

## The Six Pack Workout

*This is the foundation six pack workout. It gives you regular, large multi-joint exercises to burn calories and get you muscled overall. If you really want to go for muscle size, instead of doing 5 - 6 reps most of your reps, up the number to 7 - 8, since this encourages muscular hypertrophy (size growth) the most.*

*Do as much as you can, and alter it for whatever shape you're in. If you're out of shape, go easy and get through as many of the ab exercises as you can. Work hard!*

Mon.	Tue.	Wed.	Thu.	Fri.
<b>Barbell Back Squat</b> /12 /5 /5 /5	Running 1 Mile or HIIT	<b>Barbell Front Squat</b> /12 /5 /5 /5	Running 1.25 Miles or HIIT	<b>Barbell Back Squat</b> /12 /5 /5 /5
<b>Barbell Bench Press</b> /15 /8 /5 /5		<b>Dumbbell Bench Press</b> /15 /8 /5 /5		<b>Barbell Bench Press</b> /15 /8 /5 /5
<b>Barbell Clean &amp; Press</b> /12 /6 /6		<b>Barbell Deadlifts</b> /5 /5 /5-4		<b>Barbell Clean &amp; Press</b> /12 /6 /6
<b>Lat Pull Downs</b> /8 /6 /6 /6		<b>Chin-Ups</b> 10 12 To Failure		<b>Lat Pull Downs</b> /8 /6 /6 /6
<i>Full Crunches, Alternating</i> 20 20		<i>Alternating Barbell Rows</i> /8 /8 /8		<i>Full Crunches, Alternating</i> 20 20
<i>Hanging Leg/Knee Raises</i> 8 8 8		<i>Leg Thrusts</i> /12 /12		<i>Hanging Leg/Knee Raises</i> 8 8 8
<i>Ab Bicycles</i> 20 20		<i>Weighted Cable Crunches</i> /6 /6 /6		<i>Ab Bicycles</i> 20 20
<i>Ab Vacuums</i> 15 15 15		<i>Ab Vacuums</i> 15 15 15		<i>Ab Vacuums</i> 15 15 15