



A side-by-side comparison of two male torsos. The left torso is lighter-skinned and shows a '4 pack' of abdominal muscles, with four distinct muscle segments labeled 1 through 4. The right torso is darker-skinned and shows a '6 pack', with six distinct muscle segments labeled 1 through 6. The labels are in white text. The background is black. The website address 'bodybuildingmealplan.com' is at the bottom.

4 PACK

6 PACK

VS

1 2
3 4

1 2
3 4
5 6

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Four Four Two Versus The Pack

Michael Rajnik



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