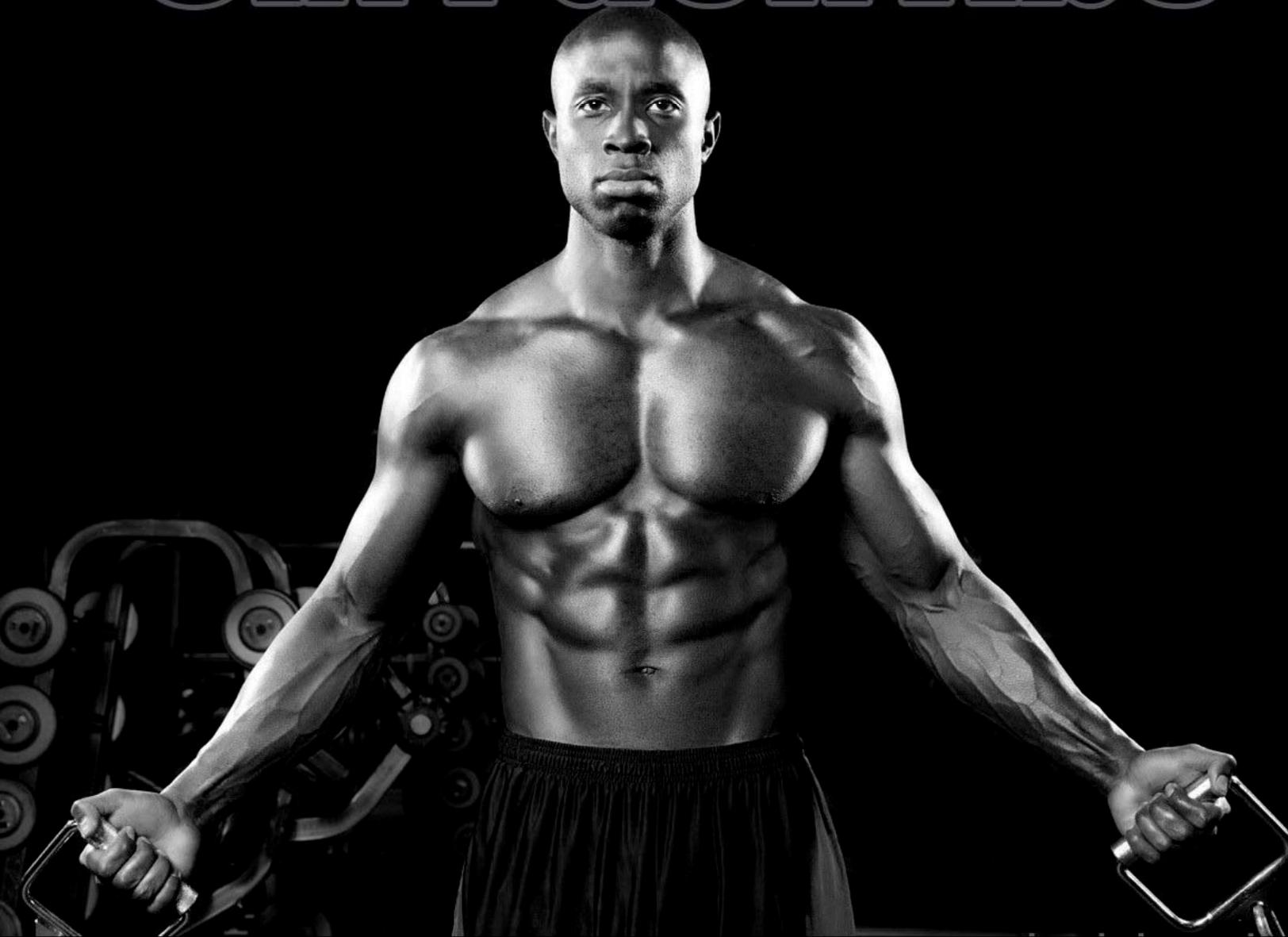


Jamin Thompson's

101 TIPS TO GET Six Pack Abs



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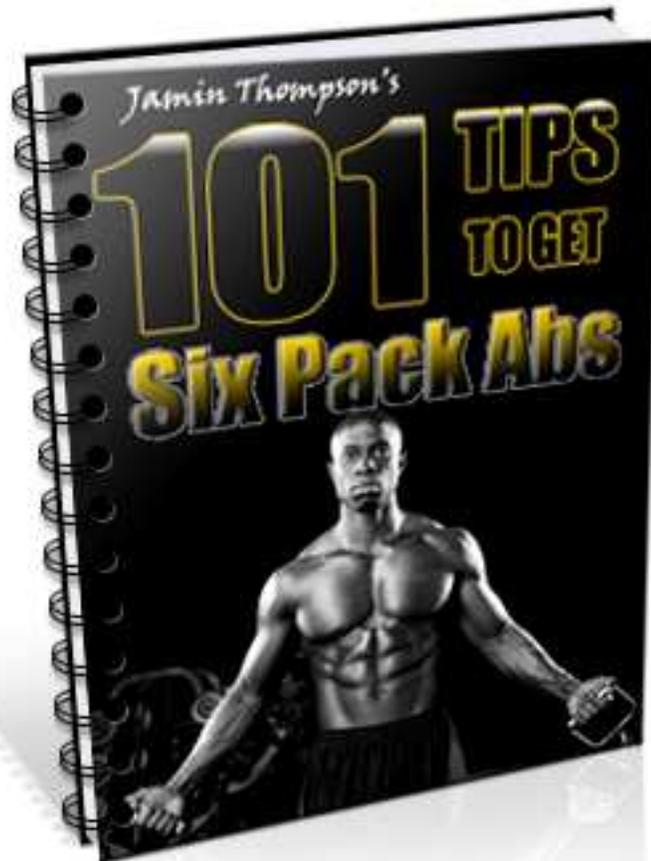
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This Book Is Dedicated To:

The hardworking, dedicated, and committed individuals that wish to inspire others through the transformation and perfection of their bodies. To the man or woman who seeks the truth and wants to improve their health, body, and mind.



You can do anything you put your mind to. I believe in you.

~Jamin Thompson



Intro

Hi there. Jamin Thompson here.

Thanks for downloading this FREE report: **101 Tips To Get Six Pack Abs.**

Before we get into my best tips to get six pack abs, let give you a bit of my background. (I want you to be able to trust me that the tips I am about to share with you actually work).

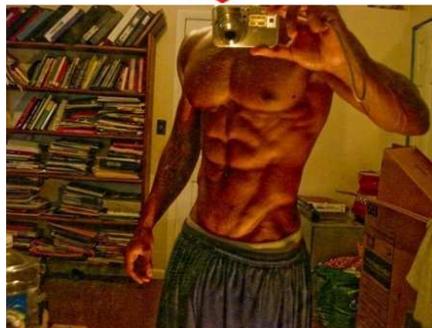
I am a professional fitness model and also the author of the best selling eBook: The 6 Pack Secret (found at www.The6PackSecret.com), which has readers in over 50 countries.

Now, there are a ton of posers online so I don't really expect you to believe a word I say just yet...but just to show you a little physical proof that what I'm talking about isn't just a bunch of crap, here are a few recent photos of myself.

This is me!



Oh and here's an 'unprofessional' self portrait **for all of the doubters and skeptics** out there who may think my abs are painted on (pardon the mess I was moving!):



The stuff I'm about to share with you works – I am living proof of that.

And it works so well that I am not ashamed to take off my shirt whenever someone calls me out...or show everyone what type of workouts I'm actually doing or diet plan I'm following (unlike the ripped posers you'll find on other websites who do nothing but talk about "research"...and never actually tell you what they are doing to get ripped).

Just so you know...I use the same workouts, nutrition strategies, and tips outlined in this report just about every day. They work for me and they have also worked for the thousands of other people who have read my eBook or blog and put these tips into action.

So when you read through this report today you'll know that what you are reading isn't BS, fluff, or filler...it's actually real info that you can take to the gym and use right now to improve your physique.

I know for a fact that when you get to the end of this report you'll be totally pumped up about what is actually possible for you. Honestly, if this baby doesn't get you fired up and motivated...I don't know what will!

Anyways, the title of this report pretty much explains what this PDF is all about so let's get straight to the tips!



101 Tips To Get Six Pack Abs

- 1. Floppy Discs Are So 90's.** Repetitive, loaded spinal flexion places excessive loads on the lower back and is one of the leading causes for disc herniation.
- 2. Don't Crack Under Pressure.** Traditional sit-ups can place over 700 pounds of compression/pressure on the spine and can also lead to disc herniation.
- 3. There Is No Magic Bullet.** No magic pill, potion, powder, or injection will overcome a crazy lifestyle, improper training, and poor nutrition.
- 4. Don't Be A Skinny Poser.** Just because you're skinny doesn't mean you have six pack abs. Abs are muscles too and should be built just like any other muscle. Having low body fat does not equal have a six pack.
- 5. Don't Put Abs On A Pedestal.** Abs aren't special. Train abs the same way you'd train arms or chest. Use intensity, overload them, be consistent, keep it simple, and train them once or twice per week max.
- 6. Prioritize Your Weaknesses.** If your abs are your worst body part, don't train them last, train them at the beginning of your workout when you have the most focus, energy, and motivation.
- 7. Don't Listen To "Experts".** There are many theories (most of them false) out there about how to get six pack abs. Never be afraid to disagree with a so-called expert. Always ask them to show you the evidence. Try things out for yourself and see what works for you.
- 8. Randomly Flex For No Reason.** When sitting at work or watching tv try to brace your abs as hard as you can like you are preparing to take a punch to the gut. Don't suck them in, just try to tighten and flex them as hard as possible. Hold for 30 seconds, then rest for 30 seconds. Perform 5-10 sets. Research has shown that bracing in this fashion trains the abs much better than spinal flexion.
- 9. Avoid Starvation Diets.** Your metabolism will go into survival mode and shut down causing your body to store fat.
- 10. Feed The Muscle.** Muscle will help you maintain a high metabolism, which in turn will help you burn more fat.



11. Avoid Fat Loss Pills. Newsflash. The ripped fitness models & bodybuilders you see in the ads do not use these.

12. Frequency, Intensity, & Rest. Abs are a muscle just like any other. So the harder you train them, the more rest they will need. Always respect the relationship between training frequency and intensity/volume regardless of what muscle you're training.

13. Prioritize By Goals. Ab goal = dense more muscular abs: train abs 2X per week, high intensity, 6-12 sets, 10-15 reps. Ab goal = maintenance mode: train abs 3-4X per week, moderate intensity, 4-8 sets, 15-25 reps. Ab goal = injury prevention: train abs 5-7X per week, low intensity, 1-3 sets, 50-100 reps.



14. Cardio Can Be Overrated. Cardio won't always help you lose weight. Losing fat (or weight loss) is primarily a function of creating a caloric deficit; the amount of cardio you do isn't really important at all. Cardio is just one of the tools you can use to create and/or increase your daily caloric deficit.



15. Cardio Duration Does Not Matter. Don't be one of the silly people who constantly complain or brag about how long they spend doing cardio each day. Who cares if you do 8 hours of cardio per day if you are still in a calorie surplus at the end of the day? Remember what's important when trying to lose fat and get ripped: a caloric deficit.

16. Use An Ab Wheel. This is one of the most underrated, seldom used, yet highly effective abdominal exercises out there.

17. Focus On What Matters. Do ab exercises that will activate upper and lower rectus abdominis, external & external obliques the most while keeping the areas that often take over the movement during traditional ab exercises (hip flexors and lower back) having minimal movement.

18. Don't Kid Yourself. If you have a body fat percentage that is too high to see any visible abdominal definition, training the abs directly is not the most efficient approach to building six pack abs. It's impossible to crunch away fat.

19. Lose The Blubber First. The real key to building a shredded six pack is simply losing all the excess bodyfat that is covering your abs. Everyone has ab muscles, the only problem is that for 99.9% of the population those abs are covered by a layer of blubber. If you lose the fat, that's when you'll see your abs. Period.

20. Train Your Entire Body. Use a more total body approach that focuses primarily on compound movements, smart "cardio", and then use abdominal exercises as a finishing touch.

21. Don't Be A Diet Nazi. Be sure to add variety to your diet and throw in some delicious healthy recipes instead of eating boring chicken, asparagus, and brown rice every meal. Gross.

22. Eat More Fruit. Don't listen to the idiots who advise against eating fruit when trying to get lean. Most of them probably have awful constipation, vitamin & mineral deficiencies, and a 3rd grade level knowledge of nutrition. The sugar, or fructose you consume in fruit will not dictate whether you're successful at losing fat and getting ripped.

If you're eating clean calories, and getting sufficient amounts of protein, vegetables, and fibrous carbs, then 3 to 5 servings of fruit per day (my recommended amount) is not going to prevent you from losing belly fat and getting ripped. In fact, it will help the cause.



23. Drink Raw Juices. It's no secret that raw fruits and vegetables are great sources of vitamins, minerals, enzymes, and many other powerful nutrients (including phytochemicals which have been shown to even fight cancer). If you have been reading [my blog](#) for a while you'll know that I recommend eating at least 50% of your food raw.

Honestly, it is just healthier that way. Raw veggies are full of vitamins, minerals, enzymes, fiber, and bulk because they are "living" foods. As an added bonus, there are 20 active vitamins needed by your body as well as 17 minerals and trace elements and raw fruits & veggies can provide them all. The most efficient way to consume these nutrients is via raw juices so go out, grab a juicer, and get crackin.

24. Pound Veggies. Following up on #23 above, I shouldn't really need to remind you how important veggies are for your health and physique but here are a few reasons to start eating more veggies asap just in case you've been living on mars for the past 1000 years...

Green vegetables like asparagus, spinach, leafy greens, zucchini, and broccoli typically contain important stuff like beta-carotene, calcium, folate, vitamin C, calcium, chlorophyll, lutein, fiber, and zeaxanthin.

Orange & Yellow vegetables, like carrots, yellow peppers, and yellow squash are loaded with vitamin C, lycopene, potassium, beta-carotene, zeaxanthin, and flavonoids.

Purple & Blue vegetables, like purple cabbage and blackberries are chock full of nutrients like vitamin C, flavonoids, fiber, ellagic acid, lutein, quercetin, and zeaxanthin.

Red vegetables like red peppers and radishes contain powerful nutrients such as lycopene, ellagic acid, quercetin, and hesperidin, to name a few.

And lastly, white vegetables like garlic, ginger, onions, and shallots are loaded with EGCG, beta-glucans, lingans, and SDG that provide powerful immune boosting activity.

25. Don't Trust The Burn. Don't rate the effectiveness of any particular ab exercise based on the level of the "burn" you feel while doing the exercise. Your six pack abs development strategy should not consist of doing a ton of reps, "feeling the burn" and then "feeling sore". Sure, this strategy may make perfect sense based on common logic, but it is highly ineffective when analyzed using biomechanics.



26. Defy Logic & Use “Non-Ab” Exercises. There are a ton of exercises that strengthen and shape the core...and surprisingly...most of the best ones aren't even traditional ab exercises. A few good examples of these “non-ab” exercises that will help improve your six pack abs are back squats, chin-ups, power shrugs, sumo deadlift to curls, thrusters, depth jumps, jump squats, and front squats. Get on it.

27. Cycle your carbs. For example, have a High Carb Day, followed by two medium carb days, and one no carb day and continue that cycle for 30 days until you notice fat loss. I will discuss carb cycling in more detail in the next installment.

28. Avoid False Health Foods. Not everything at Whole Foods is healthy, and many products labeled as “health foods” can significantly increase your risk of developing degenerative diseases like arthritis, cardiovascular disease, hypertension, and diabetes...as well as increase your belly fat. Watch out for imposters and be sure to read all labels carefully.

29. Eat Living Not Dead Foods. In other words, eat foods that are “alive” and unaltered by man. A perfect example is fresh organic spinach. It grows from the ground and man doesn't make it in a food processing plant. Living foods (like fresh spinach) will improve your health and dead foods (aka man made “dead foods” like processed cookies) will take away from your health.

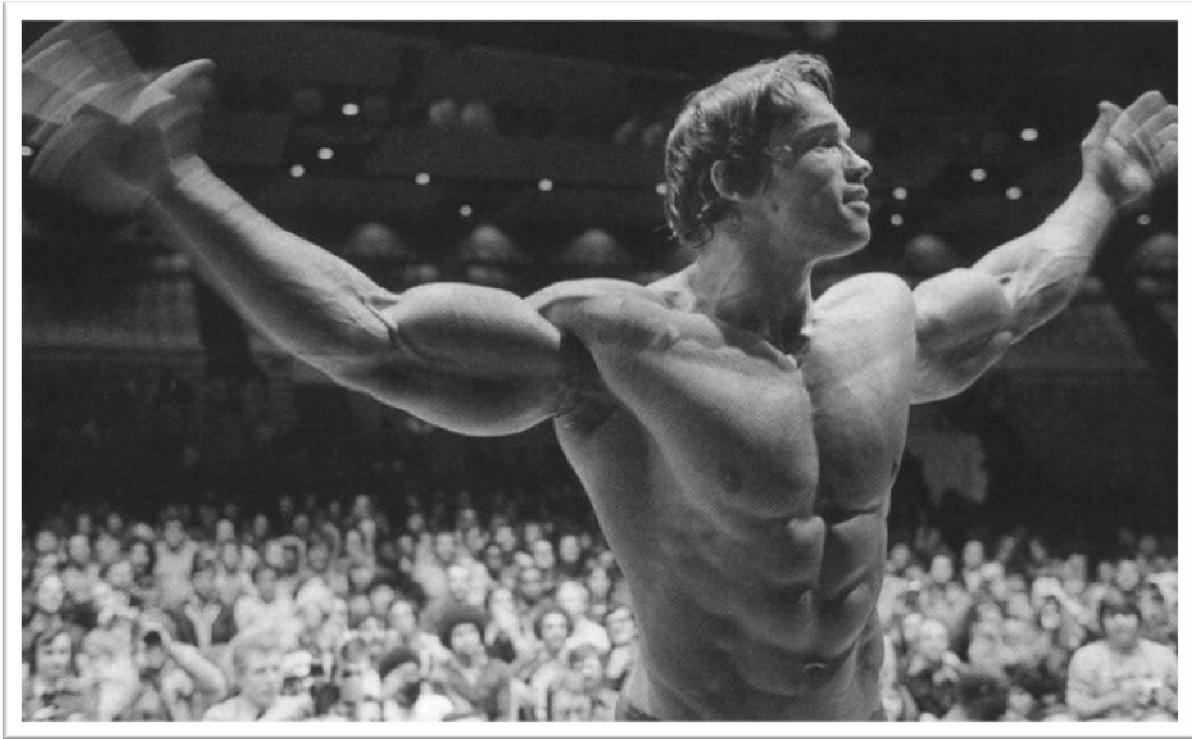
Your body can use the natural antioxidants, phytonutrients, fiber, vitamins, and minerals found in unaltered living foods to keep you healthy as well as keep your body functioning at its peak. Consuming living foods regularly is very important when trying to get ripped.

30. Respect Your Liver. As stated above, man made foods are dead foods...and the consistent consumption of dead man made foods (i.e. processed cookies, cakes, donuts, chips, sugary drinks, etc) wreaks havoc on the human body. Not only are these types of foods generally very toxic, but they are almost instantly stored as fat.

Your body also views substances like bleaching agents, alcohol, many over the counter drugs, food additives, preservatives, and chemicals as foreign invaders and processing these foods puts an intense burden on your liver.

The liver has several metabolic functions (including glucose metabolism, protein metabolism, waste metabolism, fat metabolism, detoxification, bile production, and more) so if your liver isn't functioning at its peak...or is slowed down due to ingested toxins...your fat loss and muscle building efforts will suffer. So be sure to avoid all foods that put additional stress on the liver so it can function properly and keep you healthy, strong, and lean.





31. Train For Your Body Type. If you're 6 foot 2 and 170 lbs your fat loss plan will be much different than someone who is 5 foot 10 and weighs 250. Always remember: what works for one may not work for another.

32. Rage Against The Machine. Keep it real...you know you can't sprint outside on a track at full output for 60 seconds straight ten times in a row. Can you? So why pretend your "60 second sprint" treadmill interval workout is effective? Who are you kidding? Get outside and get moving!

33. Avoid False Prophets. Regardless of what the nerdy dude who reviews every study tells you, certain techniques to get ripped have worked for countless people and will continue to work until the end of time. Website owners and trainers who have no abs...and who tell you not to do stuff that has worked for thousands of ripped people over the course of history need not be taken seriously. In fact, you should laugh at them.



34. Always Train To Get Stronger. I remember when men still trained like men and when people moved big iron to gain size and strength. I remember when they used to walk or run on off days to maintain their conditioning and bodyfat levels. Nobody did four weekly 30 minute circuits of swings, burpees and snatches.

You know why? Because that shit makes you small and weak, pumps you full of cortisol, destroys your joints, and negatively affects your strength training. Just like my dude Jason Ferruggia says, "[It ain't strength training unless you're gettin' strong](#)". Quit doing these over hyped, over marketed, wussy style "fat loss" circuits to try and get ripped and load up the bar like a real man.

35. Focus On Health First and Looks Second. Sure it would be cool to sport rock hard six pack abs and have everyone give you nice compliments and comments 24-7 but what's the point if you ruin your health in the process? Don't be one of the ripped posers who gets "ripped" using unhealthy methods and ends up taking 10 years off of his or her life doing it. Focus on your health first and let the "physical chips" fall where they may. Cheaters never prosper. Health is wealth. You get the point. (That could have made a cool rap song)

36. Do Cardio Outdoors. Don't be one of those people who drives 30 minutes across town to go walk on a treadmill or ride a stationary bike at the gym for 30 minutes. What is the friggin point of that?! Why not just hop on a real bike and ride outside? You'll save yourself at least an hour of time and get a better workout in the process. It's BASIC.

37. Too Much Cardio Can Make You Fat. Moderate to high intensity steady state cardio can cause surges in cortisol which can lead to massive losses in size and strength. Try to do moderate to high intensity cardio 2-3 days per week max for around 30 minutes each session and try to avoid the conventional 5-7 days of moderate to high intensity cardio per week at 60 minutes per session.

38. Do Cardio Before Breakfast. There is no need to get overly scientific on this one because this is definitely a no brainer. Hint: most of the top fitness models and bodybuilders in the world all do their cardio in the morning before eating breakfast. Just FYI...by the time you finish reading, analyzing, and processing all of the studies out there regarding this topic you could have already finished your morning cardio workout and been one step closer to getting ripped. Don't ask dumb questions, just friggin do it.



39. Cardiovascular Health Wins. Don't be one of those lame meatheads who only lifts weights and ignores all the other components of fitness. Walk, run, hike, bike, play pickup basketball, flag football, etc for at least 30 minutes several times per week. Your heart will thank you in the end. Trivia question: if you and a steroided out 275 pound "bodybuilder" who can barely run for 30 feet are both getting chased by a bear...who do you think the bear will run down and eat first? Exactly.

40. Wear A Weight Vest. A brisk 30 minute walk with a weight vest is a great cardiovascular workout, especially when walking hills. Do it!

41. Drag A Sled. This is another form of cardio that burns a ton of calories, builds muscle, and isn't the slightest bit boring (or easy). Do it!

42. Avoid Being Too Detail Oriented. Sure it's cool to follow your workout and diet program to a tee, but there is no such thing as the perfect program. Sometimes you need to just step your game up and put in work. Stop worrying about doing or eating the perfect amount of sets, reps, calories, etc. Who cares.

43. Keep Your Diet Basic. Stick to organic [grass fed meat](#) (avoid [factory farmed meat](#)), fish that isn't farm raised, cage free eggs, free range chicken, as well as organic fruit, veggies, nuts, and seeds.

44. Macronutrient Mayhem. Here's a basic daily macronutrient outline: Eat approximately 0.8-1.0 grams of protein per pound of bodyweight, roughly 100-200 grams of carbs (depending how much you weigh), and 20-50 grams of healthy fats such as olive, coconut, and [fish oil](#) per day.

45. Implement Carb Loading & Carb Cycling. I always say "Cheat On Your Diet, Not Your Girlfriend". So if you're 19% bodyfat or less try to have one cheat meal or one carb load meal per week. Don't go crazy though...when you carb load be sure to stick to healthy carbs like brown rice, yams, sweet potatoes, and oatmeal.



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46. Carb Up Often If You're Lean. If you're lean (up to approximately 10% bodyfat if you're male or 16% bodyfat if you're female) don't be afraid to have a high carb/carb load day every 4-5 days or so instead of just once per week.

47. Cheat Meals Aren't For Everyone. If you're 20% bodyfat or above, you should avoid cheat meals until you get under this percentage.

48. Carb Cycling For Dummies. Here's a basic carb cycling schedule if you're just starting out: Have 3-4 medium carb days, 1-2 low carb days, 1-2 high carb days. On medium day carbs will be around 1-1.5 grams per pound of body weight, on low days carbs will be at 0.3-.80 grams per pound of body weight, and on high carb day carbs will be at 2-3 grams per pound of body weight.

49. Don't Be A Fatty. On carb load days be sure to keep your fat intake low. I recommend 20 grams or less.



50. Don't Overcardio. Never do cardio for more than 46-60 minutes per session. If you have a lot of fat to lose and need to do more cardio try to break it up into two parts, morning & evening. For example, do 30-45 minutes in the morning before breakfast and 30-45 minutes in the evening. The negative effects of doing too much cardio suck (lowered power output, increased cortisol, muscle loss, strength loss, overuse injuries, boredom).

51. Walk It Out. Low intensity, long duration cardio (walking) is the best option available for those who are concerned with losing size and strength. This one of my favorite fat loss methods and is also a favorite of many great bodybuilders (i.e. Dorian Yates). Walking has the least negative effect on your size and strength gains and it will also improve your insulin sensitivity. Walking will also allow you to eat more calories while also keeping you lean (especially when you are in mass gain mode). I recommend walking for 45-60 minutes per session. Doing the [stanky leg](#) = optional.

52. Power Walk. Just like those crazy women you see strutting it out in the mall; walking cardio isn't supposed to be a slow stroll through the park. You've got to haul ass and try to keep your heart rate around 65%. Don't think that just because I say you can walk to lose fat that you can just go out there and walk like you're taking a romantic stroll on the beach.

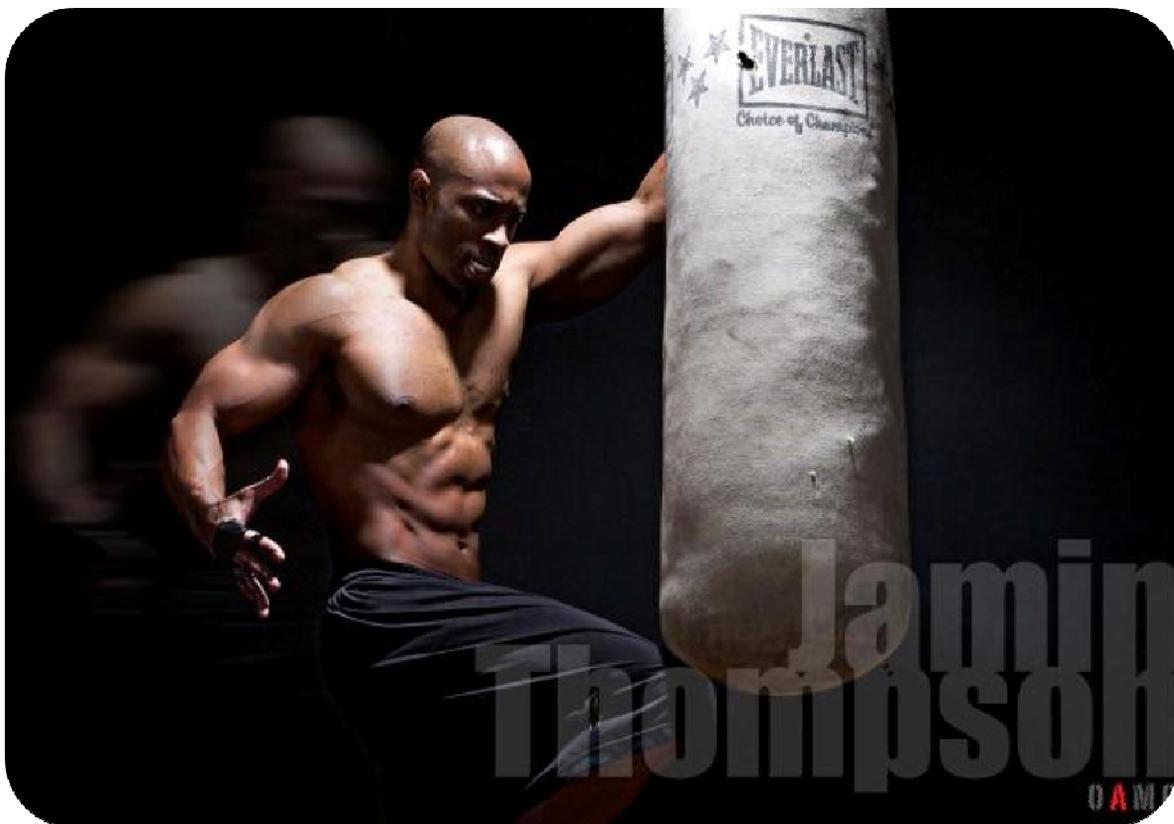
53. Step Up Your Walk Game. Try walking with a weighted vest, a sled, up hills, through canyons, up stairs, over rough terrain, pushing a baby stroller if you're a mom, etc. Walking on a treadmill every workout is boring and lame.

54. Just Say No To Blood Sweat & Tears. Most people think you have to be covered in blood, sweat, tears, and vomit at the end of the workout if you're going to lose fat and get ripped. This notion is totally false and it's mostly all marketing hype from trainers trying to sell "new" and "never before seen" workout programs. I really think this concept has turned into a really annoying Badge of Honor in most gyms these days.

Honestly though you can lose fat and build a badass physique by simply eating right, doing basic compound exercises, walking, and resting. It's a shame most people don't want to hear that. Sure you've gotta train with intensity but don't be a dumbass and over train. Sorry but Crossfit & Pukefest Style Bootcamps are not the holy grail of fitness. Sue me if you disagree...I really don't care.

You can do 10,000 reps per session using your new "badass workout" but I'd bet \$10,000 that I can probably still kick your ass. Oh wait...and I'm probably still more ripped too. Don't believe the hype! (Note: If you're offended by what I just said and downloaded this report looking for hugs you're in the wrong place. If you found this PDF report by accident and actually need a real hug please [click here](#))





55. Use “Crunchless” Abdominal Exercises. Some of my favorite “crunchless” [abdominal exercises](#) are: Mountain Climbers, Plank, Renegade Dumbbell Row, Forearm Plank, Sumo Deadlift to Curl, Windshield Wipers, L-Pullups, Chin-Ups, and Front Squats.

56. Go Gangster. Add these seldom used exercises to your routine: Sledge hammer slam, Alligator crawl, plate pushes, windshield wipers, kettlebell slams.

57. Keep Your Ab Workouts Short. You don’t have to spend an hour doing abdominal exercises in order to build rock hard six pack abs , in fact, you can get in a great abdominal workout in just a few minutes, as demonstrated in [this 6 minute ab workout](#).



58. Beware False Prophets. Seems like everywhere you turn these days a new “guru” comes out with a shiny brand new way to get six pack abs. Six pack abs aren’t rocket science, there are millions of dudes running around in Africa right now with ripped abs who have never even touched a weight, done a single crunch, or pounded a single scoop of protein powder. Save your money.

59. Abdominal Exercises Are Overrated. Let’s face it. With the right diet, 80-90% of you could probably sit on the couch, never touch a weight, never do any cardio, and still get lean. I am also a firm believer that you can probably squat, deadlift, military press, and pull-up/chin-up your way to six pack abs without ever doing a traditional “abdominal exercise”. See #58 above if you aren’t convinced.

60. Don’t Be A Part-Time Champion. Once you get in shape don’t let yourself go and become an out of shape fat ass again. What’s the point!

61. Don’t Be A Crybaby. We all know that dieting and training can be tough, especially when you’re trying to get ripped. There is no need to tweet and post status updates on Facebook every 2 seconds about how much you hate training and dieting because we already know it sucks. All of that negative energy could be channeled into something positive instead. Something like squatting. Or helping others.

62. Stay Positive Regardless. Getting ripped isn’t easy and there are bound to be setbacks on the road to success. Be endlessly positive with yourself, never listen to the haters, and always believe you can do it. Feel free to [tweet me](#) if you need an extra dose of motivation or a swift kick in the ass.

63. Train Your Ass Off. I know those ripped fitness models you see working out in the fitness magazines and on tv in the ab gadget infomercials are smiling the entire time they are doing the “workout”...but in real life these people are training harder than most people can even imagine and their workouts are nothing to smile about. (Disclaimer: See #54 above if you still aren’t sure what overtraining means)

64. Don’t Be The Local Gym Evangelist. Sure you have probably made some great progress by using these tips (how can you not right lol) but you don’t need to waste valuable time in the gym yapping about it. Stay focused and handle your business. Trust me...if you have enough oxygen left in your lungs after your set to yap it up at the water cooler...you probably aren’t training with enough intensity make a dent in your abdominal fat at all. Don’t worry though brochacho, you can always tweet your gym buddies your six pack secrets later. (Note: This may be more of a ‘how not to be a tool’ tip, but it will still help you train more efficiently...which will help you in your quest for six pack perfection.)



65. Avoid Pussification. This is a memo to all of the male readers: Fellas, the [Pussication Movement](#) must stop now. When you enter the gym you aren't there to look cute. You aren't there to shake your ass or do balancing tricks on silly blue balls (you should already know that blue balls suck anyway). You are there to do manly shit. You are there to throw weight around. Preferably heavy weights.

Trust me when I tell you...whatever your goal is (fat loss, muscle building, six pack abs, maintenance)...hardcore, old school strength training will make a bigger difference than anything else, REGARDLESS. Not dance workouts, silly toning circuits, or any new hyped up "sexy" or "cutting edge" workout bullshit you may see out there.

66. Do Squats. Is there a better exercise out there for building your entire body? I think not! Doing squats creates an anabolic environment within the body, gets you stronger, helps you get leaner, and the movement works the entire body. Nuff said.

67. Pay Attention To Your Digestive Health. Many health experts agree that most diseases begin in the gut...and I tend to agree. Everything starts with digestion and maintaining a healthy gut flora balance is incredibly important (especially considering all of the crap that's in food these days). Unfortunately, digestive health is one of the most overlooked issues in health & fitness today...and it shouldn't be that way.

Honestly, I don't think that there is a single component that's more important than digestive health when it comes to maintaining a healthy lifestyle. Seriously. And if you know me at all...you'll know that I could probably talk about this subject for days on end (I have had my own battles with GI health) but I'll have to save it for future posts. In the meantime, I strongly suggest you add some [probiotics](#) and [digestive enzymes](#) to your rotation asap.

68. Eat Plenty Of Fiber. If you're one of those people who skips out on fiber because you think "you don't need it" or "that's for old people" or "it's embarrassing to take a fiber supplement" stop kidding yourself right now. Not only will fiber keep your bad cholesterol levels down and provide satiety while you diet down but it also drastically improves GI function and digestion. Again, I can't stress enough how important good digestion is when it comes to maintaining overall health (see #67) and building six pack abs.

So be sure to include plenty of fiber with each meal (good sources include: apples, pears, raspberries, broccoli, brussels sprouts, oats, spinach, kidney beans, navy beans, and almonds, etc). I recommend eating between 20-25 grams of fiber daily. **Note:** It can be difficult to get all of the fiber you need from foods sometimes so I highly recommend using a fiber supplement. (You can find the fiber supplement I use [here](#))



69. Never Cook Food With Oil. Never fry foods or use heated oils to cook food. This goes for olive oil as well. I know a lot of people mistakenly believe that cooking with olive oil is somehow healthy...but in reality this practice is quite toxic. Cooking any food using high heat (especially heated oils) can be dangerous because it can lower the nutritional value and make the food almost impossible to digest (see #67). Plus, cooking using heated oils (even olive oil) and frying is also a contributing factor to heart disease, hardening of the arteries, high cholesterol, and even certain cancers.

There is a great book detailing the pros and cons of oils called [Fats That Heal Fats That Kill](#) by Udo Erasmus. Inside, Dr. Erasmus discusses that manufacturing processes that can turn "healthy fats" into deadly fats; and goes into great detail about the effects these fats can have on your health. This book was a real eye opener for me and I highly recommend it.

70. Don't Follow The Meathead Diet. I shouldn't even have to tell you this...but you need to keep variety in your diet. I don't know about you but eating dry chicken, broccoli, and brown rice six times a day every day flat out sucks! Just don't do it! Any diet is boring without variety, but even more importantly, when we lack nutritional variety we can't supply the body with all of the nutrients that it needs to remain healthy, strong, and lean.

Most diseases are associated with a nutritional deficiency of some sort so it is very important to add variety to your diet so that you can get the full spectrum nutrients that you need to remain healthy, get stronger, and get ripped six pack abs. If you're ripped on the outside but also all ripped up on the inside...what's the point? Trust me on this one meat...

71. Let Nature Work Its Magic To Heal. We tear our bodies down when we exercise. In order to recover efficiently and keep our bodies consistently burning fat and building muscle we must eat properly, get enough sleep, and supply the body with the nutrients that it needs to repair tissue. 5 bucks says you probably already knew this one.

72. Don't Drink Processed Juice. Let's face it. If you are older than age 5 and still drinking juice...well it may be time to move out of your grandmothers basement. All jokes aside, packaged juice is pure garbage and loaded with tons of sugar. Just like drinking a large soda, juice will give your blood sugar a huge spike, and then send you crashing down with no energy. Can you say tired all day? Drinking packaged juice is no healthier than drinking Coke or Pepsi. Seriously. (**Note:** you're still cool if you're drinking raw fresh fruit & veggie juice using a juicer!)



73. Avoid Soy & Soy Products. Soy (aka edamame if you're female) has been hyped up as a “health food” for YEARS but I refuse to eat it. The reason I avoid it is simple: Soy acts as a phytoestrogen, so it is recognized in the body as estrogen. I see no reason to give my body a hormonal surge of estrogen...and I definitely don't want to disrupt my natural hormone levels. Why risk the man boobs & mood swings? Just saying...

74. Ditch The Microwave. It's so easy to just fire up the microwave because it's quick and convenient...but are microwaves actually safe? Some research has shown that cooking food in the microwave causes severe molecular damage to the food...so when you eat that particular food...the food can cause abnormalities in human blood and immune systems.

While this research isn't “100% proven”...microwaves do produce radiation, which is absorbed by water molecules in the food. This makes the water molecules vibrate and produce heat, which essentially heats up the food. Regardless of the safety issue, microwave cooking kills most of the nutrients in the food anyway so if you are trying to eat healthy and get ripped...heating your food up in the microwave defeats the entire purpose. Try steaming your veggies or eating them raw. Perhaps our grandparents had it right when they used to heat our food up in the oven.

75. Don't Be A Protein Powder Whore. These days it is so easy to get caught up in the hype and become a protein powder whore. I can't even lie...those supplement ads can really suck you in! But sadly, protein powder doesn't even come close to a real steak...or a real chicken breast when it comes to bodybuilding nutrition. Sorry! It just isn't even close. Remember, protein powder is just a supplement like any other and should be used as such. Don't replace real food with magic powder brochacho.

76. Eat Real Food. This is pretty much a just follow up for #75 above. If you aren't sure what a 'REAL FOOD' is...here is a surefire way to test it out. Just look at the ingredients. If there are more than three or if there is even ONE ingredient that you can't pronounce or have no idea what it is, chances are that “food” isn't real.

For example, if you're buying chicken from the grocery store and you look at the packaging and the ingredients say something like this: *Chicken breast with rib meat, water, seasoning salt, sugar, food starch-modified, maltodextrin, spices, dextrose, autolyzed yeast extract, hydrolyzed corn gluten, soy, wheat gluten, proteins, caramel color, polysorbate 80, xanthan gum, onion powder, garlic powder, paprika, chicken fat, chicken broth, natural flavors (plant and animal source), extractives of paprika, modified potato starch, and sodium phosphates, etc...*you'll know it fails the eye test. Don't buy it!



77. Shop Like A Cave Man. When you go to the grocery store...try to look for foods that would have only been available to our ancestors thousands of years ago. That means you should try to stock up on lean meats (preferably [grass fed meats](#)), organic veggies & fruit, whole grains like oatmeal, and raw nuts. If you feed your body real food like this, you'll be well on your way to that magazine cover level physique you can be proud of.

78. Don' Be A Fitness Freak. Are you one of those 'fitness freaks' who gets really anal and eats 12.7 almonds at each meal or weighs everything you eat including protein powder down to the ounce? I can tell you right now that if I had to live like this I would just give up trying to be healthy right this second. Life is supposed to be fun...and living life like that would totally suck! That's why I use the KISS method when it comes to nutrition. Keep-It-Simple-Stupid!

There is no reason to complicate your nutrition to the point to where it takes over your life and you start freaking out if you ate 13 almonds instead of 12.7! Will that 0.3 of an almond really destroy your entire diet plan? REALLY?!?! What I usually do is just portion out my foods. I'll have some protein (chicken, bison, fish, etc) that's about the size of my fist, then about a cup of carbs like oats or yams, a dash of fat, and unlimited veggies. It's so easy a cave man could do it! (See #77)

79. Don't Always Trust Bodybuilders. Most bodybuilders are good people...and I have a ton of great friends who are bodybuilders. However, the fact remains, many of the top bodybuilders in the world use steroids and other physique enhancing drugs to achieve their world class physique. I don't judge people who choose to use drugs...that's just part of the game.

One of the things that bothers me, however, is when I see people promoting supplements and preaching training and lifestyle methods other than what they use themselves. I'm sure you have heard it all before...lift heavy...eat big...take creatine...get 8 hours of sleep...train hard...eat clean...etc etc bla bla. Honestly, none of that mumbo jumbo ever worked for me. I did my own thing!

Listen, you can't always listen to your heroes. Most of the top bodybuilders all use steroids and other drugs to push their physiques past their genetic limits. Like I said before...this doesn't mean that they are bad people...taking drugs is just what they have to do to be competitive in the bodybuilding industry. The moral of the story is...what works for them probably won't always work for you.



80. Don't Always Trust Fitness Models. Before all of the bodybuilders who got mad over #79 try to bash me for being honest I'm going to call myself out before you have the chance 😊 Listen up people. Fitness models are good people, but they have a job to do. They get paid to promote products. Period.

Did that fitness model get ripped using the supplement that they are no sponsored by? It's doubtful. Does the product from the infomercial work as advertised? Maybe. Did the fitness model use the product in order to get ripped? Probably not. Should you buy the Ab Blaster 9000 because Fitness Model 'X' said it was awesome while exhaling and wiping his or her brow and perfectly simulating exhaustion from a real workout? That's your call. (ps – that exhaustion scene was probably rehearsed and shot 50 times or more before they got it "just right"). Whew! Don't sue me.

81. Stop 'Dieting' And Just Eat Healthy. When you begin a diet, you have failed on day one. Why? Because a diet is a short term solution to a long term problem. I don't care how ripped you got from your diet...if you lost 25 pounds on the diet and then rebounded and gained 35 pounds back later...sorry but that's an epic fail.

People are so caught up these days with their diets and even brag about them as if being on any particular diet is a badge of honor. "Ooo I'm on Paleo...or Ooo I'm on Atkins...or Ooo I'm on The BloodType diet...or Ooo I'm on World Famous Trainer X contest prep diet...the list goes on and on. Honestly though it's not that serious. I always laugh at all of the ridiculousness I see and hear about what and how people are eating these days. Just friggin eat healthy people. It's that simple! (See #70, 76, 77)

82. Eat Bison. I highly recommend eating bison once or twice per week, because it provides the body with a variety of essential vitamins and minerals plus a ton of amino acids (primarily carnosine and carnitine which can aid in energy metabolism and fat oxidation). Don't get caught up though and start pounding bison every day to try and "beat the system"...the gastro intestinal and cardiovascular backlash could be huge from the red meat overload. Be smart about it. (see #67)

83. Use Stevia As A Sweetener. When it comes to sweeteners, Stevia has a TON of benefits over other types of sweeteners. For one, it has a long line of safety data to back up its use and it doesn't pose any added risks for diabetes and insulin resistance like some other sweeteners can. And two, when you're dieting down to get ripped six pack abs, you'll probably end up getting a nasty sweet tooth. Stevia can help you fight through the nastiest sugar cravings without posing any added health risk. Add Stevia to your healthy kitchen arsenal asap.



84. Achieve Protein Synthesis. If you want to build six pack abs...you've got to train with intensity. The downside to this is that intense exercise can cause muscle damage. Bummer. This damage is the result of catabolic hormones released in response to exercise and mechanical stress to your muscle fibers...combined with the depletion of glycogen. Got all that? Good.

If you're still with me...this means that the nutrients you ingest immediately following your workout can significantly impact how you recover. If you fail to optimize your post exercise nutrition, your muscles remain in a state of constant breakdown for hours on end...and you definitely don't want that to happen. As an added sour note...when your muscle fibers are damaged, muscle glycogen replenishment is dramatically reduced. So you may also get incredibly sore. And that sucks. Big time.

But there is good news though. (No I didn't just save a bunch of money on my car insurance by switching to Geico). The good news is that you can help reduce muscle damage and soreness simply by consuming a combo of carbohydrate and protein before and after you workout. This unique pre workout combo helps to prevent some of the muscle damage that happens during exercise and in the hours following your workout. Sorry if you were expecting some groundbreaking new revelations here. It's actually quite simple...just like the rest of these tips. I recommend using post workout protein & carb ranges between 0.4 to 0.6g carbs/lb body weight, and 0.1 to 0.3g protein/lb body weight.

85. Listen To Your Body. If you're hungry...eat. If you're not...don't. If you're thirsty...drink. If you're not...don't. If you're sleepy...go to bed. If not...stay up. If you're too sore, injured, etc to workout...stay home. If you're craving fruit...you probably need the nutrients. If you think this tip is silly...you're probably an idiot. Just sayin!

86. Avoid Side Bends. Just like any other muscle, the abs also respond when stimulated with resistance. So unless you want to make your waist wider, avoid side bends at all costs. Skip the dumbbell side bends, weight plate side bends, or any other silly side bend exercise. You do not want to end up with a waist that looks blocky and wide. (**Note:** many trainers out there disagree with this tip and that's cool...everyone is entitled to their own opinion. Honestly though, even if you think this is a great ab exercise (which it isn't), just avoid it anyway because it makes you look like an idiot. No...really. It does.)



87. Maintain A Good Tempo. As with any exercise, ab movements should not be jerky, fast, or out of control. A good tempo must be maintained throughout the entire movement in order for the exercise to be effective. An ideal tempo would be 3-0-1 where the first number refers to the lowering phase of the exercise, the next number is the pause, and the third number is the lift.

For example, a crunch done at 3-0-1, you would take 3 seconds to lower yourself, no pause, then one second to crunch upward. (**Note:** I know I referenced a "crunch" here but I don't recommend crunches for everyone. If you have back problems you probably want to avoid doing crunches and sit-ups completely. See Tips #1 and #2)

88. Focus On The Lower Abs. Just about every abdominal exercise or motion involves an upper abs contraction. For this reason alone, building the upper abs is usually pretty easy, but as a result the lower abs can get neglected. Focus more on training your lower abs exclusively because lower ab training will still give you amazing upper abs as well. One of my favorite lower ab exercises is hanging leg raises.

89. Stop Doing Thousands Of Reps. I remember when doing 1000 crunches a night was cool. It seems like everyone was doing 1000 crunches a night back in the day and it was generally accepted as the best way to go to get ripped six pack abs. Unfortunately for us, we had it all wrong back then. After taking this sort of pounding for a while your abs just stop responding...and overtraining your abs like this can significantly increase your risk of injury (see tips #1 and #2). In order to effectively work your abs and avoid overtraining, keep your reps around 20 or less and add resistance to increase the difficulty level if 20 reps is too easy.

90. Maintain Strict Form And Go Down Slowly. I always use a slow and controlled descent when I train my abs. This method will carve deep into your abdominal muscle fibers and helps sculpt them. So always try to use good form, a natural tempo, a slow descent, and a controlled full range of motion. Don't flop around like a fish out of water...all this does is make you look like a clown and does absolutely nothing for your abs.

91. Contract, Flex, And Squeeze. An often overlooked and underutilized method of enhancing your abdominal training is to flex the muscles while you train them. You can't just go through the motions, you need to squeeze hard while you perform any ab movement.



92. Train Abs With Intensity. I see way too many people go through a super intense workout...only to finish up the workout by training abs while goofing off and just going through the motions. Seriously...why not use the same level of intensity to train your abs that you would use when you train legs, or arms?

If you're going to be doing ab exercises you might as well do them right! Don't just throw in a few sets of ab exercises at the end of your workout and call it a day. Abs are a muscle just like any other and must be trained as such. Always train your abs with focus and intensity...just be sure not to sacrifice form or tempo, and always maintain body control.

93. Don't Use Twisting Movements. Performing twisting abdominal movements like holding a bar across your back and twisting is a surefire way to injure your back. I know Rocky was doing these types of ab workouts in his movies, but twisting abdominal movements are usually much more risky than they are effective.

94. Train Abs 2-3 Time Per Week. This tip is a bit controversial, but there is a method behind my madness. You see, abs are muscles too and they need time to rest and recover just like any other muscle. You can train abs a bit more frequently than you can other muscles...but training them more than 2 or 3 times per weekly is usually just overkill.

I usually train my abs 1 or 2 times per week at THE MOST. Sometimes I'll even go for weeks without doing a single "ab exercise". (**Note:** If you would like specific ab workout frequency recommendations based on your goals see Tip #13).

95. Drink Water. I'm sure you've probably heard this one 1000 times before but I'm going to tell you once again. Our bodies are over 70% water and drinking water is essential for optimal health. Water helps prime the body for fat loss, and it can also help flush out harmful toxins.

Not drinking enough can increase your risk of water imbalances, dehydration, lowered strength levels in the gym, various diseases, and more nasty stuff. Drink between 64oz and 128oz of water daily (depending on your body weight). (This is pretty simple stuff and I really hope nobody asks me any ridiculous water macronutrient questions 😊. See Tip #78 and Tip # 85)



96. Stay Alkaline. When training to build six pack abs, many people get stuck using unhealthy depletion diets, various macronutrient loading diets, etc...and in the process disrupt the body's natural acid/alkaline balance and become overly acidic. (This is quite common with high protein diets). You see, proteins are acid forming foods and we must eat alkaline forming foods (fruits, veggies, etc) to neutralize the acid wastes from protein consumption.

This means that you should probably be eating a bunch more veggies with that chicken breast than you usually do! Finding a perfect balance can be challenging and confusing at first, but a good way to approach it is to try to maintain an 80% alkaline and 20% acid ratio. This means that in order to maintain a healthy, balanced pH, your diet needs to contain approximately 80% alkaline forming foods and 20% acid forming foods.

97. Focus On Getting Stronger. For many people, low rep strength training (6-8 reps) can be more effective for getting ripped than "fat loss circuits" where you do a ton of reps using lighter weights. The reason for this is simple: circuit training is completely useless if you're too weak to benefit from it. So if you're going to optimize your fat loss efforts and get ripped it will typically require you to get stronger first BEFORE you start circuit training. Light weights + zero power output = no results. Don't believe the hype.

98. Avoid Catabolism. Take a [quality BCAA supplement](#) before doing cardio. My favorite BCAA supplement brands are Optimum Nutrition and Prograde.

99. Stay Humble. Even if you're the most ripped person on earth, nobody will care if you treat them like crap, act cocky, or behave like an asshole. Always remember where you came from, fatass. (We all saw those 'before' pictures)

100. Try To Keep It Fun. When training starts to really suck...it may be time to take some time off and recharge the battery. I am a firm believer that your workouts should not have to completely suck (unless you're training for a UFC fight...which you are not).

101. Read My Blog Regularly. This is obviously the best tip out of the entire bunch. Duh! So don't fight it. Hit up www.PerfectBodyRx.com soon. 😊



FINAL THOUGHTS

I really hope you enjoyed this FREE Report and soaked in some very valuable information that will help take your training, conditioning, health, and physique to the next level.

The most important part of the process is arming yourself with the CORRECT knowledge, and just because this report was free, do not discount the information. A lot of people have already put these tips to the test.

I could have probably sold this report and made some money off of it but I chose to offer it for free because I want you to know that there are better ways to eat and train than you may have been led to believe.

And I want you to know that whether you have lousy genetics, have wacked out hormones which trigger fat storage, if you have been doing the wrong kind of cardio, taking the wrong supplements, or just been plain lazy, you now have the power to fix each and every one of those issues and transform your physique into a masterpiece.

Hopefully you will put these 101 tips to good use and use them to blow beyond all expectations and start LIVING LARGE.

Buckle up, it's going to be a fun ride.

To your success,



Jamin Thompson
Pro Fitness Model
Author – The 6 Pack Secret
www.The6PackSecret.com



PS - feel free to drop me an [Email](#) or [Facebook](#) or [Tweet](#) me and let me know how this report may have helped you so I can brag about you on my websites! I always love to hear about your success!



ABOUT THE AUTHOR

My name is Jamin Thompson and I'm a full time "help others get fit online" dude and pro fitness model based out of sunny Los Angeles, California.

From Hobby to Profession

It doesn't seem like that long ago, but way back in 2005 when I first started writing online fitness programs for people I had no idea it would ever go this far.

It all started with a simple goal. To help people.

I know that probably sounds cheesier than a triple cheese pizza at Dominos but it's true. I was on a mission, and my goal was to change lives.

These days you can usually find me trying to help people get healthy and into the best shape they can possibly can. Some of my readers have told me that I have become their inspiration because of my amazing recovery from a debilitating and almost deadly intestinal disease.

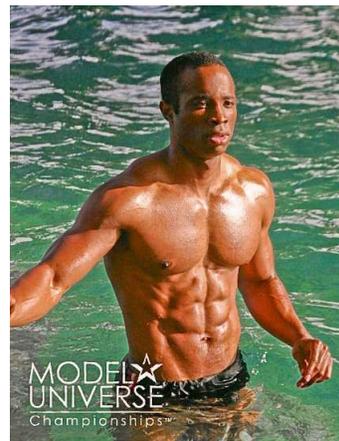
In case you don't know the story... during my sophomore year in college I was diagnosed with Crohn's Disease, and after being really sick for two years I lost over 40 pounds of hard earned muscle, but was able to "heal" myself using natural whole foods, and real nutrition.

Now I try to help others get healthier, leaner, and stronger using the same principles I used to help me amaze my doctors by making a full recovery after they told me I would be on drugs for the rest of my life...and I share that information with anybody who is serious about improving their health & physique.

Over the past 10 years I have been blessed with the opportunity of being able to help hundreds of people in-person, through workshops, [my website](#), and over on [my blog](#).

Shameless Plug

I'm also the creator of [The6PackSecret.com](#) and author of the internationally popular eBook: The 6 Pack Secret. As of today, the book has thousands of readers world wide and has been sold in over 50 countries and is one of the most popular e-books about six pack abs and fat burning on the internet to date.



Don't worry I'm not one of those quick fat loss or buy my exotic supplement guys. There is no expensive equipment to buy or any sort of "angle" here either.

All I'm saying is that I do have a book, well an eBook program actually, that can and will help you lose your belly fat, put on a bit of muscle, and help you radically transform your physique. Heck, I'll just come out and say it, the book will help you achieve fitness model quality abs and you'll make all of your friends jealous. I'm not joking around!

And if you're not sure who I am or why you should listen to me let me just say that I have been recognized as a Platinum Expert Fitness Author by ezinearticles.com, and have had my fitness articles published in many popular fitness magazines and websites across the world.

I am a regular writer & contributor to bodybuilding.com as well as a professional and internationally published fitness model. You can check out my portfolio and work on JaminThompson.com.

I also have free downloadable workouts and meal plans as well as a ton of free articles on [My Six Pack Abs Website](http://MySixPackAbsWebsite.com).

Thanks for taking the time to read this little "about me" bit and I hope you enjoyed this book.

Feel free to contact me anytime by email at info@jaminthompson.com or by visiting www.JaminThompson.com

Don't forget to check out my blog: www.PerfectBodyRX.com

Oh and one last thing, let's be friends on Facebook and Twitter! I love social networking so if you have any health and fitness questions...or have any feedback about this report just send me a tweet! I usually reply in 60 seconds or less!



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I would love to hear what you like about this book and also what you didn't like. Your feedback is very important to me because my ultimate goal is to make this report a tremendously valuable resource for you.

Feel free to contact me at any time at info@the6packsecret.com and I will reply within 24-48 hours. Yes, I always respond.

If you have general questions about my Six Pack Abs Program you can find the answers to those on the frequently asked questions (FAQ) page. www.the6packsecret.com/faq



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Thanks for helping me out!

Jamin Thompson

