

## GETTING STARTED

### WORKOUT DAYS

Each phase of the program has workout days. Repeat the workout days without skipping a day. For example, in phase 1, after day 4, your next workout would be day 1 again. Do not skip around workout days. Rest days are up to you. I recommend working out 5 days a week and resting 2 days if you want a quick jump-start into the program. Minimum workout days would be 4 days per week.

### EXAMPLE OF A SCHEDULE FOR PHASE 1

	MON	TUE	WED	THR	FRI	SAT	SUN
<i>Week 1</i>	Day 1 Workout	Day 2 Workout	Day 3 Workout	Day 4 Workout	Day 1 Workout	Rest	Rest
<i>Week 2</i>	Day 2 Workout	Day 3 Workout	Day 4 Workout	Day 1 Workout	Day 2 Workout	Rest	Rest
<i>Week 3</i>	Day 3 Workout	Day 4 Workout	Day 1 Workout	Day 2 Workout	Day 3 Workout	Rest	Rest
<i>Week 4</i>	Day 4 Workout	Day 1 Workout	Day 2 Workout	Day 3 Workout	Day 4 Workout	Rest	Rest

**TIP:** All you have to remember is what day you worked on last, this way it is easier to keep up with the routine instead of trying to match the workout days specifically with the days of the week.

### REST DAYS FOR ALL 4 WORKOUT PHASES

Take rest days according to how you feel. Minimum of 1 rest day a week is a must. Most will find the need to take more rest days during the first 2 weeks of training. Afterwards, your muscles will start to adapt to the workouts and will respond with less soreness. Getting 6-8 hours of sleep per night is a must for proper muscle recovery. You can still work your muscle if you feel a little soreness just as long as it doesn't feel painful.

## GETTING STARTED (CONT'D)

### REST TIMES BETWEEN SETS

Every phase has specific rest times. I encourage you to use a stopwatch to track the amount of rest between every set. This will ensure your heart rate stays elevated and that you have high intensity workouts every time to burn more body fat. To increase the intensity of your workouts, you can shorten the rest time between your sets OR increase your weight to further challenge yourself.

### SUPERSETS

Supersets are 2 exercises performed back to back with no rest in between. They can be on opposing muscles. For example: back & chest; biceps & triceps; quads & hamstrings. Supersets can also be done doing 2 exercises back to back on the same muscle group. For example: Bench Press & Dumbbell Flies; Barbell Curls & Dumbbell Hammer Curls.

### TRISSETS

Same as a superset, except it's 3 exercises in a row nonstop instead of 2.

### AMOUNT OF WEIGHT TO USE

Pick a weight that you can perform the repetition needed for that exercise. If you started the program, its always safer to start off a little lighter and pyramid your way up as the sets progress. Make sure when you establish a weight used for an exercise, make sure it is heavy enough where you have difficulty finishing the last rep of the set.

### TILL FAILURE

This means do the maximum number of repetitions of an exercise until your muscles fail, or can't do anymore.

### EXERCISE SUBSTITUTIONS

See *Exercise Substitution* worksheet.

# SIXPACK

## SHORTCUTS

# WORKOUTS

## PHASE

# 1

## WEEKS 1-4

- PURPOSE:** Building your metabolism.
- LENGTH:** Repeat all the workout days for 4 weeks before moving on to Phase 2.
- SCHEDULE:** Workout 5 days and rest 2 days each week during this phase. (See example on page 1)
- MEALS:** Implement 1-2 Zero Willpower Eating System meals per day.
- WEIGHT:** Use the *WEIGHT* column to write the weight you lift. It should be heavy enough for you to be able to finish the number of reps for your first 2 sets.

## DAY 1 WORKOUT

### Total Body Workout

Workout Time: 40-45 min.

SETS	EXERCISES	REPS	WEIGHT	REST
1 set	<i>Warm up with:</i> Push Ups	10-20 reps	Body Weight	None
3 sets	Flat Bench press <i>Superset with:</i> Bent over Barbell Row	12 reps 12 reps	..... lbs ..... lbs	90 sec
2 sets	Seated Military Press <i>Superset with:</i> Standing Barbell Shrugs	12 reps 15 reps	..... lbs ..... lbs	90 sec
2 sets	Standing Barbell Curls <i>Superset with:</i> Seated Body Weight Dips <i>(For example, if you did 30 reps of Seated Body Weight Dips for the first set, then for the second set 70% would be 21 reps)</i>	12 reps Till Failure / 70% of 1st set	..... lbs Body Weight	90 sec
2 sets	Barbell Squat <i>Superset with:</i> Stiff Dead Lifts	15 reps 15 reps	..... lbs ..... lbs	90 sec
1 set	Standing Calf Raises <i>Superset with:</i> Running In Place ( <i>Weighted</i> )	20 reps 90 sec	Body Weight ..... lbs	90 sec
4 sets	Decline Sit-Ups	15 sec	Body Weight	15 sec

# SIXPACK

## SHORTCUTS

PHASE

1

# WORKOUTS

WEEKS 1-4

## DAY 2 WORKOUT

### Total Body Workout

Workout Time: 40-45 min.

SETS	EXERCISES	REPS	WEIGHT	REST
1 set	<i>Warm up with:</i> Jumping Jacks	15-20 sec	Body Weight	None
2 sets	Incline Dumbbell Chest Press <i>Superset with:</i> Wide Chin Ups	12 reps 12 reps	..... lbs ..... lbs	90 sec
2 sets	Standing Dumbbell Shoulder Press <i>Superset with:</i> Standing Dumbbell Shrugs	12 reps 15 reps	..... lbs ..... lbs	90 sec
2 sets	Seated Dumbbell Curls ( <i>Both arms</i> ) <i>Superset with:</i> Seated dumbbell overhead ext	12 reps 12 reps	..... lbs ..... lbs	90 sec
2 sets	Dumbbell Walking Lunges <i>Superset with:</i> Dumbbell Stiff Leg Dead Lift	20 reps ( <i>or 20 yards</i> ) 12 reps	..... lbs ..... lbs	90 sec
1 set	3-Position Calf Raises <i>(Totalling 90 Calf Raises with no rest between the 3 positions, afterwards rest for 90 seconds)</i>	30 reps per position	Body Weight	90 sec
4 sets	Bicycle Crunch <i>Superset with:</i> Mountain Climbers	20 reps 30 sec	Body Weight Body Weight	90 sec

# SIXPACK

SHORTCUTS

PHASE

1

# WORKOUTS

WEEKS 1-4

## DAY 3

### WORKOUT

**Abs & Cardio**

Workout Time: 32-37 min.

SETS	EXERCISES	REPS	WEIGHT	REST
10 sets	Body Weight Squats	20 sec	Body Weight	
	<i>Superset with:</i> Dynamic Push-Ups	20 sec	Body Weight	
	<i>Superset with:</i> Prone Cobras	20 sec	Body Weight	
	<i>Superset with:</i> Jumping Jacks	20 sec	Body Weight	
	<i>Superset with:</i> Mountain Climbers	20 sec	Body Weight	1:30-2:00 min

## DAY 4

### WORKOUT

**Abs & Cardio**

Workout Time: 25 min.

SETS	EXERCISES	REPS	WEIGHT	REST
10 sets	High Knees	20 sec	Body Weight	
	<i>Triset with:</i> Half Burpees	20 sec	Body Weight	
	<i>Triset with:</i> Reverse Crunch	20 sec	Body Weight	90 sec

# SIXPACK

## SHORTCUTS

### PHASE

# 2

# WORKOUTS

### WEEKS 5 - 8

- PURPOSE:** Burn the belly fat to see more visual results and build some quality muscles.
- LENGTH:** Repeat all the workout days for 4 weeks before moving on to Phase 3.
- SCHEDULE:** Workout 6 days and rest only 1 day each week during this phase.
- MEALS:** Implement 3 *Zero Willpower Eating System* meals per day.
- WEIGHT:** Use the *WEIGHT* column to write the weight you lift. It should be heavy enough for you to be able to finish the number of reps for your first 2 sets.

## DAY 1 WORKOUT

### Chest, Arms & Cardio

Workout Time: 45-50 min.

SETS	EXERCISES	REPS	WEIGHT	REST
1 set	Warm up with: Jumping Jacks	15-20 sec	Body Weight	None
4 sets	Incline Dumbbell Bench Press <i>Superset with:</i> Dumbbell Flat Fly's	10 reps 10 reps	..... lbs ..... lbs	90 sec
3 sets	Side to Side Push ups	30 sec	Body Weight	90 sec
3 sets	Barbell Clean & Press	10 reps	..... lbs	90 sec
3 sets	Front Raise <i>Superset with:</i> Side Laterals <i>Superset with:</i> Front Raise <i>Superset with:</i> Side Laterals <i>Superset with:</i> Front Raise <i>Superset with:</i> Side Laterals	10 reps 10 reps Till Failure Till Failure Till Failure	..... lbs ( <i>heaviest</i> ) ..... lbs ( <i>heaviest</i> ) ..... lbs ( <i>lighter</i> ) ..... lbs ( <i>lighter</i> ) ..... lbs ( <i>lightest</i> )	90 sec
<i>(Choose 3 dumbbells of different weight. The first set do 10 reps, then grab the lighter dumbbell and do as many reps as you can, then grab the lightest dumbbell and do as many reps as you can. Perform all without rest in between.)</i>				
4 sets	Skull Crushers <i>Superset with:</i> Tricep Kickbacks	10 reps 10 reps	..... lbs ..... lbs	90 sec
3 sets	Side to Side Heel Touches <i>Triset with:</i> Jump Rope <i>Triset with:</i> Jumping Lunges	20 sec 20 sec 20 sec	Body Weight Body Weight Body Weight	15 sec

# SIXPACK

SHORTCUTS

# WORKOUTS

PHASE

2

WEEKS 5 - 8

## DAY 2 WORKOUT

**Arms, Abs & Core**

Workout Time: 40-45 min.

SETS	EXERCISES	REPS	WEIGHT	REST
1 set	<i>Warm up with:</i> Jumping Jacks	15-20 sec	Body Weight	None
Minimum	50 Wide Grip Chin Ups <i>(Do a total of 50 Wide Grip Chin Ups as quickly as possible)</i>	Maximum	Body Weight	Minimum
5 sets	Dead Lifts	10 reps	..... lbs	90 sec
6 sets	Preacher Curl	10 reps	..... lbs	
	<i>Triset with:</i> Dumbbell Hammer Curl	10 reps	..... lbs	
	<i>Triset with:</i> Dumbbell Shrugs	10 reps	..... lbs	90 sec
3 sets	Knee to Elbows	20 sec	Body Weight	20 sec
3 sets	Hand-Sliding Crunches	20 sec	Body Weight	20 sec

# SIXPACK

## SHORTCUTS

PHASE

2

# WORKOUTS

WEEKS 5 - 8

## DAY 3

### WORKOUT

#### Legs, Abs & Core

Workout Time: 35-40 min.

SETS	EXERCISES	REPS	WEIGHT	REST
1 set	<i>Warm up with:</i> Push Ups	10-20 reps	Body Weight	None
3 sets	Barbell Squats <i>Superset with:</i> Walking Lunges	10 reps 20 reps ( <i>or 20 yards</i> )	..... lbs Body Weight	90 sec
5 sets	Barbell Stiff Leg Dead Lift	12 reps	..... lbs	90 sec
3 sets	Seated Calf Raise <i>Superset with:</i> Knee to Elbow	25 reps 20 sec	..... lbs Body Weight	90 sec
4 sets	Lying One Leg Toe Touch	20 sec	Body Weight	20sec

## DAY 4

### WORKOUT

#### Functional Cardio

Workout Time: 32 min.

SETS	EXERCISES	REPS	WEIGHT	REST
10 sets	Burpees	20 sec	Body Weight	
	<i>Superset with:</i> Step Up Taps	20 sec	Body Weight	
	<i>Superset with:</i> 180 Jump Squats	20 sec	Body Weight	
	<i>Superset with:</i> Side to Side Jumps	20 sec	Body Weight	
	<i>Superset with:</i> Hydraulics	20 sec	Body Weight	90 sec



# SIXPACK

## SHORTCUTS

# WORKOUTS

PHASE

3

12 DAYS

- PURPOSE:** Shock and build muscles, especially around the core area to prevent the fat from returning.
- LENGTH:** Repeat all 3 workout days 4 times for 12 days.
- SCHEDULE:** Workout 12 days straight without taking any rest days during this phase.
- MEALS:** Now you need to eat 5 *Zero Willpower Eating System* meals per day.
- WEIGHT:** Use the *WEIGHT* column to write the weight you lift. It should be heavier than the previous phases since the reps are much lower.

**TIP:** Must keep very strict form in this phase due to the decrease in reps on your exercises and increase in weight used. Make sure you increase weight gradually, pyramiding up from the 1st set of the exercise to prevent injury. If you're unsure if the weight is too heavy, have a spotter spot you until you are confident on the amount of weight you can handle for the amount of reps you need.

## DAY 1 WORKOUT

### Chest, Legs & Core

Workout Time: 35-40 min.

SETS	EXERCISES	REPS	WEIGHT	REST
1 set	Warm up with: Push Ups	10-20 reps	Body Weight	None
5 sets	Heavy Barbell Squats	12, 8, 5, 5, 5 reps	..... lbs	90 sec
5 sets	Heavy Incline Bench Press	10, 5, 5, 5, 5 reps	..... lbs	90 sec
5 sets	Weighted Dips	15, 7, 5, 5, 5 reps	..... lbs	90 sec
Minimum	100 Hanging Leg Raises <i>(Do a total of 100 Hanging Leg Raises as quickly as possible)</i>	Maximum	Body Weight	Minimum

# SIXPACK

SHORTCUTS

# WORKOUTS

PHASE

3

12 DAYS

## DAY 2 WORKOUT

**Legs, Arms & Core**

Workout Time: 45-50 min.

SETS	EXERCISES	REPS	WEIGHT	REST
1 set	Warm up with: Jumping Jacks	15-20 sec	Body Weight	None
6 sets	Heavy Dead Lifts	12, 8, 5, 5, 5, 5 reps	..... lbs	90 sec
6 sets	Wide Chin Ups <i>(If reps are over 10, use a dumbbell for added resistance)</i>	Till failure	Body Weight	90 sec
5 sets	Heavy Upright Rows	12, 6, 6, 6, 6 reps	..... lbs	90 sec
5 sets	Standing Military Press	12, 8, 5, 5, 5 reps	..... lbs	90 sec
4 sets	Decline Sit-Ups	15 sec	Body Weight	15 sec

# SIXPACK

## SHORTCUTS

PHASE

3

# WORKOUTS

12 DAYS

## DAY 3 WORKOUT

### Legs, Arms & Core

Workout Time: 30-35 min.

SETS	EXERCISES	REPS	WEIGHT	REST
1 set	<i>Warm up with:</i> Push Ups	10-20 reps	Body Weight	None
5 sets	Front Squat & Press	12, 5, 5, 5, 5 reps	..... lbs	90 sec
5 sets	Heavy Bicep Curls <i>Superset with:</i> Shrugs	8, 5, 5, 5, 5 reps Till Failure	..... lbs ..... lbs	90 sec
1 set	Leg Press <i>Dropset with: (Same as above)</i> <i>Dropset with: (Same as above)</i>	12 reps Till Failure Till Failure	..... lbs ( <i>Heaviest Weight</i> ) ..... lbs ( <i>Drop Weight</i> ) ..... lbs ( <i>Drop More Weight</i> )	90 sec

*(This is an example of 3 drops, meaning your weights dropped from heaviest to lightest in 3 dropsets, but do more than 3 drops if you can)*

**TIP:** You may periodically repeat Phase 3 for 12 days in the future even after Phase 4 in order to give your muscles a shock, which will prevent them from going into a plateau.

# SIXPACK

## SHORTCUTS

### PHASE

# 4

# WORKOUTS

### CONTINUOUSLY

- PURPOSE:** Loose the last pounds to reveal the sixpack abs and maintain the shape you want to be in.
- LENGTH:** You will continue to perform the workouts in this phase as a maintenance program.
- SCHEDULE:** Workout 5-6 days and rest 1-2 days each week during this phase.
- MEALS:** Now you need to fully implement 5-6 *Zero Willpower Eating System* meals per day.
- WEIGHT:** If you're satisfied with your body at the end of the 12 weeks, keep using the same amount of weight to maintain. If you want to become more lean and ripped, continue to add weight to your exercises.

**TIP:** As you increase the weight you lift, DO NOT INCREASE THE AMOUNT OF CALORIES YOU EAT ON A DAILY BASIS so your body can continue to burn more body fat. If you do increase your calories as you get stronger, you will add more muscle mass, but your fat burning will stop.

## DAY 1 WORKOUT

### Arms, Chest & Cardio

Workout Time: 40-45 min.

SETS	EXERCISES	REPS	WEIGHT	REST
1 set	<i>Warm up with:</i> Jumping Jacks	15-20 sec	Body Weight	None
4 sets	Flat Dumbbell Press <i>During rest period:</i> Lying Toe Touch	8 reps 20 sec	..... lbs Body Weight	60 sec
3 sets	Flat Dumbbell Fly <i>During rest period:</i> Lying Toe Touch	8 sets 20 sec	..... lbs Body Weight	60 sec
4 sets	Standing Barbell Curls	8 sets	..... lbs	60 sec
3 sets	Preacher Curls	8 sets	..... lbs	60 sec
8 sets	Burpees	20 sec	Body Weight	20 sec

# SIXPACK

## SHORTCUTS

### PHASE

# 4

# WORKOUTS

## CONTINUOUSLY

## DAY 2 WORKOUT

### Arms, Legs & Abs

Workout Time: 40-45 min.

SETS	EXERCISES	REPS	WEIGHT	REST
1 set	<i>Warm up with:</i> Push Ups	10-20 reps	Body Weight	None
3 sets	Wide Pull Ups <i>During rest period:</i> Wide Push Ups	Till failure 15 reps	Body Weight Body Weight	60 sec
3 sets	T-Bar Rows <i>During rest period:</i> Prone Cobras	10 reps 10 reps	..... lbs Body Weight	60 sec
3 sets	Back Ext with Side Laterals <i>During rest period:</i> Prone Cobras	12 reps 10 reps	..... lbs Body Weight	60 sec
4 sets	Cable Triceps Ext (V bar or rope) <i>During rest period:</i> Close Grip Push Ups	8 reps 15 reps	..... lbs Body Weight	60 sec
3 sets	One Arm Dumbbell Ext <i>During rest period:</i> Close Grip Push Ups	12 reps 15 reps	..... lbs Body Weight	60 sec
3 sets	Lying Toe Touches <i>Triset with:</i> Reverse Crunch <i>Triset with:</i> Circles	20 sec 20 sec 20 sec	Body Weight Body Weight Body Weight	60 sec

# SIXPACK

SHORTCUTS

PHASE

4

# WORKOUTS

CONTINUOUSLY

## DAY 3 WORKOUT

**Arms, Legs & Abs**

Workout Time: 40-45 min.

SETS	EXERCISES	REPS	WEIGHT	REST
1 set	<i>Warm up with:</i> Jumping Jacks	15-20 sec	Body Weight	None
5 sets	Standing Dumbbell Press	8 reps	..... lbs	
	<i>Superset with:</i> Barbell Shrugs	15 reps	..... lbs	60 sec
	<i>During rest period:</i> Elbow Knee Crunch	20 sec	Body Weight	
5 sets	Barbell Front Raises (to the ceiling)	8 reps	..... lbs	
	<i>Superset with:</i> Plate Shrugs	15 reps	..... lbs	60 sec
	<i>During rest period:</i> Elbow Knee Crunch	20 sec	Body Weight	
1 set	3-Position Calf Raises	30 reps per position	Body Weight	60 sec
6 sets	Jumping Knee Tucks	20 sec	Body Weight	
	<i>Superset with:</i> Rocking Get Ups	20 sec	Body Weight	20 sec

# SIXPACK

SHORTCUTS

PHASE

4

# WORKOUTS

CONTINUOUSLY

## DAY 4

### WORKOUT

**Arms, Legs & Abs**

Workout Time: 40-45 min.

SETS	EXERCISES	REPS	WEIGHT	REST
1 set	<i>Warm up with:</i> Push Ups	10-20 reps	Body Weight	None
5 sets	Standing Dumbbell Press <i>Superset with:</i> Barbell Shrugs <i>During rest period:</i> Elbow Knee Crunch	8 reps 15 reps 20 sec	..... lbs ..... lbs Body Weight	60 sec
3 sets	Barbell Squat <i>Triset with:</i> Dumbbell Walking Lunges <i>Triset with:</i> Jumping Lunges	10 reps 20 reps ( <i>or 15 yards</i> ) 20 reps	..... lbs ..... lbs Body Weight	60 sec
4 sets	Stiff Leg Dead Lifts <i>Superset with:</i> One Leg Toe Touch	12 reps 12 reps	..... lbs ..... lbs	60 sec
6 sets	Hopping Squats <i>Superset with:</i> Stepping Taps	20 sec 20 sec	Body Weight Body Weight	20 sec

## DAY 5

### WORKOUT

**Functional Cardio**

Workout Time: 10 min.

SETS	EXERCISES	REPS	WEIGHT	REST
5 sets	Jumping Jacks <i>Triset with:</i> Mountain Climbers <i>Triset with:</i> Air Jacks	20 sec 20 sec 20 sec	Body Weight Body Weight Body Weight	60 sec

# SIXPACK

## SHORTCUTS

### PHASE

# 4

# WORKOUTS

## CONTINUOUSLY

## DAY 6

### WORKOUT

### Chest & Arms

Workout Time: 30-35 min.

SETS	EXERCISES	REPS	WEIGHT	REST
1 set	<i>Warm up with:</i> Jumping Jacks	15-20 sec	Body Weight	None
4 sets	Incline Bench Press <i>During rest period:</i> Wide Push Ups	8 reps 10-15 reps	..... lbs Body Weight	60 sec
3 sets	Dips ( <i>Lean forward to work on chest</i> ) <i>During rest period:</i> Wide Push Ups	Till Failure 10-15 reps	Body Weight Body Weight	60 sec
3 sets	Standing Dumbbell Alternating Curl <i>During rest period:</i> Wide Push Ups	8 reps 10-15 reps	..... lbs Body Weight	60 sec
1 set	Standing Dumbbell Hammer Curls ( <i>Both arms</i> ) <i>Dropset with: (Same as above)</i> <i>Dropset with: (Same as above)</i> <i>(This is an example of 3 drops, meaning your weights dropped from heaviest to lightest in 3 dropsets, but do more than 3 drops if you can)</i> <i>During rest period:</i> Wide Push Ups	Till Failure Till Failure Till Failure 10-15 reps	..... lbs ( <i>Heaviest Weight</i> ) ..... lbs ( <i>Drop Weight</i> ) ..... lbs ( <i>Drop More Weight</i> ) Body Weight	60 sec
3 sets	Push Ups <i>Superset with:</i> Side to Side Push Ups <i>Superset with:</i> Side Planks ( <i>One side</i> ) <i>Superset with:</i> Side Planks ( <i>The other side</i> )	20 sec 20 sec 20 sec 20 sec	Body Weight Body Weight Body Weight Body Weight	60 sec



# SIXPACK

SHORTCUTS

PHASE

4

# WORKOUTS

CONTINUOUSLY

## DAY 7 WORKOUT

**Arms, Core & Abs**

Workout Time: 35-40 min.

SETS	EXERCISES	REPS	WEIGHT	REST
1 set	<i>Warm up with:</i> Push Ups	10-20 reps	Body Weight	None
3 sets	Wide Pull Ups	Till failure	Body Weight	60 sec
	<i>During rest period:</i> Wide Push Ups	15 reps	Body Weight	
3 sets	T-Bar Rows	10 reps	..... lbs	60 sec
	<i>During rest period:</i> Prone Cobras	10 reps	Body Weight	
3 sets	Dead Lifts	12 reps	..... lbs	60 sec
4 sets	One Arm Dumbbell Row	8 reps	..... lbs	
	<i>Superset with:</i> Prone Cobras	10 reps	Body Weight	60 sec
4 sets	Skull Crushers	12 reps	..... lbs	
	<i>Superset with:</i> Bench Dips	Till failure	Body Weight	60 sec
4 sets	Jumping Lunges	20 sec	Body Weight	
	<i>Superset with:</i> Lying Hand to Heel Touches	20 sec	Body Weight	20 sec

# SIXPACK

SHORTCUTS

PHASE

4

# WORKOUTS

CONTINUOUSLY

## DAY 8 WORKOUT

**Arms, Legs & Cardio**

Workout Time: 35-40 min.

SETS	EXERCISES	REPS	WEIGHT	REST
1 set	<i>Warm up with:</i> Jumping Jacks	15-20 sec	Body Weight	None
4 sets	Standing Barbell Military Press	8 reps	..... lbs	
	<i>Superset with:</i> Behind Back Barbell Shrugs	15 reps	..... lbs	60 sec
4 sets	Side laterals	8 reps	..... lbs	
	<i>Superset with:</i> Front Raises	8 reps	..... lbs	60 sec
4 sets	Seated Calf Raises	20 reps	..... lbs	60 sec
6 sets	Jumping Jacks	20 sec	Body Weight	
	<i>Superset with:</i> Decline Sit-Ups	20 sec	Body Weight	20 sec

# SIXPACK

## SHORTCUTS

### PHASE

# 4

# WORKOUTS

## CONTINUOUSLY

## DAY 9

### WORKOUT

### Legs

Workout Time: 40-45 min.

SETS	EXERCISES	REPS	WEIGHT	REST
Minimum	Warm up with: 100 Body Weight Squats <i>(Do a total of 100 Body Weight Squats as quickly as possible)</i>	Maximum	Body Weight	Minimum
5 sets	Barbell Crab Walks	20 reps (or 20 yards)	..... lbs	60 sec
1 set	Leg Extension <i>Dropset with: (Same as above)</i> <i>Dropset with: (Same as above)</i> <i>Dropset with: (Same as above)</i> <i>Dropset with: (Same as above)</i>	Till Failure Till Failure Till Failure Till Failure	..... lbs (Heaviest Weight) ..... lbs (Drop Weight) ..... lbs (Drop More Weight) ..... lbs (Drop More Weight)	60 sec
<i>(Do 5 drops minimum, meaning your weights dropped from heaviest to lightest in 5 dropsets, but do more than 5 drops if you can)</i>				
5 sets	Dumbbell Leg Curl <i>Triset with: One Leg Toe Touch (One leg)</i> <i>Triset with: One Leg Toe Touch (The other leg)</i>	12 reps 12 reps 12 reps	..... lbs Body Weight Body Weight	20 sec
6 sets	Half Burpees <i>Superset with: Crunch Knee Holds</i>	20 sec 20 sec	Body Weight Body Weight	20sec

# SIXPACK

SHORTCUTS

PHASE

4

# WORKOUTS

CONTINUOUSLY

## DAY 10

### WORKOUT

**Functional Cardio**

Workout Time: 10 min.

SETS	EXERCISES	REPS	WEIGHT	REST
5 sets	Jumping Jacks	20 sec	Body Weight	
	<i>Triset with:</i> Mountain Climbers	20 sec	Body Weight	
	<i>Triset with:</i> Air Jacks	20 sec	Body Weight	60 sec

**TIP:** Now continue back to the beginning of Phase 4. After a while, you may periodically repeat Phase 3 for 12 days in order to give your muscles a shock (this will build muscle), which will prevent them from going into a plateau. If you need to lose even more weight, you may want to do the *24 Week Advanced Fitness Coaching* or undertake our *Committed* program.