eat, and 80% is the minimum. *You can get incredible results by diet alone!* So start getting serious about how you eat if you want to get serious about getting fit. Remember, it is the *combination* of nutrition and the correct workouts that will bring the best results!

2. Do I need a weight room or weights to get six-pack abs?

Absolutely not. Although it does help if you have access to weights and a weight room, there are plenty of great bodyweight exercises that you can do that will build incredible strength, help add lean muscle, and burn fat.

With that said, if you are really looking to boost your fat burning and build lean muscle, access to a weight room or weights is best. The best way to get stronger and add lean muscle is through a great weight-training program.

This does not mean you can't get results if you don't have weights. Some of the best exercises you can do to get fit involve using just your bodyweight.

One thing you must do is focus on PROGRESSION in every workout, whether that's with weights or bodyweight.

If you don't have access to equipment, don't sweat it. Revisit the list of bodyweight exercises above to get some ideas on how to gain tons of strength without weights.

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3. How many times a week should I do ab workouts?

If you are eating correctly and doing the right kinds of exercises and workouts, you technically can get by doing zero "ab workouts" a week. All the exercises outlined earlier will help you burn the fat around your abs all while building up your ab muscles.

With that said, I would still encourage you to train your abs with ab specific exercises. I love a good core workout as much as the next person, so I recommend training them 2-4 times per week with at least a days rest in between.

Keep your ab workouts to a maximum of 10 minutes. I usually pick 3-4 different ab exercises and cycle through each of them twice for a total of 6-8 exercises.

4. I can feel I am gaining lots of strength and muscle but I am not losing fat, why?

This again comes back to diet. If you want to start losing the fat around you mid-section your diet must be great. It all starts with nutrition.

5. What supplements should I take to get fit?

You don't need supplements. The truth is, 95% of the supplements out there are complete garbage. If you are eating right and engaging in the right exercises, there is no need for supplements to help you achieve your goals.

If you do want to take a supplement, there are four that I find helpful:

- Multi Greens
- Whey Protein Powder (for after workouts)
- Fish Oil
- Vitamin D

These four supplements will help with recovery and overall health but they should never be the focal point of getting fit. Your focus should be on nutrition and workouts.

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Chapter Eleven: The Burning Questions...

6. How do you get your abs bigger?

For most people the problem they have when it comes to getting their abs to show is the layer of fat that is covering them up. Your first focus should be to eliminate the fat around your abs, then focus on building your abs.

The best way to build your abs is to train them like every other muscle. If you want your arms to get bigger, you lift heavy weights and train your arms. The same holds true for your abs. If you want your ab muscles to start popping, you must incorporate some weight to your ab routine.

And just like every other muscle, be sure to give your abs a day off to rest, recover, and grow. Your muscles do not grow in the gym, *they grow when they are resting.*

When trying to build your abs, the combination of heavy lifting, sprints, and proper nutrition is number one. Then incorporate some heavy (10-12 repetitions) ab exercises into your workouts.

7. Are there any times that I should avoid eating?

If you are eating the right foods, you should eat when you are hungry and until you are satisfied. You should never starve your body of the nutrients it desires. Focus on eating whole, natural foods and focus on eating lots of them.

If you eat the right foods, and eat when you are hungry and until you are satisfied your body will start to melt off fat and replace it with lean muscle.

8. When trying to lose weight, how often should I weigh myself?

There is no need to weigh yourself when trying to lose weight. *How you feel is far more important than a number on a scale.* If you are eating real foods, engaging in the right workouts, and feeling good; you will be able to tell that you are getting healthy, losing fat, and building lean muscle.

Next, you should go off of how you *look.* You will be able to tell just by looking if you are losing fat and putting on muscle. Many times a scale can be very misleading: If you are losing fat, but putting on muscle you may remain the same weight. The key here though is muscle takes up less space than fat, so although you may weigh the same, *you will look thinner!*

Instead of worrying about weighing yourself and worrying about your weight, focus on how you are feeling and looking. If you are eating correctly and doing the right exercises, *results will follow.*

If you do feel the need to weigh yourself, do it once per week at the same time each week. For example, each Sunday weigh yourself in the morning at 8AM.

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CHAPTER TWELVE

HIITBURN ABS



Chapter Twelve: Final Thoughts on Six-Pack Abs

As we reach the end of the book, I have a few more words of advice that I would like to share with you. With all the information we have covered, I feel none of it is worthwhile if you don't go about it in the right way.

Sure, it will get you healthy and will get your abs showing, but if you go about it in the wrong way you will be miserable doing it. Getting fit and being healthy is supposed to be **enjoyed**.

Below are four aspects I always remind myself of when starting a new journey, and I would like to share those with you as you start yours:

Find balance.

One saying that I always remind others and myself of is this: *"Health and fitness should not run your life, it should simply be a part of your life."*

Far too many times I see people allow their eating, workouts, mindset, etc. get taken over by trying to be too healthy. Although it is fine to live a healthy lifestyle, you still need to find a balance on where to draw the line.

As was stated, you should enjoy the process of getting healthy. Yes you may have to be a bit stricter on your diet and workouts but if you mess up on something it shouldn't be the end of the world.

The only times problems arise is when you start missing workouts and cheating on your eating consistently. If you find yourself eating junk foods everyday of the week and missing workouts constantly, you may have to reevaluate and see how you can improve.

Finding balance does not give you the permission to mess up on your nutrition or workout plan, but I want to make it clear that you must find a good balance of being able to enjoy the process. Don't obsess about everything that you eat. Eat real foods the majority of the time and then *enjoy* your junk food when you eat it.

Don't get so caught up in your workouts that you start going three hours a day thinking that it will bring you more benefits. Keep your workouts to no longer than 60 minutes (and this includes your warm up and cool down time). If you have to miss a workout for one reason or another, just allow it to happen and don't stress about it.

It is when you start missing workouts on a weekly basis that it becomes a problem.

Work on finding balance when it comes to your health and really focus on enjoying the process and challenge. Health and fitness should be a part of your life; it should not run your life. Remember that...

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Be positive.

“A positive attitude brings strength, energy and initiative.” Being positive is one of the best things you can do when starting a new challenge. If you go into something with a negative attitude, you will soon find yourself quitting and giving up.

If, however, you decide to approach the challenge with a positive attitude you will be amazed by the energy you have as you rise out of bed to conquer each new day. If for some reason you are struggling, *fake a positive attitude*. I find myself doing this every once in a while and trust me it helps immensely.

You can always turn a negative into a positive by simply changing your attitude towards the situation. If you don't feel like working out, trick your mind into thinking positively about the workout. You will find that it is these workouts that are the most gratifying when finished.

Learn to be optimistic in all that life throws at you. Everyone loves being around positive people. In anything new, having a positive outlook is huge. So get your mind right and attack at full force what is ahead!

Motivate others.

By you changing your life and your health, you are motivating others to do the same. When people see you making the effort to get fit, they will start thinking about doing the same for themselves.

It is amazing the domino effect that will happen when one person in the group takes the lead to live a better life. I know for myself, seeing someone trying to change their life motivates me to become a better person. If someone tells me they read one book a week, I get motivated to read more.

If someone tells me they have been getting up early to write a book that motivates me to get up early to write and get more work done. I challenge you to be that motivator in the group. Be the first one to jump off the ledge and watch as many around you start following.

Be the motivator for others around you by your actions. Show them and talk to them about what you have been doing. This will start the domino affect to get them healthy once and for all, all because of you deciding to take action.

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Make each day your masterpiece.

John R. Wooden used to state this all the time, “make each day your masterpiece” and it is something that will stick with me for life. We are blessed by each new day and I challenge you to make the most of it. Don’t let a day slip away where you don’t move closer to your goals.

You should attack each day as though it is you’re last, preparing yourself for a better tomorrow. One of the worst things you can do is “start tomorrow.” We only get so many tomorrows, so focus your efforts on today and work on making it great.

I hope you have found this get fit fast guide to be very helpful as you start your journey to taking back your health. It is now time to commit to your goals and the challenge ahead. With this guide, you are already well on your way to getting fit fast and staying that way for life.

THE END!



Thanks for joining us for this edition of HIITBURN Abs Blueprint!

We want to hear about your incredible results. Get in touch with us to tell us about your experience with the program.

Feel free to email us at:

dennis@hiitburn.com

Or

kelsey@hiitburn.com

Can't wait to stay in touch!

-Dennis and Kelsey Heenan



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