

Chad Howse's

FIX YOUR FAT LOSS

Hormones

SIXPACK TRAINING
GUIDE



FIX YOUR FAT LOSS HORMONES

SIXPACK TRAINING GUIDE

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ABS ARE MADE IN THE WEIGHT ROOM

Sixpack abs are the most sought after muscle group to have for everyone all over the world. Let's face it, you want a rock hard, defined set of abdominals.

And you know what? So do 90% of the people you see in the gym!

That's a great goal to have and one that takes great dedication and discipline. Now maybe you are 20 lbs (or more) away from reaching this point. That's okay. You'll soon realize that the further you get into this program; this goal is going to become more "real" for you. You'll start to believe that you too can have a nice set of ripped sixpack abs that you'll be able to proudly show off at the beach.

Now before we go any further, let me just say this...

This guide is not a fat loss program!

This manual is purely an abdominal training program designed to help you achieve a set of rock solid, head turning, neck snapping set of sixpack abs.

You've probably heard the phrase "Abs are made in the kitchen." But I tend to disagree. Yes, anyone who has seen a human anatomy chart can agree that we are all born with a set of abs. And you'll hear all the gurus preach some diet that is going to get you lean enough to reveal those already existing abs.

But how many times have you seen an incredibly skinny guy walking around the beach with ZERO abs?

Exactly!

It's actually quite common to see someone with low levels of body-fat and no sight of abs.

We must not forget that the abdominals are also a muscle like any other muscle in our body, muscles that we can train and improve.

If your goal is just a flat tummy...that's fine.

But if you want abs that pop like the women on the fitness magazine covers, then you'll need to follow this guide.

THE FIGHTER MENTALITY

Now let me ask you this. When was the last time you saw boxers or mma fighters weighing-in before a fight and not have visible sixpack abs?



Go ahead...

Think.

Nothing?

I didn't think so. And if you are familiar with a boxer's and MMA fighter's training then this should come to no surprise.

You see, if you think hundreds of crunches are the reason for boxers and MMA fighters to have sharp abs, then you are sadly mistaken. Although these combat athletes do include basic movements like ab crunches into their training, they're a very small piece of the abdominal pie.

In fact, the high number of bodyweight crunches done by these athletes are 90% done for conditioning purposes and only about 10% for core strength. You don't have to be a mathematician to see that this leaves 0% for aesthetics.

So what are boxers doing in their training that is allowing them to build sixpack abs sharper than even top physique competitors?

We'll get into that now.

PROPER ABDOMINAL TRAINING

Most abs programs are not abs programs at all. They're diets that help achieve low enough bodyfat levels to reveal your already existing "six pack".

Now this is not to say that low levels of bodyfat are not critical when attempting to achieve visible abs, but they sometimes are not enough.

As I said earlier, the abs, particularly the rectus abdominis (the superficial portion of the core), is like any other muscle group in the body. The shape they take is completely up to your genetics make-up, but with proper tension, frequency, volume, and overload, they too can become bigger and stronger.

The focus of this program is not only to provide a firm, strong, and functional core that'll help prevent lower back pain as well as aid in everyday activities, but also to build the muscles for a more visible and impressive set of abs.

So if your goal is to simply have a flat, smooth stomach, then this probably isn't for you.

On the other hand, if you want a rock hard, stable, and shredded core, then look no further.

Now before we jump into the program, let's first go over the different muscles that make up the abdomen/core.

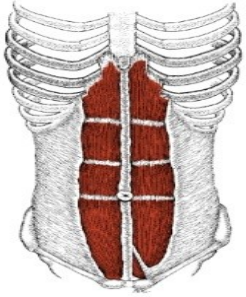
Much like other muscle groups, you'll see that these muscles also work in conjunction with one another but can be targeted and emphasized a little more with certain movements.

Now let's get into a short anatomy session.

It's going to be very basic and straight to the point. After all, you're probably ready to jump right into the training and have no interest in a boring anatomy lesson anyway, right?

SIXPACK + CORE ANATOMY

Rectus Abdominis



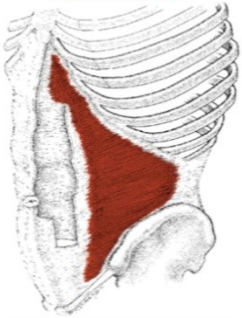
The Rectus Abdominis: the outermost muscle of the entire abdominal region. Its main function is to flex the lumbar spine (crunching)...

The rectus abdominis (also known as the abs) gets the name “six pack” or even sometimes “eight pack” from the bands of connective tissue called the tedious intersections. These tendons go across the rectus abdominis and separate it into six and even sometimes eight different muscle bellies.

But the abs are like an onion. They are many layers deep and contain a bunch of muscles with many different functions.

What you don’t realize is the internal abdominal muscles are extremely important in not only lower back health, but also making your stomach firm and FLAT.

Transverse Abdominis



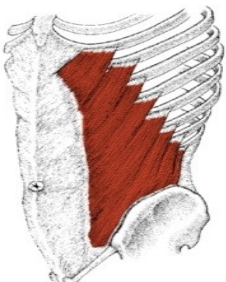
The main muscle responsible for this is the **Transverse Abdominus**. It is the deepest muscle in the entire abdominal “onion.”

The Transverse Abdominus will actually act as a girdle, pulling everything in and making your stomach nice and tight!

This is the area you want to hit hard and you don’t do it with crunches or sit ups.

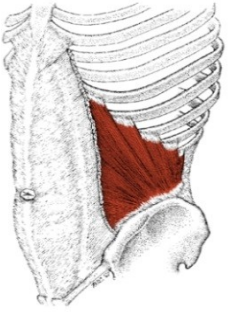
You do it with mainly any type of exercise that involves holding yourself in place like a plank.

External Obliques



External Oblique: The largest and most superficial muscles of the lateral anterior abdomen.

The function of the external oblique is to pull the chest downward and compress the abdominal cavity. It also somewhat aids in flexion and rotation of the vertebral column.

Internal Obliques

Internal Oblique: This muscle lies below the external oblique and just above the transverse abdominal.

The internal oblique has two major functions, but only one that is important to understand (for the sake of this program). Its contraction rotates and side-bends the trunk by pulling the rib cage and midline towards the hip and lower back, of the same side. It acts with the external oblique muscle of the opposite side to achieve this torsional movement of the trunk.

Benefits of Core Strength

Now that you have a basic understanding as to the anatomy of the abdomen, the program lay out and execution should make more sense to you. And although your main goal is probably to have a set of sixpack abs that pop along with sharp obliques, having a strong and stable core is probably the biggest benefit of this training program.

Aside from being able to bench press and squat more weight, other benefits of having a strong core include:

- Helps prevent and/or alleviate back pain
- Better athletic performance (jumping, running, swimming, etc)
- Improved posture
- Improved balance

Not to mention, core strength and stability will also spill over into essentially every lift in the weight room from the biceps curl to the squat.

TRAINING PRINCIPLES

This program is laid out into 3 days. A hypertrophy day, core training, and conditioning. The frequency at which you implement these workouts is optional. However, I do recommend a minimum of 3 days per week with an absolute maximum of 6 days per week. There are a number of splits you can implement that all work equally well.

Here are some examples:

3x per Week: Hypertrophy, Rest, Core, Rest, Conditioning, Rest, Rest, Repeat

5–6x per Week: Hypertrophy, Core, Conditioning, Rest, Repeat

Abs Training on Rest Days

If you are performing an abs training routine on a rest day, the routine can be done at any time during that day.

Abs Training on Training Days

If you are performing an abs workout routine on a training day, the routine should be performed either immediately following your weight training session or on its own, later in the day.

Progression

Like any other muscle group, adaptations come from progressively increasing performance. If you can continue to outperform your last performance, your body will be forced to continually adapt by building larger and stronger muscle tissue in order to handle the load in the future. Each training day will have its own for of progression.

Training Day	Progression
Hypertrophy	Increased workload - Volume
Core	Increased Time Under Tension
Conditioning	More work in less time

Training Split Examples

3x per Week

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest	Hypertrophy (a)	Rest	Core (a)	Rest	Conditioning (a)	Rest
Rest	Hypertrophy (b)	Rest	Hypertrophy (b)	Rest	Conditioning (b)	Rest

3–4x per Week

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest	Hypertrophy (a)	Rest	Core (a)	Rest	Conditioning (a)	Rest
Hypertrophy (b)	Rest	Core (b)	Rest	Conditioning (b)	Rest	Hypertrophy (a)

5–6x per Week

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest	Hypertrophy (a)	Core (a)	Conditioning (a)	Rest	Hypertrophy (b)	Core (b)
Conditioning (b)	Rest	Hypertrophy (a)	Core (a)	Conditioning (a)	Rest	Hypertrophy (b)

Workout Index

Hypertrophy (a)

Exercise	Sets	Reps	Rest	Tempo
Cable Crunch	4	8	60 Seconds	1:1:4:1
Stability Ball Crunch	2	12	60-90 Seconds	2:0:2:0
Hanging Leg Raises	2	8	90 Seconds	1:0:3:0
Hanging Side Crunch	2	10	60 Seconds	1:0:4:0

Hypertrophy (b)

Exercise	Sets	Reps	Rest	Tempo
Decline Crunch	4	8	60 Seconds	1:0:4:0
Weighted V-Up	2	10	60 Seconds	1:0:3:0
Hanging Knee Raises	2	10	60-90 Seconds	2:0:3:0
Bicycle Crunch	3	12	60 Seconds	1:0:2:0

Core (a)

Exercise	Sets	Time	Rest	Tempo
Plank	2	1-2 Minutes	60-90 Seconds	
Side Plank	2	1-2 Minutes	60-90 Seconds	
Flutter Kick	4	ALAP	90 Seconds	

Core (b)

Exercise	Sets	Time	Rest	Tempo
Dragon Flag	3	ALAP	90 Seconds	
Plank to Push Up	2	1-2 Minutes	90 Seconds	
Side Plank	2	1-2 Minutes	60 Seconds	

Conditioning

For the conditioning workout, you will be performing 4 different exercises, for a prescribed numbers of reps, with as little time as possible in between exercises.

Once you have completed all 4 exercises, you will have successfully completed 1 conditioning circuit.

The goal of this workout is to complete as many conditioning circuits as you can in 10 minutes.

Every time you perform this workout, you should aim to complete more conditioning circuits than you did previously.

Conditioning (a)

Exercise	Sets	Reps	Rest	Tempo
Crunches		15		
Bicycle Crunch		10		
Toe Touches		10		
Lying Leg Lifts		12		

Conditioning (b)

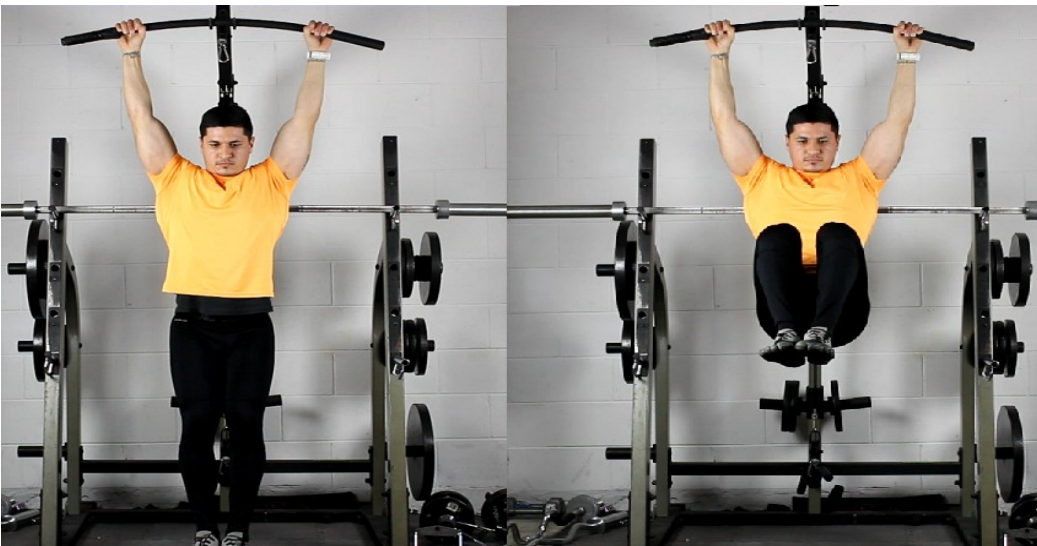
Exercise	Sets	Reps	Rest	Tempo
Toe Touches		10		
R Oblique Crunch		15		
L Oblique Crunch		15		
Lying Leg Lifts		12		

EXERCISE EXECUTION

Hanging Leg Raises



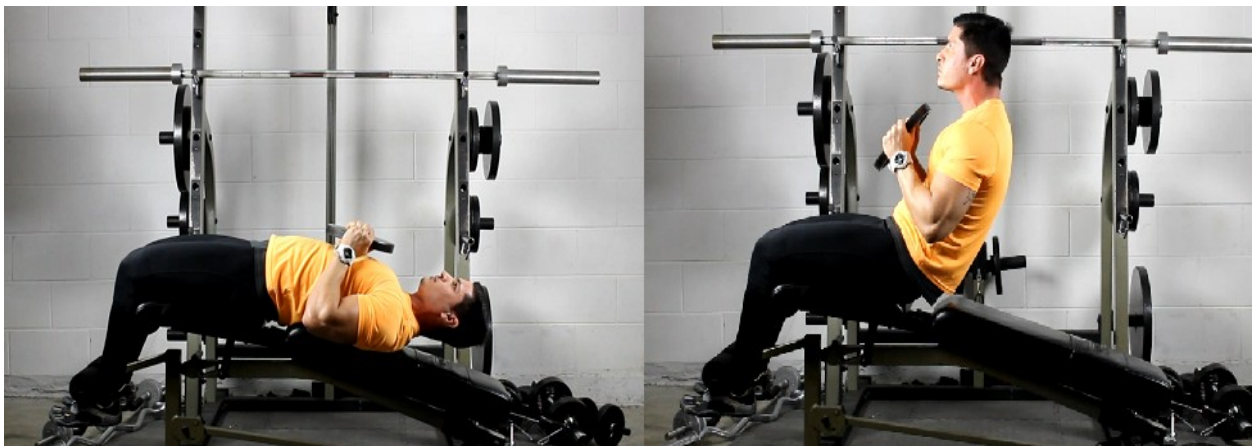
Hanging Knee Raises



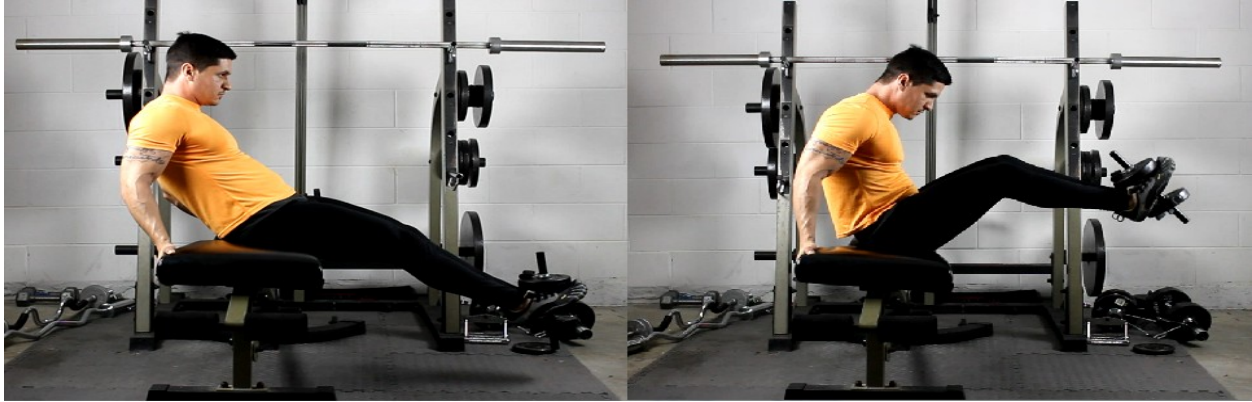
Hanging Side Crunch



Decline Crunches



Weighted V-Up



Cable Crunches



Plank



Side Plank



Flutter Kick



Plank to Push Up



Dragon Flag



Toe Touches



Crunch



Oblique Crunch



Lying Leg Lifts



Bicycle Crunch

