



Six Pack Cheat Sheet #1 – The Six Pack Formula

In this first Six Pack Cheat Sheet, you're going to learn what it takes to get quick and easy six pack abs, and how you can do it intelligently, safely, and with less hassle than you ever thought possible.

The Six Pack Formula

To get a six pack, you have to understand a very simple formula. I call it the Six Pack Formula. Here it is:

Six Pack Abs = Low Body Fat Percentage + Good Muscle Tone

The first condition you have to meet if you want six pack abs is you have to have a low body fat percentage. The second condition you have to meet is you have to have good muscle tone.

Now, let's look at each of these conditions a little more closely, and break them down a bit.

Low Body Fat Percentage

Let's start with low body fat percentage. *What is body fat percentage?*

Your body fat percentage is how much of your weight is made up of fat. Most guys have body fat percentages between 18 and 24 percent.

Here's the good news: **you don't need to worry about body fat percentage at all**. Once you get rid of the layer of belly fat that prevents you from seeing your abs, and you're finally able to see them clearly, that's when you'll know that you're at the right body fat percentage!

This is one of the reasons why just doing crunches, and working out your abs with direct ab exercises is not very effective *by itself*. You can have strong abs with great definition, and great tone, but if you do not get rid of the body fat that's covering them, you won't be able to see them!

A neat thing your body will do once you begin making these changes is automatically move towards an ideal body fat percentage that's unique to you.

Depending on your genetic predisposition, you might be more of a skinny type or more of a bulky type. But whatever “type” you happen to be, your body “knows” your ideal weight relative to your frame, and under the right conditions moves closer and closer to that weight.

So, that's low body fat percentage in a nutshell. And it's the first of two conditions you have to meet in order to have six-pack abs.

Good Muscle Tone

The second condition to have a six pack is good muscle tone. *First off, what exactly is muscle tone?*

Let's say you're going to do some bicep curls with a barbell. In order for your muscles to lift this weight, your biceps and a few other muscles have to contract so you can lift the weight.

If you do a hundred bicep curls in a row, you would notice that your biceps would get bigger and tighter, and some veins would appear closer to the surface of your skin in order to supply blood to the hard working muscle.

If you do a hundred of these curls, and you come back in a few hours to look at your muscle—it's still going to be pumped up. Even a couple days later it will still be more pumped up than the day *before* you did the curls.

The reason this happens is because your muscles stay partially contracted after performing work. So you sort of tell your muscle, "Hey we need to lift this weight, so I need you to tense up". So the muscle says "Ok!" and stays in a state of readiness by keeping itself partially contracted. Your muscle is anticipating that you might have to do more of this lifting and is dynamically adapting to help you do it. (How freakin' cool is that?) This partially contracted state IS muscle tone, by definition.

So, in other words, if you work out, and you contract the muscles of your body, then they're going to stay partially contracted for a few days after your workout, and they're going to make you look ripped for a little while. *That's* muscle tone.

Even though I just explained that you need good muscle tone to have a decent looking six pack, just doing a bunch of crunches won't really make that happen.

Direct ab exercises do play a role in giving you the look you want but **crunches are one of the least effective ab exercises in the universe.**

I cover and demonstrate the absolute best ab exercises on video in the [Sixpack Success course](#).

Another example to help you visualize why muscle tone is important is the following: have you seen the way most long distance runners look? They almost always have really low body fat percentages but they look like...they just look skinny! They do not look well defined.

If you compare long distance runners to sprinters, sprinters have much better looking and healthier bodies. You'll discover why it works this way in Six Pack Cheat Sheet #2.

Which Body Would
You Rather Have?



(Left: Sprinter -- Right: Long Distance Runner)

So, you DO need to develop *some* muscle tone. How much is up to you.

Just to recap, The Six Pack Formula looks like this:

Six Pack Abs = Low Body Fat Percentage + Good Muscle Tone

Now that you know you need low body fat percentage and good muscle tone, how do you actually achieve these two conditions?

There are two things that will get you low body percentage and good muscle tone:

1. Proper nutrition
2. Proper exercise

Now I've got a brain teaser for you. *Out of these two items, which do you think plays a more important role in getting you great abs, the nutrition or the exercise?*

If you guessed exercise, then you're thinking along the same lines that I was before I went on this long journey to figure out the truth about getting six pack abs.

It turns out that Proper Nutrition is *disproportionately responsible for getting you six pack abs.*

Dr. Joseph Mercola, who is one of the world's foremost researches and pioneers in human nutrition has stated that at least 80 percent of the benefits you're going to get with regards to health and appearance come from your nutrition.

So while exercise is important, and is certainly a component that you should not neglect, the main thing that's going to get you the results you want is what you eat. I'll come back to nutrition in just a bit. First, let's have a quick chat about exercise.

Proper Exercise

If you're like most people, you probably do a little bit of jogging here and there. Maybe you play a team sport. Maybe you even go to the gym, and you bounce around from machine to machine, doing a little bit of this, a little bit of that.

Perhaps you see some guy working out with a look of determination on his face and a great looking body, and you think, "Man, he has a great physique!" So you wait until he leaves, and you go do the exercise that he was doing. Quite naturally you assume that it's going to get you the same kind of physique.

Unfortunately, this is faulty logic. I understand the reasoning, and I used it for many years, so I know where you're coming from. However, the body does not work that way. **Here's an example to illustrate what I mean:**

Let's say you go jogging for an hour a day, seven days a week. That's seven hours of jogging per week. It will probably get you *some* visible results, because *some* physical activity is better than *no* physical activity.

But what if I told you that you could do just one 30 minute exercise session, once a week, and this one session would completely eclipse any results you got from jogging? Well...It's true! (see cheat sheet #2!)

You see, if you know the right exercises to do, and you know how to do them, you only need to put in a teeny tiny bit of time and effort to get stellar results. So forget about jogging. It's a waste of time as far as getting abs goes. Of course, if you simply enjoy it, then by all means - jog away! :-)

So the ripped looking guy in the gym may have a great physique and it's tempting to mimic his routine. But remember, if 80% of physique is the result of

proper nutrition, you'd have to mimic his diet and not his exercise routine to get the biggest benefit.

Proper Nutrition

On that note, let's talk about diet. Actually, "nutrition" is a better word because "diet" makes you think of having to limit your eating, and restrict yourself, and eat rice cakes, and all of these silly associations that follow the word around like a bad odor. Nutrition is really a better word because food is just a way for you to get your nutrition. And most of us do not eat for nutrition. We eat for convenience, taste, price, circumstances...but rarely for nutrition.

If you're like most people, you grew up eating certain foods in your family, and you've continued to eat those foods, more or less, throughout the course of your life. Maybe at some point you've seen some TV programs or read some health articles that inspired you to modify your approach to nutrition, and you changed a few things in your diet. And progress is always a positive thing. But sometimes backwards movement can look like forward movement if you're wearing a blindfold.

What do I mean by this statement? You see, most of the mainstream advice you hear about nutrition and exercise, even in health magazines and on health related TV shows, is deeply flawed at best, and simply dangerous at worst.

A quick example: If you go to Google and you search for "healthy diet", or you read a men's health magazine of some sort, you're going to see certain nutrition "truths" repeated over and over. You might hear: "*a healthy diet is rich in whole grains*". But is it really? In reality, **whole grains are poison to your body**.

Not only that, but they directly interfere on several levels with you getting the physique that you want. They directly interfere with you getting a six-pack! So,

you know, we hear these things, like whole grains are good for you, but it's very hard to separate the truth from what we're told over and over and over. If you repeat a lie often enough, even very intelligent people will begin to accept it as truth.

It took me many years of research and working with clients to figure out that a lot of the things you and I are taught about exercise and nutrition are outright lies, and I want to bust some of those lies for you because they're very dangerous, and they're holding you back from having the kind of body—from having the kind of LIFE, you want.

A Little Story...

You may have seen some of my videos on the [Sixpack Success YouTube Channel](#). While I have a well defined six pack, I'm definitely not as jacked as some of the guys out there. I look less like a bodybuilder and more like a martial artist, which is in fact the case. So, if I'm very fit but not mega ripped, what business do I have telling you about six pack abs?

You see, I live in South Beach, which is this small and hip part of Miami Beach that's absolutely crawling with beautiful people. Every other person you meet is a model. Some people say that Miami is a superficial place run by money and the other international currency: beauty. Maybe that's true, I don't know.

But what I do know is that having so many people who look after their appearance around you actually creates a positive motivation for you to shape up. Just like having rich people around you creates a positive pressure for you to get your financial life in order. You're the average of the people you spend the most time with. **(By the way, the very act of you reading this right now is creating in you a positive motivation to get the abs you want!)**

Anyway, there's a little park on the beach with pull up bars, dip bars, and other outdoor workout equipment. On any given day of the week you can find anywhere between a handful of guys to several dozen dudes working out there. And some of these guys are RIPPED! I know from talking with many of these guys that some of them work out 5, 6, even 7 days a week...and some of them even work out twice a day! Holy crap!...who has time for 14 workouts a week!?



(This is the outdoor workout park in South Beach)

In contrast, I only work out 3 days a week for **20 minutes or less** per session, and I do sprints once a week for about 20 minutes. That amounts to **1 hour and 20 minutes of total workout time per week**. That's it. The workouts I do and that I'm going to teach you about, are very carefully designed to provoke your body's natural hormonal systems to burn fat and build lean muscle and save you gobs of precious time.

What I teach is the system that gets you the most profound results in the least amount of time and with the least amount of effort. Spending all of your time working out isn't just unnecessary, it can actually hinder the very progress you're trying to achieve. In the world of body recomposition, less is more. But it has to be the right “less”.

If you want that giant Hercules type look (which most women find grotesque by

the way...ask them, they'll confirm this!), you can get it, but you won't get it from me. I'm here to teach you how to get lean, ripped abs quickly and easily, without turning your whole life upside down to do it. Not how to become a protein-shake swiggin', wife beater wearin', vein out of your forehead poppin', man beast. (Not the there's anything wrong with that).

And as a nice side bonus, Six Pack Success style nutrition and exercise will make feel healthier than ever, sharper mentally than ever, and your sex drive will go through the roof. That's because the principles you're going to discover in these cheat sheets and in Sixpack Success work in concert with your body's natural biochemical programming to bring your genetic potential to a climax and keep it there for decades to come. Translation? ***You're going to get sexy fast and stay that way for a long time! Are you in? :-)***

Primal Minimalism

Getting abs should be relatively easy and pain free. If you look at so called "primitive" cultures around the world that haven't been exposed to the crap food and inactive lifestyles that we have here in developed countries, they are usually lean and muscular.

They don't have the grotesque physiques of bodybuilders but when you need to chase after your food or run away from a pissed off animal, any extra non-functional muscle just adds extra weight that you have to carry around and feed, which is more work for the body. And that doesn't jive well with the need to survive because survival requires efficiency.



(Australian Aborigines)

A lot of guys have this idea that you need to go to the gym, and you need to spend upon hours working out, running, and bouncing from machine to machine, just to get the kind of physique you want.

But the truth is, if you do the right things, in the right order, and the right way, you can get an impressive physique—with very little effort, and very little time investment.

And if you're a busy person, or if you just like to do more interesting things with

you time than exercise, you're definitely going to want to read the next Six Pack Cheat Sheet.

Do You Want To Get Six Pack Abs Quickly, Safely and Easily?

**Follow A Proven, Step-By-Step System That Hundreds of
Men Have Used To Get Ripped In Record Time**



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