



# **BODYTEK FITNESS**

## **WORKOUT PROGRAM VOL 1.**

**SPORTS-FITNESS-NUTRITION**

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# Making a Six Pack and Losing Weight

Studies have shown that there are more people who are overweight now than ever before. To counter this threat, health professionals have come up with various ways to lose weight.

Some programs recommend the person eat products that are rich in carbohydrates while cutting down on protein and the other way around. A few examples of these are the south beach diet, protein power and the Aitkin's diet.

One program that could make the person have great abs and lose weight is called the Abs diet.

Mr. David Zinczenko is the person who designed the abs diet. Those who want to try this should commit to the program over a 6-week period. After which the individual will see a dramatic change such as flatter abs and weight loss.



This dietary plan was initially designed for men but some women have also tried it and have reported to show positive results.

Studies have shown that a pound of muscle gained helps the person burn more than 50 calories per day. So, if after extensive work in the gym the individual is able to develop 10 pounds of muscle, this translates to burning 500 calories daily.

People who follow the program consistently are able to lose twelve pounds in the first two weeks with about five to eight in the succeeding weeks.

Everybody normally eats three square meals a day. This diet program involves eating small servings six times a week. The food consists of eggs, whole grain cereals or bread, poultry, lean meat, low fat dairy products and certain fruits.

Aside from only eating those in the list, the person will also have to endure a 20-minute workout three times a week that is designed to help in the fat burning process.

The abs diet is fairly new compared to other programs that have been around for more than 10 years.

The abs diet is available in the bookstore or in the Internet. It is best to read up on it and