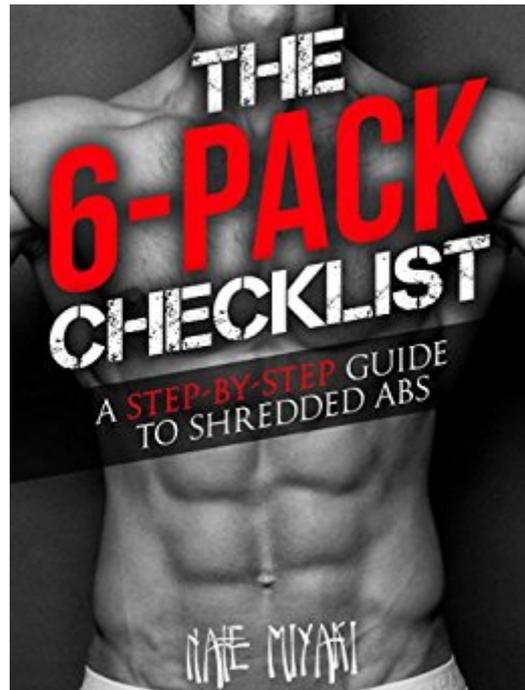


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# The 6-Pack Checklist: A Step-by-Step Guide To Shredded Abs



## Synopsis

Miles Away From the Body Youâ™ve Always Dreamed Of? Can you squat and bench heavy loads but are also carrying an extra load around the waist? Can you perform amazing boot camp and cross-training drills but don't look like you've ever exercised a day in your life? Can you hit amazing running times but are still soft, saggy, and flabby crossing the finish line? There is no doubt about it, Man Boobs & Muffin Tops are a tenacious tag team opponent that is hard to keep down for the count these days. Most of us are a long way from living lean year-round, even if we think weâ™re eating right and exercising the way we should. Ditch the Fitness Myths & Find a Sustainable Diet Structure The truth is, most of us are doing everything wrong when it comes to getting lean and finally getting that much-desired 6-pack. Those quick-fix, boot camp workouts you see advertised on TV? Not gonna cut it. Loading up on fat to be in a ketogenic, âœfat-burningâ• zone? Nope, not going to work, either. So whatâ™s it going to take to get the bikini or board short body youâ™ve always wanted? More diets, deprivation, and struggle? Or are there some simple strategies you can put into place that fit into your lifestyle that will finally get you lean? Stop Wasting Hours in the Gym Use the most efficient path to results possible. Nate Miyaki has condensed his 15 years of shredding experience into The 6-Pack Checklist, which will give you a step-by-step process for getting the body youâ™ve always dreamed about. No magic, no pills, no crazy diet plans that will have you feeling hangry by lunchtime. This is simple advice that anyone can implement. Miyaki walks his talk (and has pictures to back it up). So get out there and start attacking your goals today--not tomorrow, or some other time down the line. âœSome other timeâ• usually ends up being never.

## Book Information

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## Customer Reviews

Great, straightforward guide to getting lean. I never had success with the traditional 6 meal per day BB diets. I did well with IF and CBL, but eventually found that less extreme fat/carb cycling and using higher quality carbs (jasmine rice for the win) made all the difference. What I like about Miyaki is that his book prescribes essentially the exact diet I ended up with after screwing around with IF and CBL for a while. I also really like that Miyaki gives credit to those he borrows from. This isn't secret stuff here - he just distills the mass of dietary information out there into a guide to what actually works in the long run. The rest is discarded. Bruce would be proud. OK, that is the good. Why only 4 stars instead of 5 then? Well, to be completely fair, this ebook doesn't change what Nate has been preaching for years; so the advice and structure is nothing necessarily new - for his work. Like typical ebooks, the whole thing could be reduced to 3 pages. Thankfully, there are a handful of summary pages that hit the highlights if the science, etc., isn't your thing. The humor is a toss up. Me, I like it. If you aren't a fan of Miyaki's shtick, I do note that he has toned it down quite a bit in this book versus his earlier contributions to various websites. A final note - this diet like any diet takes discipline, but I have found through my own independent fitness journey that a diet like the one in this book is the easiest to maintain long term and the most successful. It is well worth a purchase.

I have been on every eating regime around. For the past six years I have eaten Paleo and love the health benefits of cutting out processed foods. However, I got seriously paralyzed from too much knowledge and went severely low carb, then later, ketogenic for almost a year. I also got fat, stopped sleeping, and had other less-than-ideal health issues. Somewhere along the way I began to believe that calories don't matter much. Thankfully, I began reading Drs Paul and Shou-Ching Jaminet's work (The Perfect Health Diet) and it made a lot of sense. Enter Nate. Now I had someone who blended much of the Jaminet's health beliefs with tweaks for aesthetics. I loved

Nate's book and have implemented the recommendations already. Guess what? In my body, calories do matter. And being a bit more mindful is making me look a lot less awful. Thanks, Nate.

This plan is ringing true. I've gotten tired of all the conflicting advice and theory. Probably my fault for too much information listening to a lot of "experts" trying to stake their own claim. I had temporary success with that but didn't sustain. Abs are made in the kitchen and this primarily addresses that. I'm gonna go with this. Fewer meals instead of 6, being satisfied more. Within the range of traditional weight training protein intake, but allowing less - I'll be glad to get away from what turned out to be "too much protein" and too much protein-drinks. Allowable "high satiety foods" while not too low on carbs. Interesting data table re: yogurt, potatoes, oranges. I'm seeing it as taking a lot of the targeted ( IF, Low Carb, Paleo, Protein, Cycling, etc.) diets and using the essential core of each. I don't think it's as extreme as 'shredded abs do-or-die' books, or a countdown to competition. I think it's a lean diet for life.

Great book due to it's easy to read style and chock full of sound scientific advice that makes sense and allows you to maintain a lean physique year round, highly recommend you purchase this book as it breaks down simply all you need diet wise to get lean and stay that way year round.

I really enjoy Nate's writing style and I try to read all his books that can remotely contribute to my health and fitness goals. This one is one of his best and so straightforward. To all the gals out there, don't be fooled as this is not just for the guys - his advice can and should resonate with anyone looking for some good, clear direction to fine tune their shape.

Don't let the cover fool you. This book is not only for males who are bodybuilders. There is good, solid advice here for people of all ages on improving your body. Miyaki dismisses the fads and exposes the insanity and what you have left is basic good common sense. Loved it!

Here is one of the books that you only need to achieve a better physique. No Bulls\*\*\* inside, no fad diets, numbers inside (I am an engineer and I like numbers). Frankly, that is all you need to bring you real results. Thanks Miyaki San... Love your books.

All of Nate's diet books tend to follow a similar theme and offer similar advice - but that's BECAUSE IT WORKS. It's so easy to get the wool pulled over your eyes with this stuff. After a few years of

playing around with paleo, carb cycling, ketogenic diets, basically starving myself, and yet still not looking like I lifted, I got into the best shape of my life following the advice in Nate's "Intermittent Feast" book. Now of course, I screwed it all up again by once again over-complicating things. Fortunately, Nate has released a new book just in time for me to get my head back in the game and go back to what works. Highly recommended!

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