



How to Get ABS: How to Get ABS Fast with an Extensive 6 Week Workout Plan

By John Mayo

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.How To Get Abs: How To Get Abs With an Extensive 6 Week Workout Plan Are you tired of doing the same old boring core exercises? Have you tried nearly everything to get that flat stomach and six pack that you ve always wanted? Then this book will be the perfect fit for you! It s time to get in the best shape of your life. I have been helping people get fit for years and the most common question I get asked is, how do I get abs? Abs and a flat stomach are arguably the most desired body part, whether you re a man or a woman. Having a toned stomach is difficult to achieve, but once you have it, maintaining it becomes a much easier task. My mission is to help my readers reach their goal of eliminating stomach fat, strengthening their core and getting that flat, ripped core they have always desired. A Preview of How To Get Abs - The overall importance of having abs and a flat stomach -Understanding that exercise is only...

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