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INTRODUCTION

Congratulations on taking the first step toward change. Consider the 6 Week Flat Belly Program a gift to your future self. Today's commitment will reward you with a renewed view of yourself. Your belly is one of your more personal body parts. Unlike your arms, butt, or legs, your belly is often revealed only to you. After completing this program, your vision of your belly, and your body, will transform.

Regardless of your age, fitness level, or body type, the 6 Week Flat Belly ebook was created to make your belly look amazing. From shedding inches to shedding pounds, you will blast fat, build muscle, strengthen your core, increase your metabolism, and feel ready to showcase your new belly every chance you get.

The workouts provided can be performed in the comfort of your own home, or at a gym, which offers all of the resources you need to succeed. Another key part of your success will be planning your meals, snacks, and water intake to provide you with nutrition that rewards you with extra fat burning results, even when you're not working out. We're bringing you a full 6 week routine, additional cardio and muscle building workouts to complement your weekly ab workouts, additional flat belly tips, and an exercise index to allow you to reference each exercise in the program.

Work hard, stay motivated, and have fun!

days to take and how many cardio workouts and non-ab workouts to incorporate. Take a look at the end of the program for options including cardio and non-ab workouts you can perform.

Cardio Days

Cardiovascular workouts are important in any fitness program. The Flat Belly Program will build your ab muscles, but the cardio you perform weekly will help to tone your belly. Each week will ask you to perform 2-3 cardio days. It's extremely important to incorporate cardio into this program to help to shed fat at an accelerated rate. The suggested cardio workouts are detailed at the end of the program.

Non-Abs Days

On top of the 6 Week Flat Belly Program and your cardio days, 1-2 days per week should involve strength training other muscle groups. Many non-specific ab exercises incorporate your abs if done correctly, so you will be getting a rest, but still slightly working your abs. Also, building muscle in other parts of your body will increase your metabolism. The more muscle you have, the greater your ability to burn fat. Plus, when you workout your butt, as it lifts and fills out with muscle, visually, your waistline will look smaller. This is a fun little cheat.

HEALTHY EATING

Making conscious eating choices will be the additional work that make this Flat Belly program successful. The first thing to always keep in mind is water consumption throughout the day. Depending on your size, it is recommended you drink 2.2 - 3 liters of water daily. The easiest way to reach this goal is to purchase a water bottle with measurements on the side. Avoid adding any flavoring or coloring to your water. However, consider adding lemon slices and ginger. Both are natural ingredients, have zero calories and can aid in digestion and cleansing, which will help in shedding pounds.

Avoid drinks with processed sugar, such as soda and fruit juice. If purchasing any foods, drinks, or snacks, look for items that contain below 10 grams of sugar. Sugar is a major contributor to belly fat, so avoiding it will help slim down your belly naturally.

Each day should consist of three meals and one snack in between each meal. For your meals, think clean, protein, healthy fats, and complex carbs. The protein will help your muscles recover throughout the day, the healthy fats will suppress your appetite, and the complex carbs will give you the energy you need throughout the day and for your workouts.

Here are some additional tips to keep in mind throughout the 6 Week Flat Belly program:

- [Foods to Avoid and Foods to Include in Meal Planning](#)
- [Top 25 Flat Belly Foods](#)
- [8 Ways to Achieve A Flat Belly](#)
- [21 Flat Belly Tips](#)
- [Kiss Belly Fat Adieu](#)

EXERCISE INDEX

A

Alternating Heel Touches - Lying on your back with your knees bent, bring your arms straight out to your sides, palm facing upward and slightly above the ground. Crunch sideways to the left and attempt to bring your left hand to your left heel. Alternate to the right side.

Alternating Standing Knee to Elbow Crunch

- Standing up with your feet shoulder width apart, place your hands behind your head. Lift your left knee up and inward toward your right elbow, and with your right elbow, crunch down and meet your left knee. Bring both back to the starting position and now bring your right knee up to your left elbow. Keep alternating. To get the best results, try to make your elbow and knees touch slightly. To make this exercise more challenging, interlock your fingers behind your head. This shortens the distance between the knee and elbow and forces you to really reach to connect. Keep your core tight and breathe strong.

Alternating Superman - Lying on your stomach, extend your legs straight behind you and your arms straight in front. Lift your left arm into the air while lifting your right leg until you feel a slight tightening in your lower back. Hold for 2-3 seconds and return to the starting position. Repeat with opposite arm and leg. The higher you lift both arms and legs, the more of the muscle you work.

Around the World - Lying on a flat bench, place your hands behind you and hold the edge of the bench, straighten out your legs and lift them up into a 90° angle. Bring them back down and continue to lift your legs as high as possible at different angles. Imagine looking at a clock. Aim for 4, 5, 6, 7 and the 8 hands on a clock.

B

Bicycles - Lying on your back, bring your knees up to a 90 degree angle and place your hands behind your head. Bring your left knee to your right elbow and then switch with your right knee to your left elbow.

Bird Dog Plank - On a flat surface, position your body on your knees and straighten your arms under your shoulders. Lift your left leg back and align it with your hips, while lifting your right arm up and aligning it with your shoulder. Hold the pose.

Boat Pose - Seated on a soft surface, with your legs extended in front of you, lean slightly back onto your tailbone and elevate your legs into a V. Trying to keep your legs as straight as possible, bring your arms up to the side, palms facing each other and ending near your knees. Hold this position.

Bridge Pose - Lying flat on your back, bend your knees and tuck your heels as close to your butt as possible. Place your hands at your side and slowly lift your hips, midsection and upper back into the air. Bring your hands together underneath you and clasp them together. Hold the pose.

C

Camel Pose - Kneeling on a yoga mat, knees slightly apart and with your upper body upright, place your hands on your hips. Slightly bring your hips forward and elevate your chest. Lift your feet up so you are pressing your toes against the floor. Reach back with your right hand to grab your right heel, and then do the same with your left. Press your hip forward slightly and expand your chest fully. Tilt your head back as far as you can while avoiding any uncomfortable stretching. Hold the pose.