



ABS-Olutely Simple

By Brian Bebley

iUniverse, United States, 2010. Paperback. Book Condition: New. 224 x 147 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you want to get in shape? Do you want to have washboard abs? Do you want to lose weight? In ABS-solutely Simple, personal trainer Brian Bebley presents an easy four-part plan for improving your body from the comfort of your own home. ABS-solutely Simple focuses on four main areas: dieting, stretching, the core, and circuit training. Written and designed for the ordinary individual, this diet and exercise book provides easy-to-follow instructions with clear illustrations demonstrating each exercise, helping you build a stronger and more defined body. A nutritional guide is included to assist you in eating well and living a healthier lifestyle. The simple training methods introduced in ABS-solutely Simple have produced positive results for people from all walks of life. Bebley's goal is to help people get in shape and achieve realistic goals without conforming to the unrealistic standards of some of today's gyms.



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Reviews

Very beneficial to all of class of people. I am quite late in start reading this one, but better then never. You may like just how the writer create this publication.

-- Audra Klocko PhD

Thorough information! Its this type of great go through. It is amongst the most incredible publication i actually have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Germaine Welch