



# Six Pack ABS

## by Tony Greco

### NUTRITION — “You are in Control”



- ☞ Each student will receive a customized meal plan based on their goals and be taught the fundamentals of proper nutrition
- ☞ Digestion burns calories - therefore you will increase your daily caloric burning. If you consume slowly digested nutrients every 2-3 hours you will create that burning effect.
- ☞ Protein is the metabolic engine and expends twice the amount of calories than carbohydrates and fatty acids
- ☞ Simple carbohydrates should be consumed at breakfast/post work-out, whereas complex carbohydrates should be consumed throughout the day

### BODY COMPOSITION — “Fat is a Virus - Treat it”



- ☞ Each student will receive a body composition assessment before and after the program
- ☞ The test will be performed using OMRON Body Fat Analyser HBF-306
- ☞ For male to see their abdominals their abdomen needs to reach approximately 10-12% body fat, and for female 12-14%/ Goals you set are goals you get

### WEIGHT TRAINING — “Muscle Burn Fat”



- ☞ Each student will attend 3 classes a week
- ☞ Weight training creates a greater metabolic disturbance than cardiovascular training - therefore 24 hours after weight training you will expend a greater amount of calories than cardiovascular training
- ☞ Muscle is metabolically active - 1 pound of muscle expends 40 calories per day, whereas 1 pound of fat expends a meager 20 calories per day
- ☞ The program will emphasize full body workouts consisting primarily of compound movements, which tend to be the greatest abdominal exercises and have the greatest potential for strength, hypertrophy, & caloric burning
- ☞ All are welcome