

# ABS

## THE SECRET REVEALED

*a book by Lazar Angelov*



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# Introduction

*“You don’t have to be great to start, but you have to start to be great”*

**T**here is no shortcut to success. The road to success is defined by three things: determination, self-belief and *hard work*. There is no easy way around it – the *right way* is the *hard way!* This is my motto. And I have been going down the hard road for the past 10 years. That choice has made me who I am today. And I believe that *you* can do it too! By telling you the story of my life, I will motivate you to go for your full potential!

When I turned 18 I got drafted in the army, which was still mandatory at the time in my small ex-communist country. My previous life as an athlete had prepared me for the hard reality of the military, so I took it lighter than the other kids did. But spending two years as a soldier meant that I had lost my chances of becoming a professional basketball player, because I couldn’t practice there and soon lost my edge.

I was confused, I didn’t know what to do next. But I kept working out regularly in the local gym, which was terrible – the equipment was prehistoric, the building would crumble any moment and there was no heating installation. In the winter, your palms would stick to the bar, because of the cold, and it would get flooded every spring. Despite everything I kept going there, I kept working out, because something deep inside me was telling me, that what I was doing was right.

I started seeing results. I felt stronger after every workout, I looked better every time I checked myself in the mirror, every muscle soreness was worth it! People began to look up to me, I started believing in myself and became more confident. Some advised me that I should go into bodybuilding. They told me that if I took anabolic steroids I would become stronger and muscular much faster...but I decided to stay away from that, as I didn’t want to enhance my body in an unnatural way. I didn’t want to cheat myself and go down the “easy” road, I wanted my success to be drug-free and based only upon my hard work and dedication.

My decision to become a professional fitness model was rather spontaneous. I had to realize how much I had to sacrifice in order to achieve my goals. I had to give up some of my favorite foods indefinitely, I had to stick to eating five to six balanced meals evenly spaced throughout the day and that was not always easy. I had to do that *every day*. My social life was altered as well. I spent my days at the gym, I was the first to come in the morning and the last to leave in the evening. And the nights of going out with friends were different as well. As my friends smoked and got drunk, I just stood there and watched. And it was hard. But when I look back I know what that did for me – it tested my inner strength, strained my resolution and built up my will. And it made me a new man... I forgot about all the foods that I used to love, I found new ways to have fun without damaging my body, I discovered the power of the Will and I became not only physically stronger, but mentally as well. I was transformed, I was enlightened.

Everything changed after that. The way people looked at me was different, because I was different. I was more confident and people could subconsciously sense that. I began to live in a new, better world.

Listen: As a teenager, I wasn't very successful with the opposite sex. Girls at parties used to be cocky and stuck up when I tried to hit on them. After the change, nothing like that ever happened again. I was at a pool party the first time I noticed that women became *really* interested in me. My friends and I were having fun around the pool and while the others were drinking beer, I decided to take a swim. I took off my shirt and jumped in the pool. As I got out of the pool, everybody was staring at me, at my body, at my abs...I saw two girls, who were mesmerized and it was a strange feeling. Afterwards, one of the girls came to me and gave me her number. She said she needed "help" in the gym.

Not only women's, but other men's attitude changed as well. The neighborhood I grew up in wasn't very friendly and getting in a fight was quite common. I remember one time, we were still kids, and we were playing basketball at the local basketball court. Then some older boys came. They wanted us to leave, we asked them if they wanted to play with us. Then it got violent, they started mocking and pushing us. I lost my temper and hit one of them. A moment later, I was in the middle of

a terrible fist fight. I am thankful that I have good friends, who got me out of the melee. Those older boys usually bullied weaker or younger kids.

Years later, I met them again. But I was already a fitness model then. Coincidentally, I was working out in the same gym as them. I remember that one of the “bad boys” came over to me and started asking me questions like how did I achieve this body, was I natural and would I share some tips. They didn’t recognize me, but I recognized them. I told them who I was and made them remember what happened years ago. They hypocritically began to pardon themselves and made up some petty excuses. I saw the awe in their eyes, they respected the new “Me”. That gave me an idea. You see, I was working at two different jobs at the time because I needed to earn enough money in order to afford myself proper nutrition. But people were seeking my advice all the time, when I went to the gym, they wanted to know what exercises I did to build such muscles, and what my routine and diet were. Because of that appreciation I decided to become a professional personal trainer – that way I would earn my living doing what I love. So, in 2006, I completed two fitness courses and became a personal trainer. I have been coaching people ever since.

People looked at me differently, there was something new, something I hadn’t seen before. It was *respect*. I saw it in strangers as well as in people I already knew. Everybody was amazed by my body. But there was something else as well: They were awed by my iron will and dedication. They respected my hard work, they valued my achievements.

I am often asked the question, which was the most difficult body part to develop. The answer has always been the same: the abs. You see, nobody told me which exercises to do or how to eat properly. I had to discover everything by myself. I tried and failed, until I discovered the proper way to train the abs. A key element of my motivation was that I didn’t have the right “genes”. As you know, some people are born with a six pack or even an eight-pack and no matter what they do, they just have it. I was not one of them, but I soon discovered that it didn’t matter. It doesn’t matter what body type you have, if you are fat, stocky or if having a gut runs in the family. Three things matter: Willpower, hard work and dedication.

But what makes the abs so important? First of all, they require more dedication than any other muscle group. You have to do the right exercises *and* keep your body fat percentage low, otherwise you will not be able to see them, no matter how strong they are. Furthermore, they are the ultimate element to a perfect physique. A big, muscular 200-pound guy is not that impressive, but a big 200-pound guy with a six pack *is impressive*. The abs are no more and no less, than real proof that you are doing things properly.

This is why I am writing this book. Let me explain: when friends started seeking my advice in the gym, I found immense pleasure in training them and seeing that my methods showed results in other people. I found out that training other people made me as happy, as when I train my own body. My clients came to me unsatisfied by their results and left transformed. We trained together, I planned their diets, shared my knowledge, motivated them. My clients underwent not only a physical change, but a psychological one as well. I noticed that they became more confident, more motivated and able to confront problems in other aspects of their lives too. This book is for all those people, who I cannot contact personally. It is for those people, who want to learn my secrets and use my knowledge. This book shares my way to develop the most aesthetically impressive muscle in the body – the ABS.

# The ABS Diet

*"Abs are made in the kitchen."*

**T**he first section of the book explains the proper nutrition plan you need to follow in order to shred fat, while maintaining muscle mass. The diet is divided in 5 phases and each phase is coupled with the appropriate exercises that are customized according to the reduced caloric intake in each phase. The six pack look desired by anyone involved in fitness. There's hardly anyone who doesn't want to free his waist from fat and to obtain the 'six pack abs'. Training the abs is useful for the development of the musculature of the abdominal wall, but no matter how well they are defined and formed the extra subcutaneous fat will never show them out if we don't follow the necessary dietary restrictions. Unfortunately fat is unequally distributed in some people and concentrated mainly in the waist region. So there is no given percent of fat which we should reach to show the six pack abdomen. In order to gain the so desired 'six pack' you should get rid of the unnecessary fat covering them and this is obtained not only with abdominal training. You need a complete plan, focused on burning fat, in order to reduce the subcutaneous abdominal fat and it has at least three components: dietary regimen, cardio and strength training and each of them should be individually set.

People inherit weight problems from their parents as the eye color or the nose shape for example. Modern science researches genes of the children and their parents and looks for reasons for obesity, as some of them are already known. Therefore one of the reasons for extra weight and belly formation in particular, are the genes programmed to burn fats.

What is the benefit for people with 'belly' who aren't guilty for their extra kilograms? Gene therapy probably will give the exact answers in the near future and isolate the effect of the causes, but up to this moment, the type of nutrition, physical activity and the changes in some habits can act for sure to obtain the so desired 'pack'.

When the organism is filled with many toxic substances, it produces more fat, and the increasing hunger feeling makes us crave more and more food. The hunger centre in the brain is overstimulated and the only way to be normalized is by means of detoxification. Fast eating or not enough food chewing leads to almost no release of blood glucose and the satiety centre in the brain does not react. So, when you eat faster, you consume more food and get fat.

It is good to determine the weight which you desire to reach before starting the six pack diet. In other words, to define the weight that makes you look best. Never forget there is no such thing as ‘perfect’ weight, as we are all different in body shape, height and bone structure. But there are ‘margins’ of ideal weight and specialists like me follow simple calculations.

### **IF YOU ARE A WOMAN**

Take 45 kg for the first 152 cm of your height and add 2 kg for every other 2 cm to reach the average value of your ideal weight. Then you should take into account your body structure. Some people are small boned, others are large. If you have small bones take out 15% of the weight for normal structure and add 15% if you have large ones.

### **WOMEN**

<b>HEIGHT</b>	<b>SMALL BONES</b>	<b>MEDIUM BONES</b>	<b>LARGE BONES</b>
152 cm	38 kg	45 kg	52 kg
154 cm	40 kg	47 kg	54 kg
157 cm	42 kg	49 kg	57 kg
159 cm	44 kg	52 kg	59 kg
162 cm	46 kg	54 kg	61 kg
164 cm	48 kg	56 kg	65 kg
167 cm	49 kg	58 kg	67 kg
169 cm	52 kg	61 kg	70 kg
172 cm	53 kg	63 kg	72 kg
174 cm	55 kg	65 kg	75 kg
177 cm	57 kg	67 kg	78 kg
180 cm	59 kg	70 kg	80 kg
182 cm	61 kg	72 kg	83 kg



## **IF YOU ARE A MAN:**

Calculate 50 kg for the first 152 cm of your height and add 2,5 kg for every other 2 cm to reach the average value of your ideal weight. Then you should take into account your body structure. Some people are small boned, others are large. If you have small bones take out 15 % of the weight for normal structure and add 15% if you have large ones.

### **MEN**

<b>HEIGHT</b>	<b>SMALL BONES</b>	<b>MEDIUM BONES</b>	<b>LARGE BONES</b>
152 cm	42,5 kg	49,5 kg	57 kg
154 cm	44,5 kg	52 kg	60 kg
157 cm	47 kg	55 kg	63 kg
159 cm	49 kg	57,5 kg	66 kg
162 cm	51,5 kg	60,5 kg	69 kg
164 cm	53,5 kg	63 kg	72,5 kg
167 cm	56 kg	66 kg	76 kg
169 cm	58 kg	68,5 kg	79 kg
172 cm	60,5 kg	71 kg	82 kg
174 cm	52,5 kg	74 kg	85 kg
177 cm	65 kg	76,5 kg	88 kg
180 cm	67,5 kg	79 kg	91 kg
182 cm	70 kg	82 kg	94 kg
185 cm	72 kg	84,5 kg	97 kg
188 cm	74,5 kg	87,5 kg	100,5 kg
190 cm	76,5 kg	90 kg	103,5 kg
193 cm	79 kg	93 kg	106,5 kg
195 cm	81 kg	95,5 kg	109,5 kg
198 cm	83 kg	98 kg	113 kg

And now, after setting your goal for ideal weight, I offer an effective diet for fast and long lasting weight reduction with satisfactory results for the extra waist fat. This food regimen will improve your digestion and will speed up your metabolism. It is organized in *five phases* each of them working for obtaining and maintaining the desired result.

This diet offers plenty of proteins - a major factor in fat burning, diversity of vegetables - to control appetite and controlled intake of fruits with gradual involvement of useful 'slow' carbohydrates.

The daily calorie intake is also a key point. Its reduction is always working for losing weight if this is your goal. And the opposite, if you want to gain weight, you must increase it. For every man this number is different. In order to know what is yours, we need the following information:

**1. Weight      2. Age      3. Height**

Then we can use the formula given by WHO to calculate our metabolism at rest - it shows how many calories per day we need for proper functioning of our body and its systems without physical activity.

### **FORMULA FOR WOMEN**

**$\{65 + (9.6 \times \text{weight in kg}) + (1.7 \times \text{height in cm}) - (4.7 \times \text{age})\}$**

### **FORMULA FOR MEN**

**$\{66 + (13.7 \times \text{weight in kg}) + (5 \times \text{height in cm}) - 6.8 \times \text{age}\}$**

The formulas are approximately correct because they do not take into account body structure, percentage of muscle mass and subcutaneous fat, condition of metabolism.

## EXAMPLE

A man at the age 34 weights 85kg and is 174cm tall. How much calories he needs to sustain his metabolism at rest:

$$[66+(13.7 \times 85) + (5 \times 174) - (6.8 \times 34)]$$

$$[66+ 1164 + 870 - 231] = 1869 \text{ calories}$$

There is no one otherwise healthy who is at rest all day, so an *index of physical activity* is added to this formula:

**1.2** - less or no exercise

**1.375** - low activity - small exercise or sports 1-3 days per week

**1.55** - moderate activity - small/moderate exercise or sports 3-5 days/week

**1.725** - high activity or sport 6-7 days per week

**1.9** - extremely high activity - vigorous daily exercises or sports, physical work with sporting as well.

In my case the activity is moderate so I take 1.55 as an index and multiply it by 1869 calories and the result is 2897 calories.

Calories for sure should be properly distributed in the macro nutrients and the different phases of our diet give different proportions, so our final goal is to fasten metabolism and to burn extra fat without losing muscle mass.

Here's the recommendatory protein intake per day:

## NO SPORT

### MEN ( AND WOMEN)

19 - 30 years	52 (46) g/d	0,8-1 g/kg/day or up to 25%kcal/day
31 - 50 years	52 (52) g/d	
51 + years	52 (48) g/d	

### SPORTS ACTIVE

FOR WHOM /NUTRITION

### NEGATIVE CALORIC BALANCE

BALANCED DIET

### POSITIVE CALORIC BALANCE

LOW CARBOHYDRATE DIET

amateurs	1-2 g kg/d	1.5-2 g kg/d
professional athletes	2-2.4 g kg/d	

Carbohydrates have the highest energy pool /50% and more/ in the daily food intake. They are broken down to glucose and are stored in the form of glycogen. Part of the latter is stored in the liver and maintains constant levels of blood glucose when it is needed. The main part of glycogen is in the muscles and ensures their work. The caloric scheme mentioned above shows that for 2897 calories per day 50% or 1400-1500 of them should be carbohydrates. To know how many grams of carbohydrates is that, we divide them by 4 (1g of carbohydrates has 4 calories; the same is for proteins) - this makes around 360g carbohydrates per day or approximately 4.2 g/kg in a balanced diet.

The daily intake of fats should not exceed 20% of the whole caloric intake in case your food is rich in the other two main nutrients. Except for being the best source of 'saved' energy, fats stabilize joints and increase the liberation of some hormones. So we cannot avoid them at all. If we follow the scheme with 2897 cal, 579 cal should come from fats. To know their amount in grams divide the calories by 9 (1g of fat has 9cal) and you get 0.75 g/kg fats.

## **PHASE 1: DETOX**

The aim of the first phase is to trigger the fast slimming in a healthy way by moving the fats reserve and eliminating water and toxins from the organism. During detoxification you can take unlimited amounts of proteins - including meat, eggs, fish, and lots of vegetables as well. Carbohydrate intake is limited, as you must quit white bread, potatoes, pasta, rice, biscuits, chocolate, sugar products and cakes. Fruits and fats are not excluded totally and this is good, because they both add flavor and sweetness to the diet.

### ***THE DAILY INTAKE OF MACRONUTRIENTS IS DISTRIBUTED IN THE FOLLOWING WAY:***

2 g of proteins per kg are absolutely compulsory in order to burn fats without losing muscle mass. This means you need 110-140 g of proteins per day if you weigh 70 kg. It is not hard to provide them as we take the fact that one turkey steak has 34 g proteins. Carbohydrates in this phase are reduced to 0.8-1 g per kg which is the necessary minimum to maintain the insulin levels in the organism. Fats are reduced to 0.6 per kg. If fats in the main dishes are below your individual optimum, adding vegetable oil in the salad will cover the difference. *Follow the detox phase for five days and switch directly to the fourth phase if you have reached the desired weight. If you have kilograms to lose, go to the second phase - Metabolic start.*

### ***LIST OF FOODS IN THE DETOX PHASE:***

#### **1. FISH**

*SALMON, SOLE FISH, TILAPIA*

It is better to eat fish caught in the wild, not farm grown as it may contain a lot of antibiotics. Avoid large fish such as: swordfish, shark, king mackerel and white tuna, because they may contain metals like mercury which is a toxin.

#### **2. POULTRY PRODUCTS**

*CHIKEN BREAST, TURKEY BREAST, MINCED TURKEY MEAT (without fat), EGGS ( 2 eggs = 1 portion )*

### **3. DETOX VEGETABLES**

*CAULIFLOWER, CABBAGE, BROCCOLI, BRUSSELS SPROUTS (help the purification of the liver from chemicals)*

*ASPARAGUS, SPINACH, OKRA (stabilize blood glucose, powerful antioxidants)*

*ONION (fastens fat breakdown in food)*

*ARTICHOKE (protects liver cells from toxins, increases blood circulation and stimulates digestion)*

*CELERY, CUCUMBERS, EGGPLANT*

*MUSHROOMS, PARSLEY, WATERCRESS*

### **4. FRUITS WITH LOW SUGAR CONTENT (up to twice daily)**

*APPLES, BERRIES, GRAPEFRUITS, ORANGES, PEACHES, PEARS*

These fruits are safe source of fibers, give the feeling of satiety and are slowly digested. They also contain a lot of water and have fewer calories, which makes them perfect for our Detox Phase in the abs diet.

### **5. PROBIOTICS**

*YOGHURT (all kinds, including drained, fruit without sugar, regular and low fat)*

*KEFIR (similar to yoghurt, but for drinking and perfect for shake preparation)*

*KOMBUCHA (fermented tea with useful bacteria and incredible metabolic booster)*

Probiotics are proven in the fight with obesity especially in the abdominal region. There is no certain daily dose for them - so twice daily sounds good for our detox phase of the regimen.

### **6. HEALTHY (USEFUL) FATS**

*OLIVE OIL, LINSEED*

1-2 Tbs. per day help in lowering the cardiovascular risk, some forms of cancer and diabetes, maintain the good condition of joints, prevent muscle loss and stimulate fat burning.

## 7. SPICES (in moderate amounts)

SALSA SAUCE, LIGHT SOY SAUCE, LOW-CARBOHYDRATE KETCHUP, SALAD DRESSINGS WITHOUT FAT, POTASSIUM SALT, BLACK PEPPER, MUSTARD, HERBS AND SPICES

### WHAT YOUR TYPICAL DAY DURING THE DETOX PHASE SHOULD LOOK LIKE

#### BREAKFAST

Omelette with 3 eggs or 5 eggwhites, prepared without oil with 1/2 tea glass of cottage cheese and a portion 250g 2% yoghurt

1 fruit

1 cup of green or ginger tea

#### LUNCH

Large amounts of proteins in the form of fish, poultry or eggs plus the allowed vegetables in unlimited amounts.

1 cup of green tea

#### DINNER

Proteins in the form of fish or chicken

Unlimited amounts of the allowed vegetables

A cup of green tea

#### BETWEEN THE MAIN COURSES

a second fruit and 60 g raw almonds

a second portion of probiotic food

## DAY 1

#### BREAKFAST

1/2 grapefruit

3 egg whites mixed with 1/2 cup cottage cheese and spices

1 cup of green tea

#### LUNCH

A large green salad with 200 g tuna, dressed with 1 Tbs. olive or linseed oil and 2 Tbs. balsamic vinegar

1 cup of green tea

#### DINNER

Large amounts of grilled chicken with vegetables from the list (steamed or raw)

A cup of green tea

#### BETWEEN THE MAIN COURSES

170 g regular yoghurt without sugar

1 fruit from the list + 60g macadamia

## DAY 2

### BREAKFAST

250 g yoghurt mixed with a cup of small fruits from the list + 2 Tbs. chia (seeds of *salvia* or sage tea)

1 cup of green tea

### LUNCH

Green leafy vegetables dressed with linseed oil, 1 Tbs. linseed, 1 Tbs. hemp seed, balsamic vinegar, 5 quail eggs

1 cup of green tea

### DINNER

A large portion of grilled or baked salmon with lots of the listed vegetables

1 cup of ginger tea with lemon

### BETWEEN THE MAIN COURSES

1 fruit + 200 g yoghurt

1 handful mixed raw nuts (almonds, cashew, walnuts, macadamia)

## DAY 3

### BREAKFAST

Kefirshake (kefir or plain ayran without sugar pressed with any fruit you want and 1 Tbs. chia and 3 egg whites)

1 cup of ginger tea with lemon

### LUNCH

Salad from baby spinach, small oblong tomatoes and crumbled low-fat cheese dressed with 1 Tbs. olive oil and 2 Tbs. balsamic vinegar

1 cup of green tea

### DINNER

3 small or 2 large turkey meatballs with cucumber salad

a cup of ginger tea

### BETWEEN THE MAIN COURSES

a cup of small fruits and 170g yoghurt

a super mix - raw cacao beans (one bean per 10 kg body weight), goji berry (30 g) and raw cashew (40 g)



## DAY 4

### BREAKFAST

1 scrambled egg plus two scrambled egg whites, 4 Tbs. curd and 1 Tbs. oat or spelt bran

1 apple with 1/2 pot of yoghurt /2%/

1 cup of green tea

### LUNCH

**SALAD WITH SALMON**  
2 cups leafy vegetables, cucumbers, baked salmon dressed with 1 Tbs. olive oil or linseed oil , 2 Tbs. balsamic vinegar or lemon juice

1 cup ginger tea

### DINNER

Grilled chicken breast (or marinated with dressing but without fats and be careful with the salt)

Steamed vegetables

1 cup herbal tea (organic mint)

### BETWEEN THE MAIN COURSES

Kefir shake or ayran with 40 g raw nuts

Yoghurt (250 g with 1 tsp. honey)

## DAY 5

### BREAKFAST

2 hard boiled eggs

1/2 grapefruit

1 cup green tea

### LUNCH

Grilled pangasius with lemon and olive oil dressing

Vegetable salad (from the allowed vegetables)

1 cup of kombuchatea

### DINNER

Egg plant, baked with Parmesan cheese and sidedish with boiled quinoa (a pseudo cereal rich in proteins)

a cup of ginger tea with 1 tsp. honey and lemon

### BETWEEN THE MAIN COURSES

1 medium sized pear + 3 slices low-fat turkey ham

a portion of probiotic yoghurt

## **PHASE 2: METABOLIC START** (*low-carbohydrate diet*)

During this phase new types of food are added to the detox diet, as our aim is low carbohydrate nutrition. Repeat one of the menus from the detox phase every third day of this second phase. Stay on a metabolic start at least 5 days and if you reach your ideal weight, go straight to phase 5 – Maintenance. If not, go on with metabolic start five more days, as you follow the rule for detoxification every third day and after 15 days as a whole in the ‘abs diet’ go to the next phase.

The daily protein intake in this phase is increased and in men is within 2.5-3 g per kg, 2.3-2.7 for women respectively. Carbohydrates are around and below 1 g per kg and fats are increased to 1 g/kg.

### **1. PROTEINS**

*MEAT WITHOUT FAT (LEG, SHOULDER, SHANK, FILLET) BEEF, PORK, LAMB, VEAL*

*CRUSTACEANS: OYSTERS, SHRIMPS, CRABS*

### **2. CEREALS, PSEUDO CEREALS AND LEGUMES**

*AMARANTH, QUINOA, BULGUR, MILLET, BROWN RICE, OATS, BLACK BEANS, NAHUT, LENTIL, SOYA*

### **3. STARCH VEGETABLES:**

*POTATO (1 portion = 1 medium sized potato), CORN (1 portion = 1/2 cup), WINTER SQUASH (1 portion = 1 cup)*

### **4. STARCH FRUIT:**

*BANANA - 1 medium sized daily*

## WHAT YOUR TYPICAL DAY DURING THE METABOLIC START PHASE SHOULD LOOK LIKE

<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<p>1/2 cup of yoghurt with 3-5 spoons oat bran and shredded pear or apple</p> <p>a cup of green tea</p>	<p>Large amounts of proteins in the form of fish / crustaceans / meat / chicken or eggs</p> <p>Vegetables by choice</p> <p>1 portion probiotics (yoghurt)</p> <p>1 cup of ginger tea with honey and lemon</p>	<p>Proteins in the form of fish/turkey or chicken meat</p> <p>Unlimited amounts of purificatory detox vegetables</p> <p>1 cup (pepper) mint tea</p>

### **BETWEEN THE MAIN COURSES**

1 additional portion of fruits
Super mix of raw nuts and dried fruits (goji berry, incuberry, cranberry, manuka) 50 g in total

Here are several variants for the daily menu in the second phase - Metabolic start, as everyone could make his own according to his preferences based on the above mentioned instructions:

### **DAY 1**

<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<p>50 g goat yoghurt with spelt bran and agave nectar, 1 Tbs. hemp seed and 1 Tbs. linseed</p> <p>1 cup of green tea</p>	<p>Vegetable salad</p> <p>Steamed turkey with tomatoes and rosemary</p>	<p>Bream with vegetables in foil</p> <p>A cup of mint tea with honey and lemon</p>

### **BETWEEN THE MAIN COURSES**

Smoothie „Green machine“
Super mix of raw cocoa (cacao beans) one bean per 10 kg of weight and manuka (up to 4 fruits per portion)

## **WAY OF PREPARATION**

### *Vegetable Salad*

**PORTIONS: 2**

**PRODUCTS**

*1 small cucumber*

*1 tomato*

*1 small bulb sweet onion*

*1 tsp. olive oil*

*1 Tbs. red wine vinegar*

*salt and freshly ground black pepper (optional)*

*½ cup (60g) crumbled low-fat feta cheese*

Cut the cucumber, tomato and onion in large pieces and put in a bowl. Add olive oil and vinegar. Spice with salt and black pepper if you want. Serve in plates and sprinkle with cheese.

### *Steamed turkey with tomatoes and rosemary*

**1 PORTIONS 400 g**

**PRODUCTS ( 4 portions)**

*turkey meat 200 g*

*1 onion bulb*

*4 garlic cloves*

*2 redpeppers*

*1/2 kg canned tomatoes*

*4 Tbs. olive oil*

*salt*

*pepper*

*bay leaf*

*rosemary*

The turkey meat is cut to pieces and fried in sauce pan with olive oil. The nit is drawn outand the finely chopped onion, garlic and red peppers are

put on its place. They are stewed for 3-4 m into soften and are mixed with the tomatoes. Salt, pepper and bay leaf are put to taste and the meat is returned in the saucepan. The hot plate is reduced and is stewed under cover for 45 min - 1 hour. Water is added if needed. Finally the cover is removed, the hot plate is increased, so the unnecessary liquid evaporates.

### *Bream with vegetables in foil*

#### **PRODUCTS FOR ONE SERVING**

*1 medium sized fish*

*Vegetables by choice*

The cleaned fish is greased with oil, potassium salt and spices. Roll sliced vegetables are added, then it is well wrapped with foil and baked for an hour over medium heat.

### *Smoothie „Green machine“*

#### **ONE PORTION: 300ML**

#### **PRODUCTS**

*1 hand ful spinach*

*1/4 cucumber*

*1 banana*

*2 celery*

*1/2 tsp. spirulina*

*2 glasses water or coconut water*

Put all products in a blender. If it is too dense put some water or coconut water preferably.

## DAY 2

### BREAKFAST

*Amaranth with apples and walnuts*

*A cup of green tea with lemon*

### LUNCH

*Carrot salad*

*a cup of ginger tea*

### DINNER

*Sweet and sour turkey skewers*

*A cup of mint tea*

### BETWEEN THE MAIN COURSES

*An apple with 170 g yoghurt*

*Kefir*

### WAY OF PREPARATION

#### *Amaranth with apples and walnuts*

#### **PRODUCTS FOR 4 PORTIONS (2/3 TEA CUP EACH):**

*1 cup of amaranth*

*3 cups soy/rice milk*

*1/4 tsp. canella*

*1 large unpeeled apple, cleaned and sliced*

*1/2 cup cut walnuts*

*goji berry*

*crumbled cacao beans*

*hemp seed*

Put the amaranth, soy milk, canella and the apple in a medium sized saucepan and stir vigorously until it boils. The saucepan is covered and the temperature is set to low. Thus it simmers for 25-30 min until the amaranth is melted. Then sprinkle with the cut walnuts, goji berry, cacao beans, hemp seed.

## *Carrot salad*

### **PRODUCTS FOR ONE PORTION**

*1 cup grated carrots*  
*2 Tbs. dried cherries*  
*1 round orange slice without the skin cuttopieces*  
*1/4 grated orange peel*  
*juice of 1 orange*  
*1 tsp. saffron*

Mix all products, stir well and cover the pot. Put in the fridge for 8-12hours. Before serving, strain the mixture to separate the juice. Serve the carrots in a glass bowl, as you put a round orange slice for a base.

## *Sweet and sour turkey skewers*

### **TWO SKEWERS PER PORTION (SERVING)**

#### **PRODUCTS FOR 4 PORTIONS**

*430 g canned pineapple, drained, keep the syrup*  
*4 Tbs. ketchup*  
*2 Tbs. white wine vinegar*  
*6 top turkey fillets*  
*2 red chilies, cleanedandcut*  
*1 red pepper cut to pieces*  
*several cut sticks green onion*

**Step 1.** Mix the pineapple syrup with ketchup, vinegar and a little salt and pepper. Take aside half of it, and put the rest in a bowl and add the turkey meat and half of the red chilies. Marinate the meat for 5 min.

**Step 2.** Distribute the meat, pepper and half of the pineapple onto 8 skewers

**Step 3.** Heat the grill or light the barbecue. Pour them with the left marinate and grill them for about 8 min until the meat starts to blacken at the ends. Cover the skeweres with the left sweet and sour sauce and serve.

## DAY 3

A menu from the detox phase.

## DAY 4

<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<i>Omelette (from 2 egg whites and 1 egg with 2 Tbs. oatbran, cottage cheese and yoghurt until homogenous mixture is achieved)</i>	<i>Salad "Slender line"</i>	<i>Buck wheat meatballs with cucumber and sesame salad</i>
<i>1 apple</i>	<i>1 grilled meatball from pure meat</i>	<i>a cup of mint tea</i>
<i>1 cup of green tea</i>	<i>A cup of ginger tea</i>	

### **WAY OF PREPARATION**

#### *Salad "Slender line"*

##### **250G FOR A PORTION**

##### **PRODUCTS**

*iceberg, lettuce*

*smoked salmon up to 4 medium sized pieces for a portion*

*1 Tbs. capers*

*1 tsp. pesto*

*1 Tbs. olive oil*

*several sticks from wheat germs*

*lemon peels*

*dill*

*5 cherry tomatoes*

All products are stirred until a nice mixture is made.

#### *Buck wheat meatballs with cucumber and sesame salad*

##### **PRODUCTS FOR 6 PORTIONS**



**200G - 1 PORTION**

*1 cup boiled buckwheat ( made from 1/2 cup raw buckwheat)*

*1 Tbs. rice oil*

*2 Tbs. finely grated carrots*

*1 Tbs. grated onion*

*2 garlic cloves, finely cut*

*2 tsp. cumin*

*½ tsp. coriander*

*½ tsp. curcuma*

*2 tsp. sea and Himalayan salt*

*oatbran for tumbling and bonding*

Prepare paper for cooking greased with rice oil and lay it down on the bottom of a suitable pan. Onion, garlic and carrots are stewed a little in oil over medium heat. Finally add spices and the boiled buckwheat. Make meatballs and bake them over low heat.

**DAY 5**

**BREAKFAST**

*Oat pudding*

*a cup of green tea with honey and lemon*

**LUNCH**

*Salad with chicken, apple and honey dressing*

*A cup of ginger tea with lemon*

**DINNER**

*Chicken yakitori and Brussels sprouts with almonds*

*A cup of mint tea*

**BETWEEN  
THE MAIN COURSES**

*apple*

*shake of kefir, banana and hemp seed*

## **WAY OF PREPARATION**

### ***Oat pudding***

**150 G PORTION**

**PRODUCTS FOR 6 PORTIONS**

*200 g. fine oatmeal*

*400 ml. milk*

*4 tbs. stevia (or 1 tbs., liquid sweetener)*

*3-4 medium sized apples*

*1 lemon*

*3 eggs*

*½ tsp. baking powder*

*raisins*

*galette*

Heat the milk and pour it over the oat nuts. Let them soak for 10-15 min. Beat the eggs with stevia (sweetener), add the soaked in the milk oat nuts and the grated apples.

Add the baking powder. Spread the mixture in oiled and sprinkled with galette cake pan. You can put some small butter pieces on top. Bake for 20min at 180°C

### ***Salad with chicken, apple and honey dressing***

**PRODUCTS FOR ONE SERVING**

*2 chicken fillets*

*1 green salad*

*100 g apples*

*dressing*

*2 tbs. honey*

*50 g feta cheese*

*1 tsp. ground horseradish*

*2 tbs. lemon juice*

*a pinch of black pepper*

*a pinch of salt*

The chicken fillets (2 pieces) are cut in large pieces and baked in ribbed pan. Large pieces of fresh green salad are arranged in a salad bowl and the chicken pieces are put on top. Cherries are washed, halved and added to the salad. Honey (2 Tbs.), cheese (50 g), horseradish (1 tsp.), lemon juice (2 Tbs.) and spices are blended. Salad is served covered with the achieved dressing.

### *Chicken yakitori and Brussels sprouts with almonds*

#### **PRODUCTS FOR 8 PORTIONS**

##### ***For the Brussels sprouts with almonds***

*1 kg Brussels sprouts*

*50 g whole grain bread*

*2Tbs. grapes seed butter and a little more of it for the serving*

*25 g peeled almonds*

*1 garlic clove finely cut*

*1 grated lemon peel*

Clean the Brussels sprouts and boil or steam it for around 10min until it softens. Break the bread. Put 2 Tbs. grapes seed butter in a large pan and when it is heated up add the bread crumbs. Fry until crunchy. Add almonds, garlic and the lemon peel and leave all on the fire until it gets gold color. Put the sprout in a serving plate, spice and sprinkle with the crumbs and almonds. Finally add some oil.

##### ***For chicken yakitori***

*2 tbs. soy sauce*

*2 tbs. mirin*

*2 tbs. sake*

*½ teacup unrefined sugar*

*4 chicken breasts*

*sticks of green onion*

*Chicken yakitori:*

Mix soy sauce, mirin and sake. Next beat inside unrefined sugar. Cut the chicken breasts to bites and marinate them for at least 15min. Put the bites and the green onion sticks on skewers. Prepare them on grill or ribbed pan, as you spread the marinate sauce often until the meat is ready. Serve with garnish of Brussels sprouts with almonds

## **PHASE 3: REVOLUTION** (*Carbohydrate rotation*)

During this phase you should continue to eat moderately, do exercises which stimulate your cardiovascular system and gradually increase their length. The main aim of the Revolution phase is to advance the loss of fatty tissue by alternation of three types of days - low-, medium- and high-carbohydrate day. The carbohydrate consumption is under control the whole time, as you can add bread / whole grain or rye of course/ - 1 slice daily before 2p.m., as well as pasta - whole grain and vegetable-based and one portion of sweeter fruits: figs, currants, cherries, plums in the medium and high-carbohydrate days. Avocado is also allowed and 1 portion light popcorn as well. Stay on the Revolution until achieving your aims but no longer than 20 days.

### **ALTERNATION OF THE DAYS IN THIS PHASE**

#### **LOW CARBOHYDRATE DAY**

Carbohydrates are set to minimum. You can afford 0,6-0,8 g per kg weight. Avoid pasta, cooked food, fruits (except for apples – no more than 2 and not sweet), no nuts, nothing sweet. 400 g of vegetables with low content of starch are eligible (cucumbers preferred). You rely on proteins on this day – 3-4 g per kg weight. Eat fish, lean meat, skimmed milk, low calorie cottage cheese. Fats range from 0,8 to 1 g per kg. Consume coffee and tea without sugar or with sweetener if not possible.

#### **BREAKFAST**

2 eggs  
1 piece of ham  
1/2 tomato

#### **LUNCH**

1 piece of salmon  
green salad and cucumber with lemon juice

#### **DINNER**

1 chicken leg  
Brussels sprouts

#### **BETWEEN THE MAIN COURSES**

Protein shake  
3 slices turkey ham and a piece of cucumber  
1/2 pot of yoghurt with 2 Tbs. chia or boiled quinoa

## **MEDIUM CARBOHYDRATE DAY**

This is the balanced nutrition day. So include: *carbohydrates - 4 g per kg weight, proteins - 1,3-2 g, fats - no more than 0,8 g per kg weight.*

<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<i>Oatmeal from 100 goat nuts with hot milk</i>  <i>1 banana</i>	<i>200 g chicken breasts with 100 grice (brown is preferable)</i>  <i>100 g vegetable salad</i>	<i>Salad with a piece of meat or steamed vegetable with fish</i>  <i>1 cup of vigorous tea</i>

### **BETWEEN THE MAIN COURSES**

*fruit by choice*

*A dairy product including cheese with fruits (30 g cheese with any fruit or handful of berries)*

## **HIGH CARBOHYDRATE DAY**

During these days, you should eat high carbohydrate foods - 5-6 g per kg weight. Proteins are down to 1 g, and fats - to 0,6 g. Do not overeat. The daily amount of calories should be maintained. Increase the fruit intake. Do not consume too much bread, preferably whole grain. A gradual replenishment of carbohydrates begins and there is no fear of muscle mass decrease.

<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<i>Oatmeal from 100 goat nuts with hot milk</i>  <i>1 banana</i>	<i>200 g chicken breasts with 100 grice (brown is preferable)</i>  <i>100 g vegetable salad</i>	<i>Veal (200 g) with 300 g baked potatoes</i>

### **BETWEEN THE MAIN COURSES**

*1 banana*

*Oat nuts with milk and dried fruit by choice*

*40 g powder proteins with milk*

## **PHASE 4: TRANSFORMATION** (*Ketogenic diet*)

In the preparation of this regimen are foods with high content of proteins and fats and almost no carbohydrates. These are:

*MEAT, FILLETS, HAMS*

*EGG WHITES: IT IS GOOD TO ADD 2 YOLKS TO EVERY 7 EGG WHITES*

*WHOLE - MILK CHEESE, COTTAGE CHEESE*

*WHITE FISHES, FISH FILLETS*

*CRABS, SHRIMPS, SQUIDS*

*PROTEIN DRINKS*

*BUTTER, COLD PRESSED VEGETABLE OILS, OLIVES, CREAM, CAVIAR, MAYONNAISES, MELTED CHEESES*

*NUTS - IN SMALL AMOUNTS (up to 50 g daily)*

\* Consumption of large amounts of vegetables is obligatory!

\*\* *Consumption of fruits, cereals, pasta, legumes, potatoes and squash is not desirable.*

Most of the energy in this phase comes from fats, which are broken down to ketones. **Their daily intake is twice as much than the norm or 2 g per kg weight.** Part of the consumed energy is provided from oxidation of amino acids. The amount of carbohydrates in the daily menu should be the smallest possible. The daily protein intake is 3 g per kg weight for men, and 2 g per kg weight for

women. The distribution of food should be 6 times a day: 3 main courses and 3 intermediate breakfasts.

## **WHAT YOUR TYPICAL DAY SHOULD LOOK LIKE**

### **BREAKFAST**

*omelette from 6 egg whites and one yolk with ham and yellow cheese*

*coffee or tea without sugar*

### **LUNCH**

*salad from 1/2 avocado, 1 small tomato and chicken meat with olive oil*

### **DINNER**

*fish or shrimps with a little green or cabbage salad, or steak (fillet, non-breaded schnitzel) with salad from 6 cucumber rolls and 1/2 small onion bulb.*

### **BETWEEN THE MAIN COURSES**

*50 g raw nuts (almond, cashew, hazelnut, macadamia, brazil nuts)*

*40 g whey protein with water*

*chicken ham with cucumber*



## **PHASE 5: MAINTENANCE (Strategy 5+2)**

The maintenance phase is created to consolidate the loss of the extra subcutaneous fat in the abdominal region and to enjoy some of your favorite foods at the same time. Strategy here is built on the principle of maintaining the metabolism at high speed, as extra calories in the form of hamburger, bread, ice cream, chocolate, alcohol and so on are allowed at certain days. Exactly this 'shock' fastens metabolism.

After the metabolism is accelerated in order to manage the extra energy, you go back to your diet and thus you will burn calories at maximum rate. Until you reach your ideal flat and ripped abdomen it is good to enjoy no more than 4 of your favorite foods two days a week.

To pass from large to small waist, you have to understand you should deliberately change your psychological and behavioral habits. Read food labels. Limit saturated fats and choose ones containing fibers and healthy fats (mono- and poly-unsaturated). Drink one or two glasses of water before eating, as hunger signals could be thirst ones. It is proven that two spices help maintain the waist – red pepper and canella. It is important to know that there is nothing dangerous in making mistakes, the key is to return to the proper way. Sleep at least 8 hours at night – the lack of it urges you to eat. Make healthy, safe and monogamous sex – satisfaction of one center of appetite in the brain helps satisfy another one also.

The following supplements are proven effective in some aspects for achieving defined abdominal muscles:

*CHROMIUM PICOLINATE, GRAPEFRUIT BUTTER, CLA, YOHIMBINE, L-CARNITINE.*

It would be beneficial to take a thermogenic fat burner as well.

***Consult your physician or personal trainer about that and also about which of the above supplements would be suitable for you.***

# Exercises

*“To achieve what others won’t, you have to do what others don’t.”*

**I**n order to sculpt a ripped six pack you need to develop the core muscles that are responsible for the shape of the abs: the superficial core muscles - Rectus abdominis and external obliques i.e. the six pack, as well as the deep abdominal muscles such as the Transversusabdominis and internal obliques, which provide spinal support and tuck in the internal organs, thus contributing to the flat stomach look. This chapter describes the exercises that stimulate muscle hypertrophy in the abdominal region.

## **PHASE 1** (two weeks)

The Detox Phase lasts for two weeks, as a result of which the abs program is also split into two weeks – three workouts per week for the first and second week. The carbohydrate intake is lowered to 0.8-1 gram per kilogram of bodyweight and fat intake to 0.6 gram per kilo of bodyweight, respectively. The exercises are chosen according to the lowered caloric intake and toxin cleanse period.

Although they look easy at first glance, don’t be mislead. What’s more, each and every exercise has supplementary instructions for proper execution, which includes the tempo, rest time between sets and a small number is even performed until failure.

The program is designed to be executed three times per week on nonconsecutive days, which are recorded in the table as Monday, Wednesday and Friday, but you can easily substitute them with other days, which may suit your lifestyle better. Still make sure that you don’t have training sessions in two consecutive days. The exercises are the same for the three days for the week. They are also the same for the second week. What’s changing is the gradual increase in intensity, which

comes as a result of the shortened rest periods, while the number of sets and repetitions actually increases.

In the last column of the two tables you can find additional information and after the tables – explanations regarding the tempo and rest periods between sets. Of course, we also have an instruction on how to execute each and every exercise from the first phase of the Detox program.

**FIRST WEEK**

<b>DAY</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>	<b>REP/SPEED</b>	<b>ADDITIONAL INSTRUCTIONS</b>
<b>MONDAY</b>	Incline sit ups	3	failure	30 sec	normal	
	Plank	3	failure	30 sec	-	
	Lying floor leg raise	3	failure	30 sec	normal	
	Dumbbell side bends	3	20	30 sec	normal	each side
	Vacuum	3	10 sec	30 sec	-	lying
<b>WEDNESDAY</b>	Incline sit ups	3	failure	30 sec	normal	
	Plank	3	failure	30 sec	-	
	Lying floor leg raise	3	failure	30 sec	normal	
	Dumbbell side bends	3	25	30 sec	normal	each side
	Vacuum	3	15 sec	30 sec	-	lying
<b>FRIDAY</b>	Incline sit ups	4	failure	30 sec	normal	
	Plank	4	failure	30 sec	-	
	Lying floor leg raise	4	failure	30 sec	normal	
	Dumbbell side bends	4	30	30 sec	slow	each side
	Vacuum	3	20 sec	30 sec	-	lying

**SECOND WEEK**

<b>DAY</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>	<b>REP/SPEED</b>	<b>ADDITIONAL INSTRUCTIONS</b>
<b>MONDAY</b>	Incline sit ups	3	failure	20 sec	normal	
	Plank	3	failure	20 sec	-	
	Lying floor leg raise	3	failure	20 sec	normal	
	Dumbbell side bends	3	20	20 sec	normal	each side
	Vacuum	3	20 sec	20 sec	-	sitting
<b>WEDNESDAY</b>	Incline sit ups	3	failure	20 sec	normal	
	Plank	3	failure	20 sec	-	
	Lying floor leg raise	3	failure	20 sec	slow	
	Dumbbell side bends	3	25	20 sec	normal	each side
	Vacuum	3	25 sec	20 sec	-	sitting
<b>FRIDAY</b>	Incline sit ups	3	failure	20 sec	normal	
	Plank	4	failure	20 sec	-	
	Lying floor leg raise	4	failure	20 sec	slow	
	Dumbbell side bends	4	30	20 sec	normal	each side
	Vacuum	3	30 sec	20 sec	-	sitting

**Reps to failure:** perform the exercise till failure

**Reps X:** perform a predetermined number of repetitions

**Reps YY sec:** perform the exercise for a specified duration of time

**Normal rep speed:** 3 seconds total. 1 sec up, 1 sec down, 1 sec hold at the top

**Slow rep speed:** 6 seconds total. 2 sec up, 2 sec down 2 sec hold on top

**Each side:** The given number of repetitions is performed for each of the sides.

## **PHASE 2 (three weeks +)**

*The second phase* is the time, during which we are going to work on hypertrophy for the abdominal muscles. The purpose of the diet and exercises is to lower the body fat percentage on the abs, but for a great midsection we also need to have adequate muscle mass and volume. It is here, during the second phase, where we are going to work purposefully on muscle hypertrophy – that is to make the six pack bigger!

Don't worry about getting big abs, as this is genetically predetermined and you cannot develop unproportionate muscles. Don't spend time worrying about this – rather focus on getting your abs as strong as possible – the more muscular they are – the more visible they will be even if you have higher bodyfat percentage. This means that you will be able to see them much sooner. Let's be honest, this is quite motivating and keeps us going forward towards the last phase and...a truly amazing six pack!

During the second phase we work on hypertrophy for the abdominal muscles with adequately chosen exercises. It is exactly through those exercises that I have developed my abs, while the exercises in the last phase and second to last help me to lower the fat percentage of my midsection. In the last phase also known as supporting phase, you will find my favorite program for shredding abdominal fat and sustaining a good six-pack all year round.

But let's go back to the second phase. Here we target hypertrophy of the muscles, as a result of which you will notice that the exercises are performed till failure along with the presence of harder ones. Our purpose here is not only to increase the number of repetitions and lower the rest periods, as it is written in the table for the respective week, but also to increase the resistance on the exercise with weights. This is the recipe for massive abdominal muscles, which we target in this phase.

The program is designed to be executed three times per week on nonconsecutive days, which are recorded in the table as Monday, Wednesday and Friday, but

you can easily substitute them with other days, which may suit your lifestyle better. Still make sure that you don't have training sessions in two consecutive days. The exercises are the same for the three days of the week and they are also the same for the three weeks, during which you are in phase 2 – the Low-carb diet. The thing that changes is the gradual increase in intensity, which comes as a result of the decrease in rest periods between sets, while the sets, repetitions and added resistance (weight) increase.

If you decide to continue training for more than three weeks on the second phase, then make sure you train according to the fourth table. It will guide you on what and how to perform, as in every consecutive week you will try to increase the repetitions and the resistance (weight) as much as possible. Keep in mind not to make any compromise with the technique of execution of a given exercise. Perform them with maximal weight, that allow you to do them correctly. If you feel that you use too much inertia and momentum and your technique is suffering, then lower the weight.

In the last column of the four tables you can find additional information and guidance, while after the tables themselves there is explanation about the tempo, rest periods between sets, as well as instructions on how to perform each and every exercise during the second phase of the program – the Low-carb diet.

**FIRST WEEK**

<b>DAY</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>	<b>REP/SPEED</b>	<b>ADDITIONAL INSTRUCTIONS</b>
<b>MONDAY</b>	Weighted incline sit ups	3	failure	20 sec	normal	
	Lying floor leg raise	3	failure	20 sec	normal	
	Side Bends at hyperextension	3	failure	20 sec	-	each side
	Cable kneeling crunch	3	failure	20 sec	normal	
	Plank	3	failure	20 sec	-	
	Dumbbell side bends	3	failure	20 sec	normal	each side
	Vacuum	3	30sec	20 sec	-	sitting
<b>WEDNESDAY</b>	Weighted incline sit ups	3	failure	20 sec	normal	
	Lying floor leg raise	3	failure	20 sec	normal	
	Side Bends at hyperextension	3	failure	20 sec	-	each side
	Cable kneeling crunch	3	failure	20 sec	normal	
	Plank	3	failure	20 sec	-	
	Dumbbell side bends	3	failure	20 sec	normal	each side
	Vacuum	3	30sec	20 sec	-	sitting
<b>FRIDAY</b>	Weighted incline sit ups	3	failure	20 sec	slow	
	Lying floor leg raise	3	failure	20 sec	normal	
	Side Bends at hyperextension	3	failure	20 sec	-	each side
	Cable kneeling crunch	3	failure	20 sec	slow	
	Plank	3	failure	20 sec	-	
	Dumbbell side bends	3	failure	20 sec	normal	each side
	Vacuum	3	30sec	20 sec	-	sitting

**SECOND WEEK**

<b>DAY</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>	<b>REP/SPEED</b>	<b>ADDITIONAL INSTRUCTIONS</b>
<b>MONDAY</b>	Weighted incline sit ups	3	failure	20 sec	slow	
	Lying floor leg raise	3	failure	20 sec	normal	
	Side Bends at hyperextension	3	failure	20 sec	-	each side
	Cable kneeling crunch	3	failure	20 sec	normal	
	Plank	3	failure	20 sec	-	
	Dumbbell side bends	3	failure	20 sec	normal	each side
	Vacuum	3	30sec	20 sec	-	sitting
<b>WEDNESDAY</b>	Weighted incline sit ups	3	failure	20 sec	slow	
	Lying floor leg raise	3	failure	20 sec	normal	
	Side Bends at hyperextension	3	failure	20 sec	-	each side
	Cable kneeling crunch	3	failure	20 sec	slow	
	Plank	3	failure	20 sec	-	
	Dumbbell side bends	3	failure	20 sec	normal	each side
	Vacuum	3	30sec	20 sec	-	sitting
<b>FRIDAY</b>	Weighted incline sit ups	3	failure	20 sec	slow	
	Lying floor leg raise	3	failure	20 sec	normal	
	Side Bends at hyperextension	3	failure	20 sec	-	each side
	Cable kneeling crunch	3	failure	20 sec	slow	
	Plank	3	failure	20 sec	-	
	Dumbbell side bends	3	failure	20 sec	normal	each side
	Vacuum	3	30sec	20 sec	-	sitting



**THIRD WEEK**

<b>DAY</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>	<b>REP/SPEED</b>	<b>ADDITIONAL INSTRUCTIONS</b>
<b>MONDAY</b>	Weighted incline sit ups	3	failure	10 sec	slow	
	Lying floor leg raise	3	failure	10 sec	normal	
	Side Bends at hyperextension	3	failure	10 sec	-	each side
	Cable kneeling crunch	3	failure	10 sec	slow	
	Plank	3	failure	10 sec	-	
	Dumbbell side bends	3	failure	10 sec	normal	each side
	Vacuum	3	40sec	10 sec	-	sitting
<b>WEDNESDAY</b>	Weighted incline sit ups	3	failure	10 sec	slow	
	Lying floor leg raise	3	failure	10 sec	slow	
	Side Bends at hyperextension	3	failure	10 sec	-	each side
	Cable kneeling crunch	3	failure	10 sec	slow	
	Plank	3	failure	10 sec	-	
	Dumbbell side bends	3	failure	10 sec	normal	each side
	Vacuum	3	40sec	10 sec	-	sitting
<b>FRIDAY</b>	Weighted incline sit ups	3	failure	10 sec	slow	
	Lying floor leg raise	3	failure	10 sec	slow	
	Side Bends at hyperextension	3	failure	10 sec	-	each side
	Cable kneeling crunch	3	failure	10 sec	slow	
	Plank	3	failure	10 sec	-	
	Dumbbell side bends	3	failure	10 sec	normal	each side
	Vacuum	3	40sec	10 sec	-	sitting

**FOURTH + WEEK**

<b>DAY</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>	<b>REP/SPEED</b>	<b>ADDITIONAL INSTRUCTIONS</b>
<b>MONDAY</b>	Vertical leg raise	3	failure	10 sec	slow	
	Swiss ball crunch	3	failure	10 sec	normal	
	Abdominal air bike	3	failure	10 sec	-	each side
	Plank with arm raise	3	failure	10 sec	slow	
	Dumbbell side bends	3	failure	10 sec	-	
	Dumbbell side bends	3	failure	10 sec	normal	each side
	Vacuum	3	30sec	10 sec	-	standing
<b>WEDNESDAY</b>	Weighted incline sit ups	3	failure	10 sec	slow	
	Lying floor leg raise	3	failure	10 sec	slow	
	Side Bends at hyperextension	3	failure	10 sec	-	each side
	Cable kneeling crunch	3	failure	10 sec	slow	
	Plank	3	failure	10 sec	-	
	Dumbbell side bends	3	failure	10 sec	slow	each side
	Vacuum	3	30sec	10 sec	-	standing
<b>FRIDAY</b>	Weighted incline sit ups	3	failure	10 sec	slow	
	Lying floor leg raise	3	failure	10 sec	slow	
	Side Bends at hyperextension	3	failure	10 sec	-	each side
	Cable kneeling crunch	3	failure	10 sec	slow	
	Plank	3	failure	10 sec	-	
	Dumbbell side bends	3	failure	10 sec	slow	each side
	Vacuum	3	30sec	10 sec	-	standing

**Reps to failure:** perform the exercise till failure

**Reps X:** perform a predetermined number of repetitions

**Reps YY sec:** perform the exercise for a specified duration of time

**Normal rep speed:** 3 seconds total. 1 sec up, 1 sec down 1 sec hold at the top

**Slow rep speed:** 6 seconds total. 2 sec up, 2 sec down 2 sec hold on top

**Each side:** The given number of repetitions is performed for each of the sides.

### **PHASE 3** (*three weeks*)

*Throughout the third phase – Revolutions, we are on the so-called carb cycling regime. Here is the right moment to add new exercises, as well as harder variations of those from the previous phases. We are adding Swiss Ball Crunch, while two of the already existing exercises transform – the Plank becomes Plank with Arm Raise and the Floor Leg Raises become Vertical Leg Raises.*

The exercises are identical for all of the three training days of the week and they continue to be the same during the three weeks of phase 3 –Revolutions (Carb Cycling). The factor that changes each and every consecutive training is the gradual increase of intensity, which comes as a result of the shortened rest periods and the increase in working sets, repetitions and added resistance (weight).

The program is designed to be executed three times per week on nonconsecutive days, which are recorded in the table as Monday, Wednesday and Friday, but you can easily substitute them with other days, which may suit your lifestyle better. Still make sure that you don't have training sessions in two consecutive days.

In the last column of the four tables you can find additional information and guidance, while after the tables themselves there are explanations about the tempo, rest periods between sets, as well as instructions on how to perform each and every exercise during the third phase of the program – Revolutions (Carb Cycling).

## FIRST WEEK

DAY	EXERCISE	SETS	REPS	REST	REP/SPEED	ADDITIONAL INSTRUCTIONS
MONDAY	Vertical leg raise	2	failure	10 sec	normal	
	Swiss ball crunch	2	failure	10 sec	normal	
	Abdominal air bike	2	failure	10 sec	normal	
	Plank with arm raise	2	failure	10 sec	normal	alternating arms
	Dumbbell side bends	2	failure	10 sec	normal	each side
	Side plank	2	failure	10 sec	normal	each side
	Vacuum	3	40sec	20 sec	-	standing
WEDNESDAY	Vertical leg raise	2	failure	10 sec	normal	
	Swiss ball crunch	2	failure	10 sec	normal	
	Abdominal air bike	2	failure	10 sec	normal	
	Plank with arm raise	2	failure	10 sec	normal	alternating arms
	Dumbbell side bends	2	failure	10 sec	normal	each side
	Side plank	2	failure	10 sec	normal	each side
	Vacuum	3	40sec	20 sec	-	standing
FRIDAY	Vertical leg raise	2	failure	10 sec	normal	
	Swiss ball crunch	2	failure	10 sec	normal	
	Abdominal air bike	2	failure	10 sec	normal	
	Plank with arm raise	2	failure	10 sec	normal	alternating arms
	Dumbbell side bends	2	failure	10 sec	normal	each side
	Side plank	2	failure	10 sec	normal	each side
	Vacuum	3	40sec	20 sec	-	standing

## SECOND WEEK

DAY	EXERCISE	SETS	REPS	REST	REP/SPEED	ADDITIONAL INSTRUCTIONS
MONDAY	Vertical leg raise	3	failure	10 sec	normal	
	Swiss ball crunch	3	failure	10 sec	normal	
	Abdominal air bike	3	failure	10 sec	normal	
	Plank with arm raise	3	failure	10 sec	normal	alternating arms
	Dumbbell side bends	3	failure	10 sec	normal	each side
	Side plank	3	failure	10 sec	normal	each side
	Vacuum	3	50sec	20 sec	-	standing
WEDNESDAY	Vertical leg raise	3	failure	10 sec	normal	
	Swiss ball crunch	3	failure	10 sec	normal	
	Abdominal air bike	3	failure	10 sec	normal	
	Plank with arm raise	3	failure	10 sec	normal	alternating arms
	Dumbbell side bends	3	failure	10 sec	normal	each side
	Side plank	3	failure	10 sec	normal	each side
	Vacuum	3	50sec	20 sec	-	standing
FRIDAY	Vertical leg raise	3	failure	10 sec	normal	
	Swiss ball crunch	3	failure	10 sec	normal	
	Abdominal air bike	3	failure	10 sec	normal	
	Plank with arm raise	3	failure	10 sec	normal	alternating arms
	Dumbbell side bends	3	failure	10 sec	normal	each side
	Side plank	3	failure	10 sec	normal	each side
	Vacuum	3	50sec	10 sec	-	standing

### THIRD WEEK

DAY	EXERCISE	SETS	REPS	REST	REP/SPEED	ADDITIONAL INSTRUCTIONS
MONDAY	Vertical leg raise	3	failure	10 sec	normal	
	Swiss ball crunch	3	failure	10 sec	normal	
	Abdominal air bike	3	failure	10 sec	normal	
	Plank with arm raise	3	failure	10 sec	normal	alternating ams
	Dumbbell side bends	3	failure	10 sec	normal	each side
	Side plank	3	failure	10 sec	normal	each side
	Vacuum	3	50sec	10 sec	-	standing
WEDNESDAY	Vertical leg raise	3	failure	10 sec	normal	
	Swiss ball crunch	3	failure	10 sec	normal	
	Abdominal air bike	3	failure	10 sec	normal	
	Plank with arm raise	3	failure	10 sec	normal	alternating ams
	Dumbbell side bends	3	failure	10 sec	normal	each side
	Side plank	3	failure	10 sec	normal	each side
	Vacuum	3	60sec	20 sec	-	standing
FRIDAY	Vertical leg raise	3	failure	10 sec	normal	
	Swiss ball crunch	3	failure	10 sec	normal	
	Abdominal air bike	3	failure	10 sec	normal	
	Plank with arm raise	3	failure	10 sec	normal	alternating ams
	Dumbbell side bends	3	failure	10 sec	normal	each side
	Side plank	3	failure	10 sec	normal	each side
	Vacuum	3	60sec	20 sec	-	standing

**Reps to failure:** perform the exercise till failure

**Reps X:** perform a predetermined number of repetitions

**Reps YY sec:** perform the exercise for a specified duration of time

**Normal rep speed:** 3 seconds total. 1 sec up, 1 sec down 1 sec hold at the top

**Slow rep speed:** 6 seconds total. 2 sec up, 2 sec down 2 sec hold on top

**Each side:** The given number of repetitions is performed for each of the sides.

**Alternating arms:** Execute one repetition with the left arm, followed by one with the right. Continue alternating the left and the right arm until you reach the target number of repetitions.

## **PHASE 4 (three + weeks)**

*The fourth phase, also known as the Ketogenic Diet, is the next stage of our abs program. Here, similar to the previous phase, there is an exchange of some exercises as well as the addition of more complicated variations of others. The plank is now being performed with added resistance, the leg raises are hanging/vertical, and instead of Swiss ball crunches, we are going to perform the jackknife.*

The program is made to be executed three times per week on nonconsecutive days, which are recorded in the table as Monday, Wednesday and Friday, but you can easily substitute them with other days, which may suit your lifestyle better. Still make sure that you don't have training sessions in two consecutive days.

The exercises are the same for the three days for the week. They are also the same for the duration of the three weeks under phase 4 – The Ketogenic Diet. What's changing is the gradual increase in intensity, which comes as a result of the shortened rest periods, while the number of sets and repetitions actually increases.

If you decide to continue training for more than three weeks on the fourth phase, then make sure you train according to the third table. It will guide you on what and how to perform, as in every consecutive week you will try to increase the repetitions and the resistance (weight) as much as possible. Keep in mind not to make any compromise with the technique of execution of a given exercise. Perform them with the maximal weight, that allows you to do them correctly. If you feel that you use too much inertia and momentum and your technique is suffering, then lower the weight.

In the last column of the three tables you can find additional information and guidance, while after the tables themselves there is an explanation about the tempo, rest periods between sets, as well as instructions on how to perform each and every exercise during the second phase of the program – the Ketogenic Diet.

**FIRST WEEK**

<b>DAY</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>	<b>REP/SPEED</b>	<b>ADDITIONAL INSTRUCTIONS</b>
<b>MONDAY</b>	Hanging leg raise	3	failure	10 sec	normal	
	Swiss ball jackknife	3	failure	10 sec	normal	
	Abdominal air bike	3	failure	10 sec	normal	
	Abdominal flutter kicks	3	failure	10 sec	normal	
	Plank with weights	3	failure	10 sec	normal	
	Dumbbell side bends	3	failure	10 sec	normal	each side
	Side plank	3	failure	10 sec	normal	each side
	Vacuum	3	60sec	10 sec	-	standing
<b>WEDNESDAY</b>	Hanging leg raise	3	failure	10 sec	normal	
	Swiss ball jackknife	3	failure	10 sec	normal	
	Abdominal air bike	3	failure	10 sec	normal	
	Abdominal flutter kicks	3	failure	10 sec	normal	
	Plank with weights	3	failure	10 sec	normal	
	Dumbbell side bends	3	failure	10 sec	normal	each side
	Side plank	3	failure	10 sec	normal	each side
	Vacuum	3	60sec	20 sec	-	standing
<b>FRIDAY</b>	Hanging leg raise	3	failure	10 sec	normal	
	Swiss ball jackknife	3	failure	10 sec	normal	
	Abdominal air bike	3	failure	10 sec	normal	
	Abdominal flutter kicks	3	failure	10 sec	normal	
	Plank with weights	3	failure	10 sec	normal	
	Dumbbell side bends	3	failure	10 sec	normal	each side
	Side plank	3	failure	10 sec	normal	each side
	Vacuum	3	70sec	20 sec	-	standing



## SECOND WEEK

DAY	EXERCISE	SETS	REPS	REST	REP/SPEED	ADDITIONAL INSTRUCTIONS
MONDAY	Hanging leg raise	3	failure	10 sec	normal	
	Swiss ball jackknife	3	failure	10 sec	normal	
	Abdominal air bike	3	failure	10 sec	normal	
	Abdominal flutter kicks	3	failure	10 sec	normal	
	Plank with weights	3	failure	10 sec	normal	
	Dumbbell side bends	3	failure	10 sec	normal	each side
	Side crunch with leg lift	3	failure	10 sec	normal	each side
	Side plank	3	failure	10 sec	normal	each side
	Vacuum	3	70sec	10 sec	-	standing
WEDNESDAY	Hanging leg raise	3	failure	10 sec	normal	
	Swiss ball jackknife	3	failure	10 sec	normal	
	Abdominal air bike	3	failure	10 sec	normal	
	Abdominal flutter kicks	3	failure	10 sec	normal	
	Plank with weights	3	failure	10 sec	normal	
	Dumbbell side bends	3	failure	10 sec	normal	each side
	Side crunch with leg lift	3	failure	10 sec	normal	each side
	Side plank	3	failure	10 sec	normal	each side
	Vacuum	3	70sec	10 sec	-	standing
FRIDAY	Hanging leg raise	3	failure	10 sec	normal	
	Swiss ball jackknife	3	failure	10 sec	normal	
	Abdominal air bike	3	failure	10 sec	normal	
	Abdominal flutter kicks	3	failure	10 sec	normal	
	Plank with weights	3	failure	10 sec	normal	
	Dumbbell side bends	3	failure	10 sec	normal	each side
	Side crunch with leg lift	3	failure	10 sec	normal	each side
	Side plank	3	failure	10 sec	normal	each side
	Vacuum	3	80sec	20 sec	-	standing

**THIRD WEEK**

<b>DAY</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>	<b>REP/SPEED</b>	<b>ADDITIONAL INSTRUCTIONS</b>
<b>MONDAY</b>	Lying leg raise	3	failure	10 sec	normal	
	Abdominal air bike	3	failure	10 sec	normal	
	Abdominal flutter kicks	3	failure	10 sec	normal	
	Dumbbell side kicks	3	failure	10 sec	normal	
	Plank with weights	3	failure	10 sec	normal	
	Dumbbell side bends	3	failure	10 sec	normal	each side
	Side crunch with leg lift	3	failure	10 sec	slow	each side
	Side plank	3	failure	10 sec	normal	each side
	Vacuum	3	80sec	10 sec	-	standing
<b>WEDNESDAY</b>	Hanging leg raise	3	failure	10 sec	normal	
	Swiss ball jackknife	3	failure	10 sec	normal	
	Abdominal air bike	3	failure	10 sec	normal	
	Abdominal flutter kicks	3	failure	10 sec	normal	
	Plank with weights	3	failure	10 sec	normal	
	Dumbbell side bends	3	failure	10 sec	normal	each side
	Side crunch with leg lift	3	failure	10 sec	slow	each side
	Side plank	3	failure	10 sec	normal	each side
	Vacuum	3	80sec	10 sec	-	standing
<b>FRIDAY</b>	Hanging leg raise	3	failure	10 sec	normal	
	Swiss ball jackknife	3	failure	10 sec	normal	
	Abdominal air bike	3	failure	10 sec	normal	
	Abdominal flutter kicks	3	failure	10 sec	normal	
	Plank with weights	3	failure	10 sec	normal	
	Dumbbell side bends	3	failure	10 sec	normal	each side
	Side crunch with leg lift	3	failure	10 sec	slow	each side
	Side plank	3	failure	10 sec	normal	each side
	Vacuum	3	80sec	10 sec	-	standing

**Reps to failure:** perform the exercise till failure

**Reps X:** perform a predetermined number of repetitions

**Reps YY sec:** perform the exercise for a specified duration of time

**Normal rep speed:** 3 seconds total. 1 sec up, 1 sec down 1 sec hold at the top

**Slow rep speed:** 6 seconds total. 2 sec up, 2 sec down 2 sec hold on top

**Each side:** The given number of repetitions is performed for each of the sides.

## PHASE 5

My favorite phase is the fifth one, also known as Sustainability Phase. This is the one that I personally use. The exercises are strategically chosen from me as I find them most effective. You are acquainted with them from the previous phases. The new exercise here is the Abdominal Pendulum. The other difference with regard to the previous phases is the separation of the stomach vacuums in different hours, unlike now, where they are situated at the end of the abs routine.

I perform the Stomach Vacuum exercise every morning on an empty stomach for 5 minutes without resting. Since you are beginners you can perform it 3 times per week in the first month by following the program below. In order for the exercise to have real effect your body fat has to be less than 15%.

WEEK	EXERCISE	SECONDS	SETS	REST TIME
1	VACUUM	60	3	20 sec
2	VACUUM	60	3	20 sec
3	VACUUM	60	4	10 sec
4	VACUUM	60	4	10 sec

The rest of the exercises I perform every other day. I perform them without resting, after which I rest for 30 seconds and I start again. This way I perform 4 sets. But until you make progress you can use the following program.

<b>WEEK</b>	<b>SETS</b>	<b>REPETITIONS</b>	<b>REST TIME</b>
1	2	<i>failure</i>	20 sec
2	2	<i>failure</i>	20 sec
3	3	<i>failure</i>	10 sec
4	3	<i>failure</i>	10 sec

Here is the program itself, described in four weeks. The first three weeks are preparatory for the last one, fourth week – that is my favorite training routine. It is exactly the fourth table, that you are about to follow after the first three weeks. Again, as in the previous phases, try to increase the repetitions and added resistance (weights) of the exercises, but still try to maintain good technique and safe execution.

<b>DAY</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>	<b>REP/SPEED</b>	<b>ADDITIONAL INSTRUCTIONS</b>
<b>FIRST</b>	Lying leg raise	2	failure	20 sec	normal	
	Abdominal air bike	2	failure	20 sec	normal	
	Abdominal flutter kicks	2	failure	20 sec	normal	
	Plank	2	failure	20 sec	normal	
	Dumbbell side kicks	2	failure	20 sec	normal	each side
	Side crunch with leg lift	2	failure	20 sec	slow	each side
	Abdominal pendulum	2	failure	20 sec	slow	
	Side plank	2	failure	20 sec	normal	each side
<b>SECOND</b>	Lying floor leg raise	2	failure	20 sec	normal	
	Abdominal air bike	2	failure	20 sec	normal	
	Abdominal flutter kicks	2	failure	20 sec	normal	
	Plank	2	failure	20 sec	normal	
	Dumbbell side bends	2	failure	20 sec	normal	each side
	Side crunch with leg lift	2	failure	20 sec	slow	each side
	Abdominal pendulum	2	failure	20 sec	slow	
	Side plank	2	failure	20 sec	normal	each side
<b>THIRD</b>	Lying floor leg raise	3	failure	10 sec	normal	
	Abdominal air bike	3	failure	10 sec	normal	
	Abdominal flutter kicks	3	failure	10 sec	normal	
	Plank	3	failure	10 sec	normal	
	Dumbbell side bends	3	failure	10 sec	normal	each side
	Side crunch with leg lift	3	failure	10 sec	slow	each side
	Abdominal pendulum	3	failure	10 sec	slow	
	Side plank	3	failure	10 sec	normal	each side
<b>FOURTH</b>	Lying floor leg raise	3	failure	10 sec	normal	lying leg raise
	Abdominal air bike	3	failure	10 sec	normal	
	Abdominal flutter kicks	3	failure	10 sec	normal	
	Plank	3	failure	10 sec	normal	
	Dumbbell side bends	3	failure	10 sec	normal	each side
	Side crunch with leg lift	3	failure	10 sec	slow	each side

**Reps to failure:** perform the exercise till failure

**Normal rep speed:** 3 seconds total. 1 sec up, 1 sec down, 1 sec hold at the top

**Each side:** The given number of repetitions is performed for each of the sides.

## **HOW TO EXECUTE THE EXERCISES CORRECTLY**

### **PLANK**



The Plank is a stationary exercise that helps strengthen the entire core of the body. Setup for the plank by getting a mat and laying down on your front. To start the exercise prop your torso up on your elbows and your feet up on your toes. Keeping yourself completely straight, hold this position for as long as possible.

### **LYING LEG RAISE**

Setup for the lying floor leg raise by putting a mat on the floor and laying down on your back with your legs extended straight out and your arms by your side with palms on the floor or behind your back. Get ready to start the set by lifting your heels off the floor slightly. Keeping your legs straight and knees together slowly raise your legs up until they are pointing straight up (90 degrees to the floor). Do not pause at the top of the exercise, slowly lower your legs to the starting position. Do not let your heels touch the floor throughout the set.

#### **STEP 1**



**STEP 2**



**VERTICAL LEG RAISES**

You'll need a stand or padded parallel bars for this one. Position your forearms on the pads and tuck your back to the vertical pad of the stand. Assume the set up position by extending your knees, hips and waist.

Start raising your legs by flexing your knees and hips and after your hips are fully extended continue by raising them from the vertical pad (the one that is in contact with your back). Return back and repeat.

**STEP 1**



**STEP 2**





## ***DUMBBELL SIDE BENDS***

Grasp dumbbell with arm straight to side. Bend waist to opposite side of dumbbell until slight stretch is felt. Lower to opposite side same distance and repeat. Continue with opposite side.

**STEP 1**



**STEP 2**



## ***INCLINE SIT-UPS***

Sit on an incline bench (Roman chair) with lower legs secured under the support. Place hands crossed in front of your chest. Slowly drop your torso backwards about 20-25 cm from the starting position. Try to keep your abs in constant contraction via shorter movements and never go all the way down. Also, it is important to keep your spine bent forward just a little bit to reduce the pressure on your lower back and to emphasize on your abs. The movement amplitude must be short and slow. If it is too difficult for you to do the desired number of repetitions with the hands placed behind neck, you may change the placement of the hands by putting them on the sides of the head, on the chest or even on the waist.

**STEP 1**



**STEP 2**



**SIDE BENDS ON HYPEREXTENSION BENCH**

This exercise is for the oblique muscles; these are the muscles on your midsection sides. The hyperextension allows greater range of motion. To setup for this exercise you must position your legs on the support and your hips on the pad, set on the appropriate height. Put your hands crossed over your chest and lower your torso to the floor sideways bending at the waist. Remember not to twist your back. Perform the desired reps and switch to the other side.

**STEP 1**



**STEP 2**



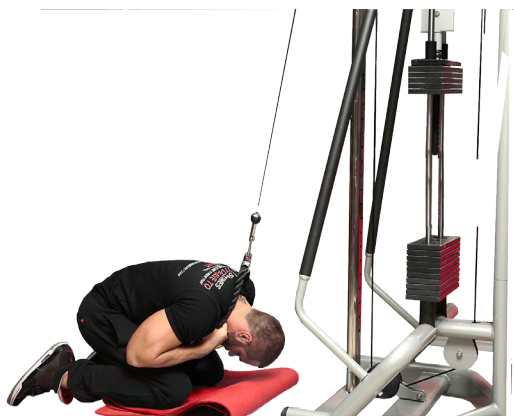
## **CABLE KNEELING CRUNCH**

Grasp the rope of the high pulley by both ends with your hands; kneel on the floor and place wrist against your head. You may use a mat if your knees ache. Position the hips back and keep them stationary during the exercise. Flex your waist so the elbows come down to your waist. Move back and repeat.

### **STEP 1**



### **STEP 2**



**STOMACH VACUUM** *This exercise hits the inner abdominal muscles (Transversus Abdominus and Lumbar Multifidus). You must do the stomach vacuum standing on this phase.*

To perform the stomach vacuum put your hands on your hips or over your head. (unless you are kneeling, put them on the floor) then exhale all your breath out of your lungs, and as you exhale expand your chest and suck in your stomach as far as you can, and hold it as much as you can. While you have swallowed the stomach try to only breathe through the chest without inflating the stomach. As an added bonus, you can use the Stomach Vacuum when doing your regular abdominal work. Focus on pulling in on the Transverse Abdominus. Simply do this by pulling in your stomach as far as you can and flex your groin muscles, as if you are trying to stop the flow of urine. Tucking a distended stomach takes time and in order to be able to see

any difference at least 6 months are needed. The inner abdominal muscles support posture and control deep breathing during power movements, such as heavy squats. They are responsible for back support. Since they are rarely targeted, they are often weaker. By building a stronger inner abdominal wall, you can limit and relieve back pain, create a tighter midsection, and add explosive power to your training. When you are performing vacuum standing, the exercise is done in a similar way. The only difference is that hands are placed on the knees at start and when you are swallowing your stomach you have to raise your torso and straighten your back.

**STEP 1**



**STEP 2**



**SWISS BALL CRUNCH**

Before starting make sure that the ball is fully inflated. Otherwise you won't get the best from the exercise. Secure your feet under a stable support and put your back on the ball so it feels like it is curved around the ball. Put your hand on your neck, align your head with your upper body and start flexing your abs. You should initiate and perform the movement with your abs, not with your neck leading. Stop when your upper back is elevated and no longer in contact with the ball. Squeeze your

abs tight at the top before lowering back down for another repetition. Remember to keep your lower back in contact with the ball at all times.

**STEP 1**



**STEP 2**



**ABDOMINAL AIR BIKE**

Lie flat on your back on the mat. Your hands should be clasped behind your head so that your elbows stick out on either side. Your back and neck should be in alignment and your back should be flat against the mat. If you feel air space between your back and the mat, consciously relax your back muscles and imagine yourself melting into the mat. Raise both of your knees to form a right angle with your

upper body. Your knees should be bent at a right angle, and your upper leg should form a right angle with your upper body.

Make sure that your back is still flat against the mat. Use a steady motion that does not cause your body to rock as you perform the exercise to make sure that the focus stays on your abs and that the crunches do not become a meaningless motion carried out by momentum. Bring your right elbow to your left knee in a crunching motion.

This will cause your body to twist and your abdominal muscles to tighten. Move your head and neck as little as possible to make your abs work harder.

**STEP 1**



**STEP 2**



## **PLANK WITH ARM RAISE**

Setup for this version of the plank exercise by getting a mat and laying down on your front. To start the exercise prop your torso up on your elbows and your feet up on your toes. Brace your core tight and lift your arm straight ahead. Hold the position for 5 second and return the arm pack to the initial position.

Repeat with the other hand.

### **STEP1**



### **STEP2**



### **STEP3**



## ***SIDE PLANK***

The side plank is a great exercise for building core strength, and more specifically oblique strength. It's also a good balance exercise. It's your choice whether to use a mat in this exercise. Start by laying on your side with one hand on the floor and your feet on top of one another. If you prefer, you can rest on your elbow instead of your hand. Lift your hips up until your body is aligned in a straight line. Now hold this position for as long as possible. You should feel this exercise in your abs and obliques. Do the same for the opposite side of the body.



## ***SWISS BALL JACKKNIFE***

Before starting make sure that the ball is fully inflated. Otherwise you won't get the best from the exercise. Put your arms on the floor and lock the elbows and then place your shins on the ball. Make sure that your body forms a straight line from your head to your ankles. Brace your core and roll the ball towards your chest. Pause and return to the initial position. Roll the ball forward and backward with your feet and maintain the contraction in your core throughout the entire movement.

### ***STEP 1***





**STEP2**



## **HANGING LEG RAISE**

Grab a pull up bar with appropriate height. Assume the set up position by extending your knees, hips and waist straight down. Start raising your legs by bending your knees and hips and after your hips are bent at a 90 degree angle continue by raising them towards the chest. Return back and repeat. You may straighten your legs more to make the exercise harder.

**STEP1**



**STEP2**



**STEP3**



**STEP4**



## ***ABDOMINAL FLUTTER KICKS***

Lie flat on your back, with your arms resting palm-down by your sides or tucked under your lower back. Lift your heels about six inches off of the floor. Keep your legs fully extended, with a slight bend in your knees. Now, quickly move your legs up and down, alternating in small, rapid and scissor-like motions - as one leg goes up, the other comes down.

Use your arms to stabilize you, but keep your lower back flat against the ground as much as you can.

### ***STEP 1***



### ***STEP 2***



## ***PLANK WITH WEIGHTS***

You'll need a partner for this one. To start the exercise prop your torso up on your elbows and your feet up on your toes. Brace your core tight and Let your part-

ner put the weight on your back. Hold the position for the desired period of time and your partner should lift off the weight from your back. Remember to put the weight plate on your back and on your hips.



### ***SIDE CRUNCH WITH LEG LIFT***

Lay on the floor so that the left side of your body touches the floor and the right side faces upward. Position your legs so that they are stacked on top of each other with your knees and ankles stacked as well. Place your right arm behind your head. Simultaneously and in coordination with your upper body movement lift your right leg, bend your knee and let it touch your right elbow. As your upper body and legs get higher up, bend your knees so that you draw them toward elbow. Touch your right elbow to your right knee. Hold this position for a brief moment. Slowly lower your upper body and your leg back towards the floor.

Complete your desired number of repetitions and then roll on to the left side of your body and repeat.

#### ***STEP 1***



**STEP2**



## **ABDOMINAL PENDULUM**

The abdominal pendulum hits your lower abdominal muscles and obliques. Setup for the exercise by placing a mat on the floor and lying down on your back. Put your arms out at right angles to your body with your palms on the floor. Keeping your legs straight, lift your legs off the floor until they're at right angles to the floor. This is the start of the exercise. Twisting only at the hips and keeping your legs straight and feet together, slowly lower your feet to the right as far as possible without losing stability. Do not pause, and raise your feet up and across to the left side. Do not pause at the top of the movement; it's one flowing movement.

**STEP1**



**STEP2**



## **WEIGHTED INCLINE SIT-UPS**

Pick up a weight plate and place it on your chest, while holding it with your hands crossed on it. Sit on an incline bench (Roman chair) with lower legs secured under the support. Weight should vary between 5 and 25 kg depending on your experience and development.

If you cannot do more than 5 repetitions, then the weight must be lowered.

### **STEP1**



### **STEP2**



# Success Stories

*“First they will laugh, then they will try to be like you”*

**T**his chapter unfolds the successful transformations of some of my clients. They have all voluntarily shared their stories as a gesture of gratitude and proof that my methods actually work.

## **NASER**



*Hi, my name is Naser and I am here to tell you a story about the success I achieved by following Lazar Angelov's training methods.*

*To begin with, I have to say I have always been a very determined person, even stubborn sometimes. I do not like being bossed around, probably that is why I lost a lot of time training improperly in the gym. Do not understand me wrong, I did train*

*a lot, but I never hired a personal trainer and I never followed strict diet and training plans. I was convinced that I can make it on my own, as I have done all my life.*

*The motivation I started with at the beginning was my ultimate desire to lose weight and sculpt a muscular six pack. In fact, that's what actually kept me going back to the gym. There were days when I used to do over 1000 sit-ups but I wasn't really pleased with the results I was getting.*

*Everything changed when I found out about Lazar and his personal training services. I still remember that day. I discussed the opportunity with my friends but they were all telling me that it's not worth it and that he is a fake. Despite their skepticism, I decided I would give it a try because I wanted those abs and there was nothing that could have possibly stopped me. I started following his training plans and nutrition regimes and well, the rest is history. After months of really hard work and great tips from Lazar, he helped me achieve my potential and build the body I always wanted to have. I am grateful that he helped me and showed me that achieving a perfect body is possible as long as you eat and train the right way.*

*And you know what? Today every single one of my previously skeptic friends is coming to me to ask for help. Thank you Lazar for believing in me when no one else did, for showing me the right path to success.*

## 2. KAMIL BENNIS (MOROCCO)



*Before I started working out by following Lazar's programs, I had been training for 9 years but I had never paid much attention to nutrition. I have always had an athletic physique because I always did a lot of sports but I started going to the gym because I wanted to build muscle and most importantly, I wanted to have a chiseled*

*midsection, a ripped 6 pack as we say. My goal was always to have an aesthetic*

*physique rather than a bulky or big one. The year passed and although I was getting good results, I was not satisfied. I was getting bigger, sure, but I wanted lean and shredded. As soon as I started following Lazar's advises and meal plans, my body started to change dramatically, my abs started to show and all the muscles*

*earned during all this years in the gym were now much more aesthetic plus, I do have a ripped six pack now Lazar was an inspiration and a role model through the entire cutting process.. My body has changed but most importantly, I am more disciplined now, not only in the gym but in every aspect of my life. Definitely a game changing experience!*



**VALENTIN MITEV (BULGARIA)** – *Lazar used to be his personal trainer*



*I've known Lazar since we were kids, we have been through a lot together, but the best favor he ever did for me was in the gym. He was not only my trainer, he also helped me find my place in this world and rediscover my personal qualities.*

*We are cousins, but we had lost touch for a certain period of time. I was at a crossroad in my life as we met again and I did not know at which direction my life would drift. On the other hand, Lazar was more determined and persistent than anybody else I knew. He invited me to come and work out at his gym. I did not train seriously at the time at all, we just pumped iron with some friends and after that we used to drink beer and eat cheeseburgers. But after the first workout with Lazar everything changed. I have never been so tired in my life before, as I was after the workout, but I knew that I was doing something right. I immediately asked Lazar to be my personal trainer. He told me that if I wanted to achieve a perfect body, I had to work a lot on the abs, because if I succeeded in sculpting the abs, I would succeed everywhere else. I instantly knew that he was not talking only about the body. So I started following his training routines and quit drinking, eating junk food and partying 'till the break of dawn without getting any sleep. That was the best thing that ever happened to me.*

*After a lot of workouts and a lot of effort, I built a powerful, aesthetic body and sculpted my six-pack. That proved that all that hard work was not worthless. Lazar helped me not only to perfect my body, but he also inspired me to find my purpose in life. I became a fitness instructor as well and now I finally do something I love. I sincerely hope that this e-book will help you the way it helped me.*

# Epilogue

*"The only person you should try to be better than is the person you were yesterday."*

**Y**ou have come to the end of my book, which means that you are already on the road to achieving the perfect abs. I have told you everything I know, I have shared with you my experience. It is now up to *you* to make your dream body a reality. You should have already understood by now that it requires a strong spirit to develop a strong body. The proverb "Strong body, strong mind, strong spirit" applies not only to sports, it is an important rule to stick to, in order to have a better, more fulfilling life.

There are many ways to develop the six pack. This book describes the most effective exercises and nutrition plans, which have worked for me personally. Those diets and regimes are perfectly compatible with your everyday life. Thus, the quest to sculpt the perfect physique depends only on your strong will and motivation. It is up to you to decide, if you want to live with a great body or a "great" belly.

Your body is your message to the world. Having well developed abs and powerful muscles sends the message that you are willing to do hard work, that you have a strong character and do not give up easily. I believe that you will find the right knowledge to accomplish the physical transformation you always wanted in this book. But are you up for it?

Yes! I am certain that you have the potential to live up to your dreams. How do I know this, you ask? I know this, because I have worked with many people: fat, skinny, rich, poor, with "good" genes or "bad". The only thing they had in common was their goal to develop a perfect body. And they all did...

When my clients found out that I am writing a book, many of them wanted to write down their success stories. As you have seen, I have shared some of their stories in my book. Those are all different people and their motivations for developing a better physique were completely different. That is why they are perfect examples

that anybody can have ripped abs, if he sets his mind on it. There is one more thing though, all three of them did not only transform their physique, they changed their life for good. They became more confident, more determined and able to face difficulties in all aspects of their lives. Stories like these make me love what I do and motivate me to continue doing it. Many people believe that success does not depend on them, that it's all a matter of luck and the right circumstances. This is not true. You and only *you* are responsible for your destiny. And you are shaping it as you are reading this book. And no one can tell you how it's going to turn out, except you!

Many people will tell you that having an aesthetic body and abs isn't so important, that the desire look good is very shallow, that it is narrow-minded to want to look better than the people who have made fun of you. They say, that looking in the mirror and feeling good about yourself is a sign of vanity. Do not let their puny skepticism bother you. A day will come, when they will also understand that having a six pack can only be beneficial. Going on the road to developing the perfect body and following through builds character, develops discipline, makes your will stronger, you become a better person. You will find out how much you are actually capable of and understand that there are no limits to your potential! The right way does not only lead to the perfect body, but to the perfect spirit as well. And you are already on that road.