

Twitter Thread by Coach Raj ■■■■



Coach Raj ■■■■

[@TheCoachRaj](#)



Read these 16 tips if you want to get a 6 pack:

1. Aim to lose 0.5-1% of total bodyweight a week.

Anything higher is unsustainable and will result in muscle loss.

2. Powdered peanut butter > regular peanut butter.

3. Eat slower.

4. Maintaining (or building) strength should be your number 1 priority.

5. Put hot sauce on your food.

It adds flavour without the calories.

6. Drink 4+ litres of water a day.

7. Write your goals down.

8. Take 5 grams of creatine monohydrate daily.

9. Eat 1 gram of protein per pound of body weight.

10. Black coffee and sparkling water are the best appetite suppressants.

11. Take a minimum of 2 rest days a week.

12. Use less olive oil and butter.

They have a lot of calories for very little volume.

13. Hire a coach who has the body composition you want.

14. When you are eating out, always look for something that is protein dominant.

15. Walk 10K+ steps a day.

16. Take weekly progress pics.

Follow these 16 tips and getting a 6 pack is inevitable.

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1. Follow [@TheCoachRaj](#)
2. RT the first tweet

Appreciate you :)