



Top 50 AB Workouts: To Lose Belly Fat, Get a Six-Pack Achieve the Body You Want (Paperback)

By R M Lewis

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. FINALLY you are going to get that flat stomach like you always said you would! There is NO SECRET when it comes to losing belly fat or getting a six-pack. All you have to do is train your abdominal muscles effectively and eat right. In this book, you ll find the 50 most effective ab exercises and workouts that will strengthen and grow your abdominal muscles and burn belly fat! This book is exactly what you need to get started on the path to having the body you envision. And if you already feel you re in pretty good shape, then even better! Because this book will help you get what you ve always dreamed of. six pack abs! In this book you ll learn: -Exactly how to perform 50 unique ab exercises -The 50 best ab workouts -Exercises that hit all facets of your abdominal muscles and obliques -How to combine exercise reps and holds for the best burn -How many reps are effective for your type of body -And much, much more! Also, we should note that this book...



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