

# Your 7-Day Abs Plan

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## Day 1

### EXERCISE PLAN:

High-Intensity Weight-Training:

#### 3 x Superset#1

Dumbbell Squats

Pushups

Rest 60 seconds

#### 3 x Superset#2

Dumbbell lunges

Bent over dumbbell rows

Rest 45 seconds

#### 3 x Superset#3

Dumbbell deadlifts

Double-crunches

Rest 30 seconds

## MEAL PLAN:



1. 5 Egg whites, 1 whole egg, ½ cup oatmeal with banana, green tea
2. Protein shake, strawberries
3. Grilled turkey breast on whole-wheat, steamed spinach
4. ¼ cup walnuts, apple
5. 6 oz baked salmon and green raw salad
6. Protein Shake

## Day 2

### EXERCISE PLAN:

20-30 minutes Interval-Training:

- 2 minute warm-up
- alternate 1 minute sprinting, 1 minute walking (repeat 8-13 times)
- 2 minute cool-down

## MEAL PLAN:



1. 5 Egg whites, 1 whole egg, slice of wheat toast, almonds
2. Protein shake, apple
3. Spaghetti made with lean ground turkey, spinach salad
4. ¼ cup almonds, ½ cup mixed berries
5. Baked chicken breast, ½ baked sweet potato, steamed broccoli
6. Protein Shake

## Day 3

### EXERCISE PLAN:

High-Intensity Weight-Training:

#### 3 x Superset#1

Dumbbell Squats

Pushups

Rest 60 seconds

#### 3 x Superset#2

Dumbbell lunges

Bent over dumbbell rows

Rest 45 seconds

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### 3 x Superset#3

Dumbbell deadlifts

Head-to-Toe crunches

Rest 30 seconds

### MEAL PLAN:



1. 5 Egg whites, 1 whole egg, ½ cup oatmeal with blueberries and walnuts.
2. Protein shake, veggie sticks
3. Grilled chicken breast, brown rice, green beans
4. ¼ cup pecans, banana
5. Low-sodium light tuna, ½ black beans, steamed asparagus
6. Protein Shake

## Day 4

### EXERCISE PLAN:

20-30 minutes of regular Cardio

## MEAL PLAN:



1. 5 Egg whites, 1 whole egg, ½ cup oatmeal with banana and walnuts.
2. Protein shake, 1 low-fat mozzarella stick
3. Grilled chicken breast, brown rice, green beans
4. ¼ cup pecans, banana
5. Low sodium tuna, ½ black beans, steamed asparagus
6. Cup of cottage cheese

## Day 5

### EXERCISE PLAN:

High-Intensity Weight-Training:

#### 3 x Superset#1

Dumbbell Squats

Pushups

Rest 60 seconds

#### 3 x Superset#2

Dumbbell lounges

Bent over dumbbell rows

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Rest 45 seconds

### 3 x Superset#3

Dumbbell deadlifts

Side-crunches

Rest 30 seconds

### MEAL PLAN:



1. 5 Egg whites, 1 whole egg, 2 slices of whole-wheat toast
2. Protein shake with banana
3. Grilled chicken breast, brown rice, steamed broccoli
4. ¼ cup pecans, veggies
5. Baked Chicken breast, ½ black beans, steamed spinach
6. Protein Shake

## Day 6

### EXERCISE PLAN:

20-30 minutes of Interval-Training:

- 2 minute warm-up

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- alternate 1 minute sprinting, 1 minute walking (repeat 8-13 times)
- 2 minute cool-down

### MEAL PLAN:



1. ½ cup oatmeal with blueberries, strawberries and almond slices, protein shake
2. Cottage cheese, veggie sticks
3. Grilled turkey breast, brown rice, green beans
4. ¼ cup walnuts, banana
5. Ground turkey tacos on whole-wheat tortilla, ½ black beans, steamed broccoli
6. Protein Shake, ¼ cup almonds

## Day 7

### EXERCISE PLAN:

Rest



## MEAL PLAN:



1. 5 Egg whites, 1 whole egg, ½ cup oatmeal with blueberries and walnuts.
2. Protein shake, veggie sticks
3. Grilled chicken breast, brown rice, green beans
4. ¼ cup pecans, banana
5. Turkey chilli, raw green salad
6. Protein Shake, ¼ cup walnuts