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## 6 Weeks To 6-Pack Abs



## Synopsis

Struggling to build those blocked 6-pack abs that grace every fitness magazine cover? Look no further! This book provides 6 weeks worth of core training that focus on each portion of the abdominals along with the core stabilizers: the lower abs, the upper abs, the obliques, and transversus abdominis (the deep core muscle that creates the "V" lines above the waist). Full explanations of abdominal anatomy and exercises included! Each week will have a different repetition scheme along with differing rest periods to really fatigue your abdominals like no other. They will be forced to grow! Combined with a controlled calorie intake, you'll have your abdominals popping like never before!

\*Dr. Bradley Evsich, PT, DPT, ACSM-CPT, CSCS is a full-time licensed Physical Therapist and Online Diet and Training Coach for his brand, BTE Fit . He received his Doctorate in Physical Therapy from the Medical University of South Carolina in Charleston (his hometown and birthplace) in 2016. Previously, he earned a BS in Biology with a minor in Business from Wofford College in Spartanburg, SC, where he was a 4-year Division 1 college baseball player. He is also a Certified Personal Trainer (CPT) from the American College of Sports Medicine (ACSM) and Certified Strength and Conditioning Specialist (CSCS) from the National Strength and Conditioning Association (NSCA). His nutritional program, "Macro-Banking for 6-Pack Abs" can also be purchased on .com as well.

## Book Information

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## Customer Reviews

I've been working out pretty religiously for about 8 years now. Anyone who has been dedicated and consistent with their training knows that plateaus are inevitable - Bradley's program has helped me tremendously in overcoming my own personal plateaus in regard to my core. At the end of 6 weeks, my abs improved not only aesthetically but I could genuinely tell a difference in the overall strength of my core (which is what was really important to me). While incorporating his ab routines at the end of my workouts, my bench, squat, and dead lifts all increased. My diet and training remained the same - the addition of his ab program was the only difference. I really appreciated the author's explanations - you can tell he's knowledgeable without having to use a bunch of fancy jargon. I also really appreciated the detail and instructions for progressing each exercise.

This book is perfect for anyone that is looking for a simple, yet comprehensive program to both strengthen their core and gain definition. The opening of the book does a great job of explaining the anatomy in a succinct manner that anyone can understand. The explanation of the progression lets the reader have an understanding as to why the program is set up the way it is. This is a refreshing reprieve from most other programs that I have encountered in the past that simply lay out a workout and ask you to blindly follow it without a clear explanation of why you are doing it. The explanations and photos of the exercises in the book make it very easy for even casual fitness enthusiasts to understand how the exercises are supposed to be performed and how to progress with the exercises as you build up strength in your core. The final chapter of the book may have been my favorite part of the book. Instead of adding somewhere in the fine print that results can only be expected if you are willing to follow an appropriate nutritional plan in order to be lean enough to see the progress in your core, the author of this book actually dedicates a whole chapter saying this! Not only that, he gives you his personal email address at which to reach him if you would like his personal help in reaching your own fitness goals. Having just purchased the book, I have not yet had the chance to implement this program into my fitness routine, but I plan to do so immediately! Kudos to the author, and if you are looking to find a simple and complete abdominal program at a great price, then look no further!

This book is a great resource for core training. As a Physical Therapist, I appreciate the human

anatomy and exercise response research that the book is based on. It is refreshing to see this topic outlined from an evidence based perspective. There are too many health and exercise "gurus" out there who are simply telling you what they have done to become fit. Overall, this was a good read with picture demonstrations and I'd recommend it for anyone who wants a core training program. I have done many of these exercises already, but I'm looking forward to trying the 6-week program!

Just the information I needed. Honestly didn't feel like scouring the internet to guess my way into a (maybe) good routine so I'm glad a fitness minded friend recommended this book. Already seeing results and it's refreshing to actually know what I'm doing!

Love the thorough descriptions of both the relevant anatomy and the exercises included in the plan! Having this resource on hand is going to make a regimented ab workout so much easier. I am positive that this plan could make a positive impact on anyone's lifestyle, whether you workout or not!

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