

The Six Pack Abs Workout Plan

Use this workout plan every other day.

Warm-up Circuit

Complete this warm-up circuit two times, resting 30 seconds between circuits.

Y-Squat(10 REPS)

Pushup(10 REPS)

Stick-Up(10 REPS)

Mountain Climber(5 REPS PER SIDE)

Forward Lunge(5 REPS PER LEG)

Waiter'sBow(10 REPS)

Spiderman Climb(ALTERNATE LEGS UNTIL YOU DO 5 REPS PER SIDE)

WORKOUT A SUPERSETS

(Superset 1)

Perform these two exercises back-to-back, no rest between. Rest 1 minute before repeating the superset two more times.

ShoulderPressPushup(10 REPS)



Place your feet on a bench and hands on the floor slightly wider than shoulder-width. Pike your hips up in the air, so you are as vertical as can be. Slowly lower your head to the floor. Pause, and push with your shoulders and triceps back to the start position. Do 10 reps.

Step-Up(12 REPS perleg)



The step should be high enough that your thigh is parallel to the floor when your foot is on the step. Place one foot on the step and push down through your heel to lift your other leg up. Return to the starting position and finish all reps with one leg before switching legs and repeating the exercise. Do 12 reps per leg.

(Superset 2)

Perform these two exercises back-to-back, no rest between. Rest 1 minute before repeating the superset two more times.

1-LegRDL (8 REPS leg)

Stand with your feet slightly more than shoulder-width apart. Raise one foot and extend it behind you, just off the floor.

Contract your glutes, brace your abs, and keep your spine naturally arched. Focusing on balance, lower yourself until your torso is parallel to the floor. Initiate the movement by pushing your hips back. Push back up to the starting position. Do 8 reps per leg.



SwissBallMountain Climber(10 REPS side)

Assume the classic pushup position but place your hands on the sides of a Swiss ball, fingers pointing forward. Brace your abs and straighten your legs behind you. This is the starting position. Lift one foot off the floor and bring your knee toward your chest. Straighten your leg back out, move your other knee to your chest, and return that leg to the starting position. Keep alternating sides. Do 10 reps per side.



(Superset 3)

Perform these two exercises back-to-back, no rest between. Rest 1 minute before repeating the superset one more time.

Inverted Row(12 REPS)

Set a bar at hip height in a Smith machine or squat rack. Lie underneath the bar with your heels on the floor and grab the bar, your hands 1 or 2 inches more than shoulder-width apart. Keeping your body in a straight line, pull your chest up to the bar using your back muscles. Slowly lower yourself until your arms are straight. Do 12 reps.



Wide-GripPushup(20 REPS)

Do this as you would a standard pushup, but place your hands wider apart. Do 20 reps.



INTERVAL WORKOUT

Warm up for 3 minutes, getting progressively more intense with time.

Perform an interval by exercising for 30 seconds at a very hard pace (at a subjective 8/10 level of effort).

Follow that with “active rest” for 30 seconds by exercising at a slow pace (at a subjective 3/10 level of effort).

Repeat for a total of 6 intervals.

Finish with 4 minutes of very low intensity (3/10) exercise for a cool-down.

MinutebyMinute	Type	IntensityLevel
1	Warm up	3 out of 10
2	Warm up	4 out of 10
3	Warm up	4 out of 10
4 (30 seconds)	Hard	8 out of 10
4 (30 seconds)	Easy	3 out of 10
5 (30 seconds)	Hard	8 out of 10
5 (30 seconds)	Easy	3 out of 10
6 (30 seconds)	Hard	8 out of 10
6 (30 seconds)	Easy	3 out of 10
7 (30 seconds)	Hard	8 out of 10
7 (30 seconds)	Easy	3 out of 10
8 (30 seconds)	Hard	8 out of 10
8 (30 seconds)	Easy	3 out of 10
9 (30 seconds)	Hard	8 out of 10
10	Cool Down	3 out of 10
11	Cool Down	3 out of 10
12	Cool Down	3 out of 10
13	Cool Down	3 out of 10

13 minutes total

How you can get six pack abs faster

So far I've given you some basic exercises to follow, but if you want to develop six pack abs more quickly, you'll have to use a more advanced workout plan. And that's not all. You'll need a good diet regimen to go with your new workout routine as well.

For a full workout routine and diet program, I recommend reading [The Truth About Six Pack Abs](#). To get it [Click Here](#).