
THE Hardcore

RIPPED ABS CHECKLIST



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The Hardcore Ripped Abs Checklist!

What you need to get RIPPED and SHREDDED!

By: Travis Stoetzel

1. THE SECRET BEHIND GETTING HARDCORE RIPPED ABS

So, you want some ripped up shredded abs do you?

Well, I'm sure you want to know what "The secret" is right?

That's the million dollar question everyone seems to be asking! I'll give you the truth....

There isn't any real "secrets". I'm truly sorry to say that there are in fact NO magic potions, pills, or exercises out there that will magically give you SHREDDED ABS...

What there is that YOU have total control over that works 110% of the time is...

Hard Work, Commitment, Dedication, and DISCIPLINE.

Sprinkle these in with the right training protocols and SOLID nutritional guidelines; you'll be well on your way to getting RIPPED and SHREDDED abs!

What it all basically comes down to is CHOICE. By this I mean either you want RIPPED and SHREDDED abs or you don't. There really is no "in between".

- ***If you want SHREDDED and RIPPED abs you'll choose to eat clean foods and stray away from junk...***
- ***If you want SHREDDED and RIPPED abs you'll choose to workout hard and not miss training sessions***
- ***If you want SHREDDED and RIPPED abs you'll choose to always stay committed, even when things go bad.***

I think you see my point. All in all, the most important thing is this; YOU have the power to change your physique to whatever it is you want it to look like. If having RIPPED and SHREDDED abs are your goal, great! Let's do it! As long as you CHOOSE to get and stay after that goal, you can make it happen!

You must first DECIDE and program your mind for SUCCESS in order to reach your overall potential.

Now, let's get into the nitty gritty of things!

2. **HARDCORE ABS CHECKLIST: NUTRITION**

In order to successfully shed body fat and unwanted tissue off of your body so you can show off your RIPPED and SHREDDED abs, you must eat properly.

Nutrition is #1 behind mindset!

You can never out train a crappy diet! I have never seen it done! Ever!

You must choose the right foods!

I have a list of foods that I call the "Big Three". Any food from these three categories is good to help get and stay leaned up.

LEAN MEATS - The first is your lean meats. We would like to stick to organic free range meats but it's not a requirement.

I personally choose these because you'll consume less toxins and chemicals.

Obviously all of our lean cuts of meats are acceptable here.

- Chicken
- Lean Beef
- Turkey
- Fish (salmon, tuna, tilapia, ect)
- Eggs
- ALL Wild game

VEGETABLES - The second food group of the "Big Three" is your veggies.

This is basically a FREE food in which you can eat as much as you like and not worry about ever over eating. I've never heard of anyone getting fat or chubby from eating too much spinach or cauliflower.

Go with your "green" varieties and stay away from your starchier veggies.

- Spinach
- Asparagus
- Peas
- Broccoli
- Frozen mixed Veggies (broccoli, cauliflower, other cruciferous veggies)
- Green Beans

Avoid your starchier veggies like potatoes and corn.

Healthy Fats - The third and final group of food you should be eating in your “Big Three” will actually help you burn fat when taken in at the right times. It’s always funny to think “Eat fat to burn fat”. Most people don’t buy into it but trust me, it will help you get shredded up!

- Avocados
- Olive Oil
- Macadamia Oil
- Almonds
- Almond butter

Legumes - A added food to help burn more fat!

These are an added bonus that you should take in every now and then. Now before I give you the different acceptable legumes, I was always against eating these as I thought they had a ton of starch and calories in them. Especially beans. But I have never been so ripped and deeply cut up than after I started adding in legumes to my diet. Eat your beans!

- Black beans
- Pinto Beans
- Lentils

Now in addition to these foods listed above, make sure to follow the 6 rules...

**** THE SIX RULES OF RIPPED HARDCORE ABS ****

1. **Don’t eat processed carbs** – This is NO secret! Stay away from heavy grains, breads, pastas, and other processed carbs!
2. **Don’t take in liquid calories** – Things like Fruit juice, sports drinks, and pop should be avoided at all costs. Alcohol is also a no – no. If you can’t give up your late night parties and boozing, you’re abs will suffer. Moderation is key! To get shredded, you must be discipline!
3. **Always Eat breakfast** – you have a 30-45 min window in the morning to set your metabolism on fire, make sure you get in a solid meal before you start your day or you are setting yourself up for failure!
4. **Eat more fats** – eat items like oils (macadamia, olive, coconut), avocados, almonds to help replace calories not being taken in by carbs.
5. **Avoid ALL Sugar** – Sugar will erase any abs you have showing more quickly than anything known out there. Avoid all sugars as possible – candy, cake, pies, juices, pops, ect
6. **If you eat fruits, only eat fruits at certain times of the day** – this means before a workout or breakfast. I would also stay away from consuming fruits on days you are less active.

****AVOID THESE FOODS AT ALL COST!!!****

- Fruit Juices, Pops, Sodas, Coffee Drinks (Moca Lattes, ect)
- Gummy Foods, candy bars, and other sugar filled candies
- All cakes, White and Brown Rice
- Ice Cream, Bread (White, Wheat, Rye → avoid it!)
- Pastries, Donuts, Pastas

Now, it's best to avoid these foods at least 95% of the time. When I say this I mean weekly. 95% of your weekly caloric intake should come from foods in the "Big Three". Pick a day where you can cheat a little bit and indulge. I usually go with Sunday's or Friday afternoon. When it's Football season, it's Saturday's! Pick a day and have all the sugar and junk you want but just for one day!

SAMPLE Hardcore RIPPED ABS MEAL PLAN

Here's a typical day of what I personally eat to stay shredded all year long. The key is consistency, discipline, and commitment!

I say the best thing to do is pick out a bunch of foods from the "Big Three" above and try to have all of your meals based on those foods. Pick what you like and go from there!

This is what I eat 5-6 days out of the week. VERY CLEAN, Boring but EFFECTIVE!

Right after waking– [Body by Vi](#) Shake mixed with 100% organic almond milk OR coconut Milk

Breakfast – 8 cage free organic eggs (4 white and 2-4 whole), a large pile of spinach, ¼ cup of black beans, homemade salsa (tomatoes, onions, cilantro, green peppers, lime)

Post Workout – [Body by Vi](#) Shake mixed with 100% organic almond milk OR coconut milk

Lunch – Steamed mixed veggies (broccoli, cauliflower, zucchini, and spinach), baked or grilled organic chicken breast, homemade salsa on top, ¼ cup black beans.

Mid Afternoon Snack – Celery Sticks with a little bit of Almond Butter OR handful of raw almonds OR homemade beef jerky

Dinner – Steamed Broccoli, grilled sirloin OR ground 93/7 grass fed beef, homemade salsa, ¼ cup black beans

Late Night Snack (not always) – couple table spoons of almond butter OR Body By Vi Shake blended with 100% organic almond milk (avoid coconut milk at night due to the added sugar)

It's better to go to bed a little hungry, that way when you wake up, you'll be a little bit leaner.

This is HONESTLY what I eat 6 out of 7 days a week.

Not much variety right???

Well, these are the key points about my weekly meal plan I follow:

- I WANT to be RIPPED and SHREDDED
- I have MADE THE CHOICE To be RIPPED and SHREDDED
- I found out what works best for me and I stay COMMITTED to it
- Therefore, I DISCIPLINE myself to eat like this each and every week!

On top of just looking good, I FEEL GOOD!

And remember, you get a CHEAT DAY every week so stay on it and reward yourself where rewards are due! My rule of thumb is that if I eat CLEAN Monday thru Friday, I can indulge a bit on Saturdays and Sundays. Otherwise you'll go insane!

3. HARDCORE ABS CHECKLIST: TRAINING

Ok, so now we have the nutrition and mindset down, it's time to get into the PHYSICAL stuff! Moving the body and moving weights!

Most people still tend to think that doing endless sets of crunches, sit ups, and other abdominal focused movements will get them a six pack. Time and time again, these people are wrong!

This is my check list on "How To TRAIN to get HARDCORE RIPPED ABS"!

- 1) **Heavy resistance Training** – use of heavy weights should always be incorporated into anyone's program no matter what! It builds strength and muscle. On top of that, it helps the body burn a ton of calories which will in turn, help in burning fat and revealing your abs.

Focus on using heavy weights that only allow you to do 3-5 reps per set. Too many people focus on using lighter weights for high reps and "the pump". While that's good, we still need to move some heavy objects around! So make sure to add in your heavier, lower rep sets!

- 2) **HIIT** - If you don't know what HIIT is yet, get out from under the rock! HIIT stands for High intensity Interval Training. This type of training is one of the best ways to help burn lots of unwanted fat and get SHREDDED up! The key here is to NOT just focus in on HIIT training but rather supplement it into your program. When you do this correctly, you will see amazing results!

The most common type of HIIT is your typical sprint jog sprint interval type workouts. These are where you would sprint for a certain amount of time at near 100% intensity then walk or jog for a certain amount of time. The key is intensity! The higher the better!

One more thing about HIIT... It's not just all about sprinting and running. HIIT can be used with lighter resistances such as Kettlebells, sandbags, dumbbells, ect. HIIT style circuits are really popular and effective at getting people extremely LEAN!

- 3) **Strongman / Functional Training** - This type of training will tax the heck out of your body helping it to burn lots of calories and fat plus add onto some thick, dense muscle.

I like to do light sled drag walks to get in extra cardio. This beats running on a hamster wheel! Forget that! Dragging a sled around will build up strength in your legs and help get you RIPPED!

Other movements I do for strongman training are heavy farmer carries and other types of weighted mobile movements. So things like keg carries, sandbag carries, and over head carries work great! The great thing about these carries is that it also serves as a good form of "weighted conditioning".

Another essential strongman movement you must add in for RIPPED ABS is the clean and press. You can do these with a log, barbell, dumbbells, or even kettlebells. Anything works great!

The bottom line with strongman training is that we're not only doing movements that will help us get shredded but at the same time, we're helping our natural ability to perform like an athlete. I feel that is always important to do functional movements like strongman offers, hence why I include strongman training into my training programs.

- 4) **Using the RIGHT AB Movements** - There are TONS of movements out there you can use for the abs. But, most of them are useless. Use these to get the best out of your abs training..

I like to call these "The Fab 5" movements of ab training:

- 1) hanging leg raises
- 2) deadlifts
- 3) front squats
- 4) roll outs
- 5) kb swings

These movements are all quite common but for some reason or another, people tend to over look them in terms of being effective for ab training. They are 100% effective! Each requires a TON of abdominal activation. Great for building up some extra muscle in your belly!

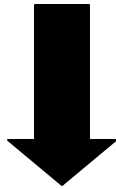
4. **HARDCORE ABS CHECKLIST: ESSENTIAL SUPPLEMENTAL EXERCISES**

Like I mentioned above with the “Fab 5”, there are TONS of different ab exercises out there for you to do. The main thing is that you focus on the “Fab 5” first. Then, the next best thing is to add in different types of supplemental ab exercises within your program.

Here’s a list of the essential Supplemental Exercises you should be using in addition to your main “Fab Five”!

- Body weight – plank and other plank variations, v-seats, knee tucks, leg raises
- [TRX](#) – knee tucks, pikes, pendulum swings, planks, rollouts
- Bands – used in conjunction with bodyweight exercises – will increase bodyweight movement intensity, band rotations, plank holds, mountain climbers
- [The Power Wheel](#) – hand walking, roll outs, atomic push ups, pikes

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5. **SAMPLE 7 DAY BATTLE PLAN**

Here's a sample week program you can use NOW to start moving closer to your shredded abs physique!

Follow the program as listed for the next 3 weeks. Make sure to take at least 1 day of rest in between workouts or after every 2 days of training. Feel free to add in HIIT day in between your listed training days.

So an example would be:

M – Day 1, Tues – Day 2, Wed REST, Thurs - Day 3, Fri – Day 4, Sat – REST, Sun Day 5

OR you could throw in HIIT Days on the REST days. The key is to make sure you rest properly to avoid over training!

Listen to your body! Rest when you are beat up and fatigued.

Hardcore Abs Warm Up

1A) Jump Rope x 3 mins
15 yards

2A) Walking Lunge

3A) Push Ups x 25

4A) Recline Row x 15

5A) Bodyweight Squat x 20

6A) Jog/ Back Pedal 3 x

7A) Side Shuffles 3 x 15 yards

8A) Power Skips 3 x 20 yards

9A) High Knees 3 x 15 yards

10A) 5 yard Sprint x 4

Day 1 STRENGTH

- 1A) Deadlift 3 x 5
- 2A) Push Ups 3 x 15-30
- 2B) Pull Ups 3 x submax
- 3A) DB Goblet Squat 3 x 15
- 3B) Knee Tucks 3 x 10 / leg
- 4A) KB Swing 2 x 15
- 4B) V- Seat Reach 2 x 15
- 4C) Plank Hold 2 x max time

Day 3 – Strength

- 1A) Barbell Front Squats 3 x 5
- 2A) DB Bench Press 3 x 8
- 2B) 1 Arm Bent DB Row 3 x 8 / arm
- 3A) Lateral Lunge OR Cassack Squats 3 x 8 / leg
- 3B) Weighted Russian Twist 3 x 10 /side
- 4A) KB Swings 2-3 x 15
- 4B) Knee Tucks 2-3 x 10-15 / side
- 4C) Side Plank Holds 2-3 x max time

Day 2 - Conditioning / Power

- 1A) DB 1 Arm Power Snatch 4 x 6 / arm
- 2A) DB Push Press 3 x 8
- 2B) Recline Rows 3 x Submax
- 3A) Lunge Jumps 3 x 8/leg
- 3B) Band Rotations 3 x 15 / side
- 4A) Tabata Circuit (20 secs work w/ 10 secs rest x 8)
 - a. Burpee
 - b. HLR OR Full V-Seat

Day 4 Conditioning

DB COMPLEX OR BAND COMPLEX

30 secs of work with 30 secs rest – go 4 rounds

- 1a. DB Sumo Deadlift / Band High Pulls
- 1b. DB Clean OR Cheat Curls/ Band Cheat Curls
- 1c. DB Push Press / Band Push Press
- 1d. DB Renegade Row / Band Bent Rows
- 1e. DB Lunge OR OH Lunge / Band OH Squats
- 2A) Tabata Set
 - a. Mountain Climber
 - b. Full V- Seat

Days 5 - Strongman

1A) Barbell Clean and Press 3-4 x 8

2A) DB Farmer Walks 3 x Max Distance

3A) Front Carry (sandbags, keg, rock) 3 x Max Distance

4A) Heavy Sled OR Tire Drags 4-5 x 40 yards

Day 6 and 7

For these days it's important to either REST or do HIIT training to round out your week.

HIIT training can consist of the following:

Hill Sprints – Find a steep hill and do 10-15 sprints at full speed up the hill. Use the walk down to rest.

Sprint / Jog – On a treadmill or preferably on a field or track – do a 8-15 sec ALL OUT sprint. Rest for 30 secs and repeat for 10-15 sets.

Recumbent Bike Intervals – Set the bike on a medium intensity so you can still pedal at full speed while keeping control and do ALL OUT sprints for 15-20 secs. Rest for 30 secs – 1 min and repeat for 10- 15 sets.

Additional Notes:

Submax – means to leave a few reps “in the tank”. Avoid going to failure on these sets

Tabata – Perform 20 secs of ALL OUT work with a 10 sec rest. Repeat that x 8 rounds total.

DB / KB – Stands for Dumbbell or Kettlebell

PUTTING IT ALL TOGETHER

Ok, so as you can see, there isn't that much behind getting **HARDCORE RIPPED ABS!** All you have to do is be **COMMITTED** and be willing to put in some hard work!

Remember, it all comes down to making that one choice at the beginning. Either you **WANT IT** or you don't!

Simple as that!

So, the next logical steps for you to do are...

- 1) **SET A GOAL** - ask yourself, "Is getting RIPPED ABS really what I want???" "Why do I want to get RIPPED ABS?"

The truth is if you want to be RIPPED, it's going to take getting down to 6-8% bodyfat! Are you willing to make the sacrifices and stick it out??

You are the only one that can decide on that.

- 2) **SET A DEADLINE** – Once you have your goal set, make a deadline. Make LOTS of deadlines!

Let's say you're at 20% bodyfat right now. So now, you'll want to set a goal to lose 1-2% per week. It can be done! I've seen it! I know you can do it too!

Make deadlines and stick to them as best as you can!

The Bottom line is this:

You can have the perfect program, you can have the perfect diet plan, and you can have all the tools you need for success, BUT if you don't use them, everything is WORTHLESS!

In the first part I talked about making a CHOICE. When you decide that you want something bad enough, you will go through anything to make sure it gets done. Make sure you CHOOSE that this is what you really want before you dig in and get after it!

CHOOSE TO BE RIPPED UP!

CHOOSE TO BE SHREDDED!

CHOOSE TO HAVE HARDCORE RIPPED ABS!

Once you have decided, it's then time to get to work!

Get after it and if you really want it bad enough, IT WILL HAPPEN!

BEST OF LUCK TO YOU!

Live Aggressive and Get Strong!

Travis

NOW THAT YOU KNOW THE BASICS...

I want to let you in on a SECRET...

Well, actually "the secret" is that I have a very SPECIAL OFFER for you!

First, let me tell you that about a year ago, I invested into a book called "How To Get Ripped Abs" that forever changed the way I approached getting RIPPED and SHREDDED.

I knew a lot but about training but not all the specifics when it came down to ab training. There's almost a "mysterious" type feeling around getting shredded. Guys that are shredded and ripped all have a different kind of approach to how they get results. Some tell you the truth while other fill you with bullsh*t.

I'm here to tell you about what I know works like clockwork! NO BS or fluff included!

Well, after I invested into this manual from the famous [John Alvino](#), (you do know who John Alvino is don't you, if not you need to!) I started learning things that changed the way I looked forever!

Granted I knew a lot of things before on how to get RIPPED ABS but the way he lays it out in his manual is just so damn easy to follow and it produces results like crazy! Granted, I did make the CHOICE to be RIPPED and SHREDDED so that helped a ton!

BUT, I'll give you forewarning, If you don't like to put in a little bit of HARD WORK and EFFORT, this will NOT be a good program for you. It will get you RESULTS no doubt but you will have to EARN it!

Here's the cold hard truth about his program , "[How To Get Ripped Abs](#)" ...

How To Get Ripped Abs isn't just another quick fix program. It's a total fitness training solution that requires you to put in some degree of effort. It's a really great tool for anyone who's really serious about losing unwanted fat and gaining muscle. Not using it to its full advantage is indisputably foolish. A wise investment such as this one is only as good when put to good use, so maximize the program and follow through until the end. You'll be amazed at your own transformation, I'm sure of it.

And I'm so sure that if you CHOOSE to make the decision to start getting SHREDDED, you'll agree!

So, in talking about John's program, I wanted to do something special for you since I know you want some RIPPED and SHREDDED up abs.

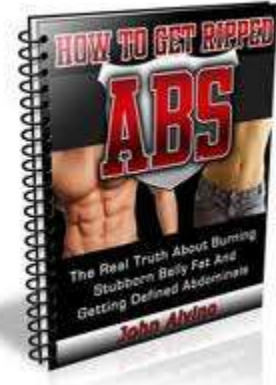
I could easily sell this for \$150-250 a pop! But I wanted to reserve it specifically for people who I know are SERIOUS about getting RIPPED!

It takes a totally different breed to get completely SHREDDED...

The questions is, "Are YOU apart of this different breed?? "

So, once you CHOOSE that you really want to get RIPPED AND SHREDDED and are ready take the challenge, grab John's, "How To Get Ripped Abs" [HERE!](#)

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