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ALRIGHT, ALRIGHT, ALRIGHT...

Whether you know them as the Adonis Belt, Devil's Horns, or the Abercrombie V, the curving, carved hip hollows that flank the lower abdomen (think Brad Pitt striking a pose in Fight Club) are guaranteed to turn heads on the beach as shirts come off this summer. Use this routine to land those lower abdominal and oblique cuts that some women (we asked them) like to refer to as "sex lines."

First things first, getting a v-cut does require some serious commitment, but there's no magic to it. Obtaining v-line abs isn't something that's going to happen overnight, and it requires two basic steps.

The 2 Keys To V Abs

Much like getting lower back dimples, the cuts that make v-lines pop are only visible with a low body fat percentage. Even a thin layer of fat will prevent your v-lines from showing through. The leaner you are the more visible this muscle will be. I personally don't like to shoot out certain body fat figures to aim for.

Body Fat testing for the most part is too unreliable and results vary drastically. In addition the accurate forms of body fat testing get quite expensive. What you will need to shoot for is a narrow waist line. How narrow? Ideally 45% of your height or 1/2 to 1" less than 45% of your height. So if your 6' tall than you are going to multiply 72 (6 feet in inches) by 0.45. This will give you 32.4. Therefore you will want to get your waist between 31.4 to 32.4" You want to measure your waist with a measuring tape around belly button level. Maintain relaxed posture (don't suck in and don't push out).

If your waist is greater than 45% of your height you will need to reduce your weekly caloric intake until you reach the ideal range. Notice how I said weekly and not daily? This allows for cheat days.

What's so great about V Abs?

Nothing really... EXCEPT that something is hardwired into women's brains so that when they see the v lines they somehow throw all inhibitions to the wind and go wild!

But seriously, so many girls go 'ga-ga' over this muscle. In fact, after the movie Thor came out all I heard was girls talking about how they loved the v shape of Chris Hemsworth's abs.

BADASS ABS - NUTRITION PROTOCOL

Goal - Get to low body fat percentage. **Decrease body fat percentages to the 6% – 13% range for men** (and 14% – 20% for women). My body fat percentage, for example, is 8%. And while that doesn't sound too astounding, body fat percentages in these lower ranges often require hard work and dedication. These are the levels of fat you'd find in elite athletes. Follow these steps to get there.

1. Pick a goal body weight (GBW) no more than 20 lbs less than where you are
Ex. 180 lbs goal body weight from 190 lbs currently
2. Set Base calories = GBW x 10 = 180 x 11 = 1890 Calories
3. Set protein intake @ 35%; Base Cals x .35 / 4... 1890 X .35 / 4 = 165 grams
4. Set carb intake @ 35%; Base Cals x .35 / 4... 1890 X .35 / 4 = 165 grams
5. Set fat intake @ 30%; Base Cals x .05 / 4... 1890 X .30 / 9 = 63
6. Eat food following those macronutrient guidelines 6 days a week
7. 7th day increase carbohydrates by 150g to Restore Leptin Levels and prevent the down regulation of your metabolism. You would then have 315g of carbs that day.
8. Repeat for 12 weeks then take 2 weeks off where you eat at Maintenance calories
 1. Maintenance Calories = Current body weight x 15.

2. Same macronutrient breakdown as before for this 2 week period using maintenance calories to calculate macronutrient ratios.

BADASS ABS - SEX LINE WORKOUT ROUTINE

WHAT CREATES THE ADONIS BELT?

The Adonis Belt is created by the Inguinal Ligament and the Transverses Abdominus (TVA). The Inguinal Ligament is what creates the line but without muscle hypertrophy (muscle size) in the Transverses Abdominus this line will not be as visible. So in order to achieve a good adonis belt you must first achieve muscle hypertrophy in your TVA.

The transversus abdominis muscle, is a muscle layer of the anterior and lateral abdominal wall which is deep to (layered below) the internal oblique muscle. *Note low body fat is also required for the Adonis Belt to be visible

Once you achieve that narrow waist-line you should start to notice some v-lines forming. However if you to want stand out you're going to have to build and strengthen this muscle.

So without further ado, here are the best exercises for creating sharp v lines:

1.) Side to Side Knee Ups:

This is probably my favourite exercise for developing the v muscle. This exercise involves hanging from a pull up bar with your arms locked out. From here you're going to raise your knees up to the side alternating side to side. This exercise works best for high repetitions. Ideally you want to build up to 60 reps total (30 per side). When doing this exercise you want to keep constant contraction on your abs. Therefore you will only bring your knees down just below parallel instead of straightening your legs up completely.

2.) Leg Raise From Dip Bar + Leg Spread:

Another great exercise for the v abs muscle. For this exercise you are going to support your body with straight arms on a pair of parallel dip bars. From here you are going to lift your legs up until they are parallel to the floor. From here you are going to spread your legs wide forming a large v and then your going to bring them back together and

return to the starting position. Repeat for 6-15 reps. If you have very strong abs you can perform 2 or more leg spreads per rep. Ex: lift legs up, open legs, close legs, open legs, close legs and lower.

3.) Renegade Rows

Renegade Rows are an awesome exercise. Renegade Rows are incredible for building super tight obliques that serve to frame the six pack and offer stability. However one thing that people don't realize is that the v shape muscle is directly connected to the obliques. As a result by strengthening the obliques you also improve the v shape muscle.

BADASS V-ABS - WORKOUT ROUTINE

Exercise	Sets	Reps	Rest
Leg Raises + Leg Spread	3	8-12	60s between sets
Side to Side knee ups	2	To Failure	60s between sets
Plank	2	To Failure	60s between sets
Stomach Vacuum	3	To Failure	60s between sets

Workout Notes:

- Perform this workout 2-3x per week
- You can perform this workout at the end of your usual workout routine

Your Abs Grow While You Rest

You probably already know that your muscles grow while you rest. In fact, each muscle requires 48 hours to recover after an intense workout.

You will often hear the broscience saying that you can train abs every day and that's called overtraining; **don't listen to it and rest your abs!**