

6week sixpack

PREP WEEK



WORKOUT
6WeekSixpack.com

HEALTH WARNING

Due to the physical nature of the exercise regimes contained in the following presentation, it is highly recommended that anybody considering any exercise regime or diet plan consult a doctor or physician before embarking on any workout, training or eating plan.

It is the responsibility of the individual to make sure that he or she is in good physical and mental condition before embarking on the following program.

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Nothing
Will happen until YOU
Decide to make it
Happen.

- PETER CARVELL -

Weight Training

It is vital to get your muscles back in action quickly. The more muscle you have the more calories you will burn and the faster you will lose fat. Doing weight training will also increase your metabolic rate all day long which will have you burn fat long after you have stopped your actual workout.

The weight training will consist of body weight exercises. You are going to do 2 sets of 4 exercises. One upper body, One lower body, One Abdominal and then one short cardio exercise.

The workout structure is as follows:

Warm-up

5 minutes of cardio. This can be walking around the block, doing Jumping Jacks or even sitting on a spinning bike. But I don't just want you to sit there and waste your time, OH NO! I want you to increase the speed or resistance every 60 seconds. So you will start nice and slow and by the time you get to your last minute you will be going pretty fast (around 80 to 90 % of your maximum effort). Once you are done with this you move straight onto the first exercise of the weight training.

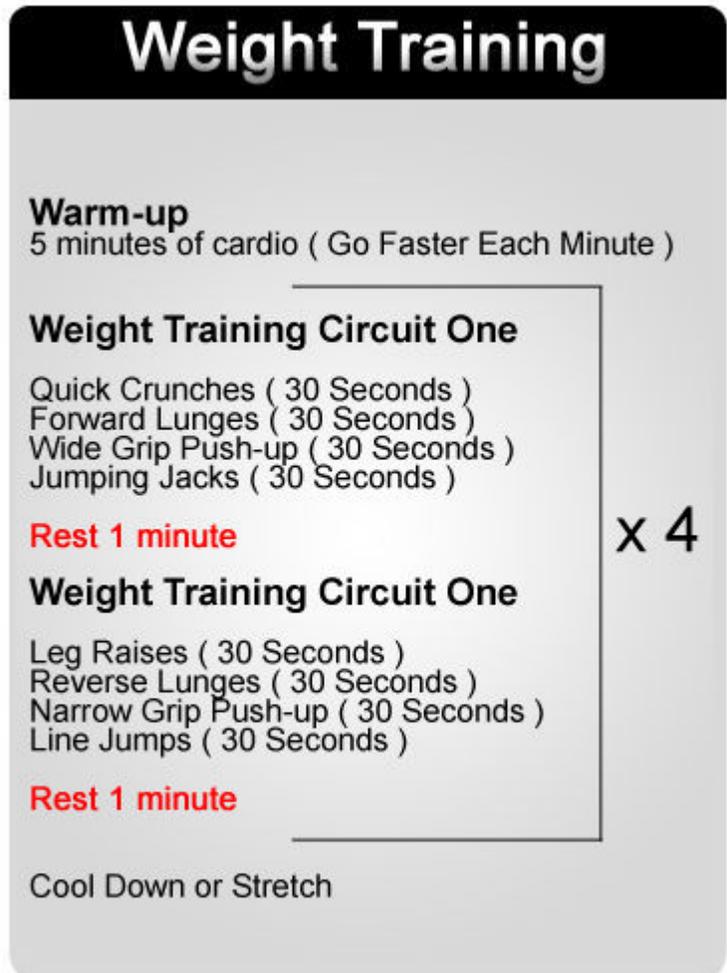
Weight training set one

Do each of these exercises for 30 seconds. (Do as many as you can during that time but feel free to stop and take a rest if you are just starting out and feel the need to take it easy.) Do all 4 exercises without any rest in-between.

- Quick Crunch**
- Forward Lunges**
- Wide Grip Push-up**
- Jumping Jacks**

Rest 1 minute and then move onto the second set of exercises. Follow the same structure as with the first set:

- Leg Raises**
- Reverse Lunges**



The diagram is a grey rounded rectangle with a black header containing the text "Weight Training" in white. Below the header, the text "Warm-up" is followed by "5 minutes of cardio (Go Faster Each Minute)". A large "x 4" is positioned to the right of the main circuit box. Inside the box, "Weight Training Circuit One" is followed by a list of four exercises: "Quick Crunches (30 Seconds)", "Forward Lunges (30 Seconds)", "Wide Grip Push-up (30 Seconds)", and "Jumping Jacks (30 Seconds)". Below this list is "Rest 1 minute" in red. The second "Weight Training Circuit One" section follows, listing "Leg Raises (30 Seconds)", "Reverse Lunges (30 Seconds)", "Narrow Grip Push-up (30 Seconds)", and "Line Jumps (30 Seconds)", also followed by "Rest 1 minute" in red. At the bottom of the box is "Cool Down or Stretch".

**Narrow Grip Push-up
Jumping Jacks or Line Jumps**

Rest 1 minute and then go back to the first set of exercises. Do 4 sets of the complete weight training section.

After your 4th set you can then either do a nice stretching session or go for another 5 minutes of cardio but this time just perform the cardio slowly for 5 minutes at around 50% of the maximum effort.

You can see a video of this workout here:

<http://www.sixpackfactory.com/powerful-beginner-fat-loss-home-workout/>

Let's look at all the exercises individually.

Leg Raises or Reverse Crunches

This image shows leg raises but the video will show reverse crunches.

This exercise is for middle lower abs.

How to Do it:

1. Lie on the floor and place hands on the floor next to you or under your buttocks.
2. Straighten your legs and lift them just a little so that they are not touching the floor.
3. Contract the abs to bring your legs up to point straight into the air or a 90 degree angle.
4. Now lower it again to the starting position but make sure you do not touch the ground.
5. Continue until you 30 seconds is finished.



Fast Crunches

This exercise is for the whole abdominal area.

How to Do it:

1. Lie on the floor and place your hands on your upper thighs or behind your head.
2. Contract your abdominals to bring your full upper body off the floor, crunch it as hard as you can and hold it for the count of 2 seconds. Now move back down but not all the way so that your shoulders are still off the floor and so you keep the tension on your abs.
3. If you put your hands behind your head, make sure you do not pull on your head and that you only use your abs to do the crunch.
4. Continue until you 30 seconds is finished.



Lunges

This exercise is for your legs and upper thighs.

How to Do it:

1. Stand up straight with your feet shoulder width apart and your hands on your hips.
2. Now take a nice big step straight forward in front of you.
3. Once you are in that position you can move your back knee down towards the floor and then push back with your front leg to go back to the starting position..
4. Make sure that when you take the stride forward your front knee does not move past your toes. In other words, make sure you can always see the toes of the leg that is moving forward.
5. Once you move back to the starting position, switch legs. You will switch legs every time you come up so that you are training both legs in the 30 seconds.
6. Eventually after 30 days or so you should hold a weight in your hand as you do this exercise to increase the intensity.
7. Continue until your 30 seconds is finished.



Close grip Push ups

This exercise is for upper body and arms.

How to Do it:

1. Start by lying face down on the floor.
2. Place your hands just 6 inches apart from each other straight under your chest.
3. Now push up until your arms are straight. Make sure you keep your whole body straight and don't arch your back as you move up and down.
4. Move back down but make sure your upper body does not touch the ground, and then push back up.
5. If you can't continue for the full 30 seconds you can take short rest periods until you feel you can continue. However these rest periods must be in the push position. This means that when you want to rest, don't go and fall on the floor, push yourself up to the top position of the exercise with your arms straight and rest in that position until you feel you can continue.
6. If you are a beginner or female you may also drop down to your knees if the exercise is too hard or you get tired towards the end. See the bottom photo for this position.
7. Continue until you 30 seconds is finished.



Reverse Lunges

This exercise is for your lower body specifically your hamstrings and buttocks.

1. Stand up straight with your feet shoulder width apart and your hands on your hips.
2. Now take a nice big step straight back.
3. Once you are in the correct position you can move your knee down to the floor, almost touching it.
4. Now push yourself back up using both your back leg and your front leg to support you.
5. Once you move back to the starting position, switch legs. You will switch legs every time you come up so that you are training both legs for the 30 seconds.
6. Eventually after 30 days or so you should hold a weight in your hands as you do this exercise to increase the intensity.
7. Continue until you 30 seconds is finished.



Wide push-ups

This exercise is for your upper body: chest and arms

How to Do it:

1. Start by lying face down on the floor.
2. Place your hands just shoulder width apart in line with your chest.
3. Now push up until your arms are straight. Make sure you keep your whole body straight and don't arch your back as you move up and down.
4. Move back down but make sure your upper body (chest) does not touch the ground, and then push back up.
5. If you can't continue for the full 30 seconds you can take short rest periods until you feel you can continue. However these rest periods must be in a push up position. This means that when you want to rest, don't go and fall on the floor, push yourself up to the top position of the exercise with your arms straight and rest in that position until you feel you can continue.
6. If you are a beginner or female you may also drop down to your knees if the exercise is too hard or you get tired towards the end. See the bottom photo for this position.
7. Continue until your 30 seconds is finished.

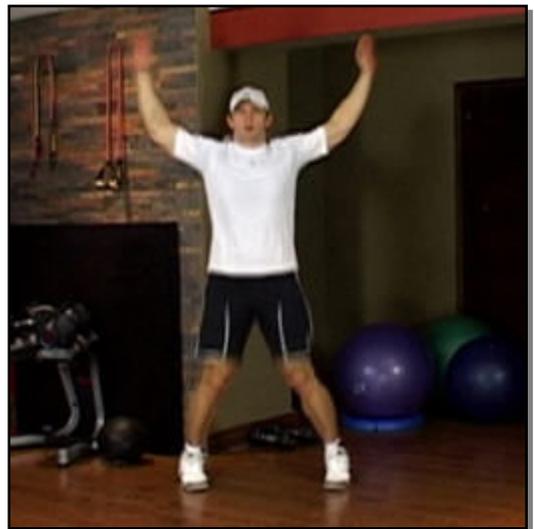
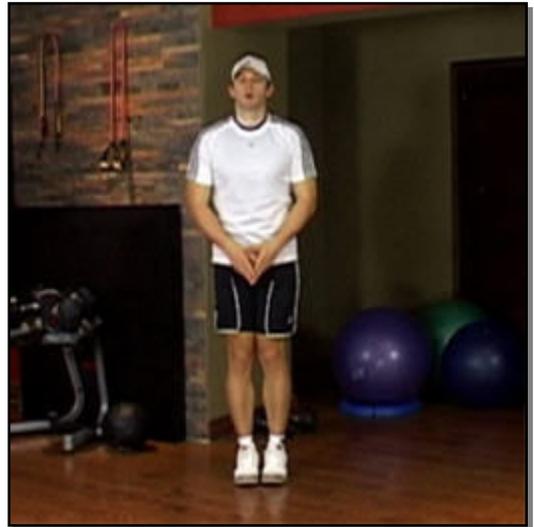


Jumping Jacks

This is a cardio exercise.

How to Do it:

1. Start with your hands and feet together. Then quickly explode and move your hands out about shoulder height and your feet shoulder width.
2. Once in that position bring your hand and feet back together and repeat the movement at a steady rhythm.
3. Continue until you 30 seconds is finished.



Line Jumps

This is a cardio exercise.

How to Do it:

- 1) Imagine you have a line or rope next to you. Now you will quickly jump from the one side of the rope to the other and back again.
- 2) Continue until you 30 seconds is finished.



If you are ready to take things a step up then join The 6WeekSixPack at :

www.6weeksixpack.com