



## The Great AB Workout ABS for Life: How to Get and Keep Great ABS for Life (Paperback)

By Ted Gambordella

Createspace, United States, 1999. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The ultimate abs exercise and fitness manual. Absolutely the best book for getting and keeping great abs for Life.



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