

FIELD MANUAL · VOL. 01 · ABDOMINAL DOMINANCE

BUILD A 6 PACK THAT IS HARD TO KILL.

Strip the gut. Forge the midsection. Train with the standards of operators, not influencers. This is not soft fitness.

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MULTI-SPORT ATHLETE

NORTHERN MICHIGAN FOOTBALL

MARINE CORPS BACKGROUND

PERFORMANCE SPECIALIZATION

TRAIN LIKE THE SPECIAL FORCES

HARD TO KILL TRAINING · PERFORMANCE FIELD MANUAL · HTKTRAININGCO.COM

BRIEFING 01

THE STANDARD IS SIMPLE.

Two phases. Five steps. Zero soft excuses.

PHASE I DITCH THE GUT

- 01 — Create a Calorie Deficit
- 02 — Consume the Right Foods
- 03 — Take Good Data
- 04 — Analyze & Adjust
- 05 — Take It the Distance

PHASE II SCULPT THE STOMACH

- 01 — Resistance Train Properly
- 02 — Flex the Spine Under Load
- 03 — Train Obliques With Intent
- 04 — Progressive Overload Always
- 05 — Earn the Aesthetic

HTK is not influencer fluff, recycled templates, or hype training. It is built around output, movement quality, durability, and discipline. Visible abs are an outcome of disciplined nutrition and loaded spinal flexion — nothing more, nothing less. This manual hands you the system. The execution is on you.

02

PHASES

Cut, then sculpt

10

STEPS

End-to-end execution

01

STANDARD

No soft excuses

PHASE

01

DITCH THE GUT

Five steps to strip body fat without losing the engine.

PHASE I · STEP 01

CREATE A CALORIE DEFICIT

Bodyweight loss is calories in versus calories out. Argue with that and you lose. Operate within it and you win.

If you intend to drop body fat, you must run a net calorie deficit on a daily and weekly basis — and hold it until your midsection actually surfaces. Estimate your starting intake with a calorie calculator, then track it accurately. The number is a starting point, not a verdict.

Set your starting intake

- Use a calorie calculator to ballpark daily intake.
- Track every gram with a food-logging app — no estimating, no eye-balling.
- Lock the number in for at least 2–3 weeks before you adjust.

Discipline beats motivation

Motivation is a fuel source that runs out fast. Standards do not. Set a number, hit the number, and let the bodyweight respond. Adjust only after the data tells you to.

RULE OF ENGAGEMENT

If you cannot weigh, log, and track — you cannot manage. Tracking is non-negotiable for the first 6 weeks.

HTK STANDARD

Hit your calorie target 6 of 7 days, every week, for 4 consecutive weeks before you change a single variable.

PHASE I · STEP 02

CONSUME THE RIGHT FOODS

Adherence is the real macro. The foods you choose determine whether you stick or quit.

Steer toward — protein

- Chicken, turkey, lean beef, fish
- Whole eggs, egg whites
- Greek yogurt, cottage cheese

Steer toward — carbs

- Fruits and vegetables
- Rice, oats, potatoes, pasta
- Whole-grain bread

Steer toward — fats

- Avocado, nuts, oils (limit quantity)
- Whole eggs, beef, turkey (double as protein)

Steer away

- Liquid calories — soda, juice, sugary coffee drinks
- Fried foods, baked treats, fast food, processed snacks

You do not have to eliminate these forever. Use them in limited quantity around foods on the steer-toward list. Strike the balance, log the response, and adjust. Vegetarians and vegans should look up high-protein alternatives — anything with seitan, tofu, and legumes ranked high is a defensible list.

FIELD NOTE

Keep a qualitative food journal. Log how foods, portion sizes, meal timing, and meal frequency affect energy, hunger, and adherence.

HTK STANDARD

80% of weekly intake comes from the steer-toward list. The other 20% is yours — used with intent, not as a reward for being weak.

PHASE I · STEP 03

TAKE GOOD DATA

If it is not measured, it is not happening. Six daily inputs run the entire system.

Daily inputs

- Bodyweight — first thing in the morning, post-bathroom, minimal clothing, to the decimal place.
- Step count — pulled from a fit watch. Any reliable device works.
- Calorie intake — total daily calories from your tracking app.
- Protein intake — grams logged.
- Carbohydrate intake — grams logged.
- Fat intake — grams logged.

How HTK athletes log data

We use the same data log inside 1:1 coaching, ready-made programs, and the HTK app. You build a clean weekly trendline that tells you what is actually working — not what you feel like is working.

Skipping weigh-ins, missing logs, or guessing macros is how civilians stall. Operators do not skip the boring parts.

HTK STANDARD

Six inputs. Seven days a week. No exceptions.
Three weeks of clean data is the minimum dataset for any decision.

INSIDE THE APP

HTK members get the data log preloaded with weekly trend math and coaching review built in.

PHASE I · STEP 04

ANALYZE & ADJUST

After 3–6 weeks of clean data, the trend tells you the next move. Three options. Pick one.

If a downtrend in bodyweight has emerged at the right rate — do nothing. Continue executing. Adjust only when the trend stalls.

Three adjustments

- Option 1 — Reduce calorie intake.
- Option 2 — Increase activity (steps, walking, daily movement).
- Option 3 — Both. Hit the equation from both sides. Generally preferred.

Target loss rates

- 1.0 – 1.25% of bodyweight per week if > 20% body fat
- 0.75 – 1.0% if 15 – 20%
- 0.5 – 0.75% if 10 – 15%
- 0.5% or less if < 10% (you are operating lean — protect the muscle)

Lose too fast and you bleed muscle. Lose too slow and you waste time. Lose at zero and you are fucking up — return to the data and find the leak.

Add walking the right way

- Take purposeful walks daily.
- Walk between resistance-training sets.
- Standing desk plus walking pad.
- Walk during your kids' events. Park in the back of every lot.

PHASE I · STEP 05

TAKE IT THE DISTANCE

Visible abs are not difficult to understand. They are difficult to earn. That is the entire point.

If acquiring this was easy, it would not be sought after. Expect it to be hard. When it is hard, hit the standard anyway. Hold the intake. Hold the foods. Hold the steps. Hold the weigh-ins.

If the trend stalls, deploy one of the three options. Do not negotiate with the data.

Power is in your hands

The system puts execution entirely on you. No one will lose the weight for you. Hold the line until you are as lean as the mission requires — then transition to Phase II.

THE STANDARD IS SIMPLE

Stay the course. Do not stop until you are actually as lean as you need to be.

FIELD REMINDER

Once the gut is gone, sculpting the stomach takes a fraction of the discipline you've already proven.

PHASE

02

SCULPT THE STOMACH

Loaded spinal flexion. Progressive overload. Earn the ridges.

PHASE II · STEP 01

RESISTANCE TRAIN PROPERLY

Quality ab training is the suffix to quality resistance training — not the centerpiece.

Run a serious resistance-training program first. Inside HTK programs, ab work lives at the end of lower-body sessions and emphasizes one or two heavily-loaded exercises. Random crunches and TikTok ab finishers are not the play.

What your week should contain

- 2–4 resistance-training sessions emphasizing the major lifts.
- Direct loaded ab work 1–2× per week, tacked onto a lower-body day.
- Daily steps logged for activity and recovery.
- Sleep, water, and stress dialed enough to recover what you train.

PHASE II · STEP 02

FLEX THE SPINE UNDER LOAD

Effective ab training is one thing: spinal flexion under load.

The function of the rectus abdominis is spinal (trunk) flexion. Combine that function with the tension a muscle requires to grow and the result is loaded spinal flexion — the move that builds the deep ridges.

The HTK ab triad

- Ab Crunch Machine — primary. Highest loading potential.
- Decline Weighted Sit-Ups / Crunches — strong free-weight alternative.
- Cable Crunches — premium tension at the contracted position.

Volume, intensity, frequency

- 2–3 working sets of one selected exercise, 1–2× per week.
- 5-ish to 15-ish reps per set.
- Leave 0–2 reps in reserve on each set.
- Progress the load or the reps every session.

If you stall and recovery is intact, add a set or two. If you stall and recovery is wrecked, that is a sleep, food, or stress problem — not an ab problem.

Litmus test for growth

Progressive overload. If the loaded ab work is climbing week over week, the underlying tissue is responding. The aesthetic shows up after the cut.

HYPERTROPHY ENVIRONMENT

Abs grow best during a slight calorie surplus, like every other muscle. Progress them during the bulk; reveal them during the cut.

HTK STANDARD

If the loaded ab variation is not increasing weekly, your training is decoration — not stimulation.

PHASE II · STEP 03

TRAIN OBLIQUES WITH INTENT

Obliques are not technically abs — but they own the shape of the midsection.

Their job is rotation and side bending. Train them with loaded rotation and loaded side flexion in limited quantity. Do not overdo it; the midsection is not the place for ego volume.

Selected exercises

- Machine Oblique Crunch — controlled side flexion under load.
- Machine Torso Twist — loaded rotation.
- Cable variations of either work just as well.

Apply the same volume, intensity, and frequency you use for the ab crunch. Increase workload only if absolutely necessary.

Field note: obliques are not regularly programmed in 1:1 coaching, ready-made plans, or HTK group programming. They are the optional finishing detail for athletes hellbent on the best possible midsection presentation.

MISSION COMPLETE

PUTTING IT ALL TOGETHER

Reduce body fat. Develop the underlying tissue. Hold the standards until the result is undeniable.

The order of operations

- Run a calorie deficit until your abs are visible.
- Eat the foods that make adherence automatic.
- Track six inputs every single day.
- Adjust calories or activity only after the data demands it.
- Hold the line until the body fat is actually gone.
- Train loaded spinal flexion 1–2× per week with progressive overload.
- Add limited oblique work if you want the most polished midsection possible.

Follow the system, use the resources, do not pussyfoot the execution. A midsection people notice is a matter of time — not luck, talent, or genetics.

If you want the system installed for you — programming, accountability, weekly review, and the same data log we use with 1:1 athletes — apply for HTK coaching.

INSIDE HTK

Coaching builds the body. Consultations clarify the mission. Every HTK offer is built around execution, standards, and measurable performance.

APP MEMBERSHIP

Programs, the data log, and weekly check-ins live inside the HTK app — built for athletes who refuse soft standards.

ENLIST · HTK COACHING · INTAKE OPEN

REFUSE SOFT STANDARDS. TRAIN HARD TO KILL.

You now have the framework. The standards are clear.
What separates the disciplined from the rest is execution.
Lock in. Track the data. Earn the aesthetic.

CONSULTATION

A direct assessment of your goals, training history, constraints, and next move.

1:1 COACHING

Custom programming, execution standards, progression, and accountability.

HTK MEMBERSHIP

Dial in explosiveness, mobility, endurance, and training direction inside the app.

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