

4 Simple Rules to Start Seeing Your Abs

How to strip the body fat that's hiding them.

START HERE

You've seen the 4 rules in the video. This guide shows you how to run them.

Nothing complicated. Follow this for the next 4 weeks and the mirror will tell you it's working.

1

HIT 12,000 TO 15,000 STEPS EVERY DAY

Don't try to find them all at once. Build them into the day:

- ✓ Walk 30 to 45 minutes first thing in the morning. That's 4,000 to 5,000 banked before breakfast.
- ✓ Walk 10 minutes after each meal.
- ✓ Take every call on your feet.
- ✓ Check your count at 6pm. If you're short, that's your evening walk sorted.

**The target is every day, not averaged across the week.
Non negotiable.**

2

GET IN AN ACTUAL CALORIE DEFICIT

Forget “eating clean”. You need real numbers:

- ✓ Multiply your body weight in pounds by 12. That’s your starting daily calories.
- ✓ Set protein at 1g per pound of body weight. Build every meal around it.
- ✓ Eat the same meals every day. Boring is what works. Decisions are where deficits die.
- ✓ Weigh yourself every morning and judge the weekly average, not the daily number.

If the weekly average hasn’t moved after 2 weeks, drop calories by 200 or add 2,000 steps.

3

NO EATING OFF PLAN

This rule protects you from the 500 calorie meal that was really 1,000.

- ✓ If a meal out is coming, plan it in advance. Don't wing it on the night.
- ✓ Order the grilled protein option, sauces on the side, and skip the starters and dessert.
- ✓ Never log a guess from a restaurant. Assume it's double what you think.

If you have a coach, run it by them first and they'll fit it into your plan. That's what they're there for.

4

TRAIN WITH SOMEONE WHO TRAINS EXTREMELY HARD

Effort is relative to what you've experienced. Fix your reference point:

- ✓ Find the hardest training person in your gym and ask to join them for a session. Most will say yes.
- ✓ Take your working sets to 1 or 2 reps from failure. If the last 2 reps don't slow right down, you weren't close.
- ✓ Log every session and beat the logbook. More weight or more reps, every week.

Train with people better than you and your standard rises automatically.

YOUR DAILY CHECKLIST

- ☐ Steps hit: 12,000 minimum.
- ☐ Every meal from the plan.
- ☐ Protein in every meal.
- ☐ Morning weight logged.
- ☐ Beat the logbook in every session.

Five ticks a day. That's the whole job.

THE NEXT STEP

**If you want this built around you, your calories, your steps, and your training, then apply to work directly with me
formulacoaching.co.uk.**

<https://formulacoaching.co.uk>