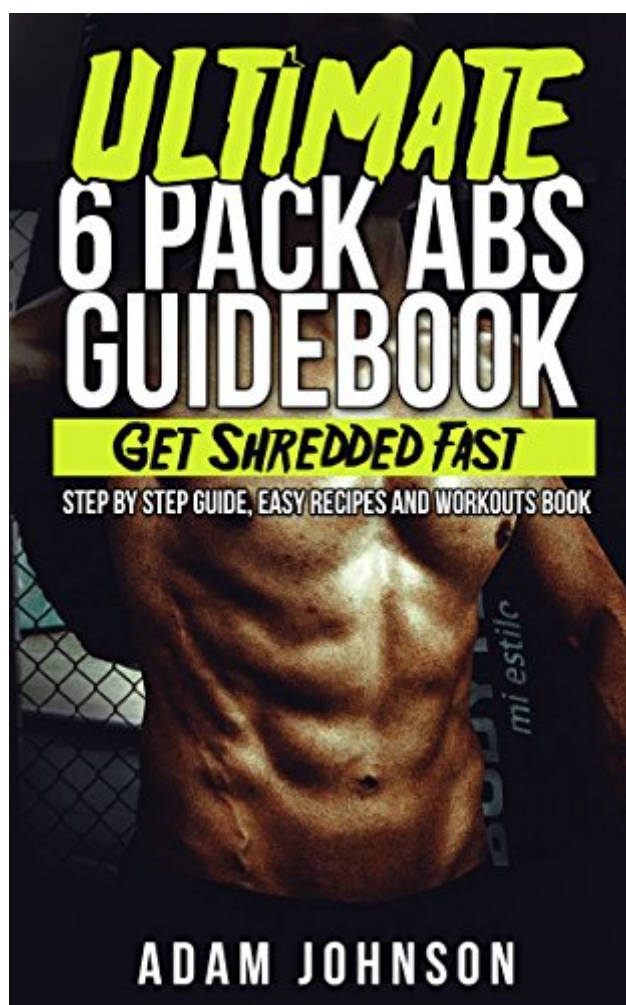


The book was found

Abs: The Ultimate Six Pack Abs Guidebook: Get Shredded Fast - Step By Step Guide, Easy Recipes And Workouts



Synopsis

Get the Strong, Slim Waistline You[™]ve Always Wanted! When you look down, are you disappointed? Do you wish you had less belly fat and more muscle? Is it time to do something about your figure and get back in shape? If so, The Ultimate 6pack Abs Guidebook: Get Shredded Fast and Step by Step Guide, Easy Recipes and Workouts Book is the book for you! You[™]ll learn to melt away those extra pounds and develop a strong, supple core. Read this book for FREE on Kindle Unlimited and Download Now! Are ab workouts tough for you? Are they so uncomfortable that you lose stamina, motivation, and interest? Do you need a new approach to core training? Unlike other exercise plans, The Ultimate 6pack Abs Guidebook: Get Shredded Fast and Step by Step Guide, Easy Recipes and Workouts Book offers you the balanced advice you need to show off the results of your hard work. This book describes not only the exercises you need to do, but also the cardio and diet you need to undertake to get rid of the belly fat that hides your sought-after abdominal muscles! You don[™]t need a Kindle device to read this book and Just download a FREE Kindle reader for your smartphone, tablet, or computer! Do you feel stressed and worn-out? Do you wish you had more time to exercise? Does the idea of sweating in the gym seem like just another chore? Exercise, especially of your core muscles, helps loosen tight and sore muscles from long days of work and family obligations. Even if you feel tired, this workout plan will leave you feeling confident and energetic. The Ultimate 6pack Abs Guidebook: Get Shredded Fast and Step by Step Guide, Easy Recipes and Workouts Book will help you realize that the work you put in in the gym pays off in many ways: Feel more energy from creating a higher metabolism Reduce your levels of the stress hormone cortisol Leave the gym feeling a rush of endorphins Improve your digestion Relax your mind and escape anxiety And so much more! Order Your Copy of The Ultimate 6pack Abs Guidebook: Get Shredded Fast and Step by Step Guide, Easy Recipes and Workouts Book Today! You[™]ll be so happy you took this step!

Book Information

File Size: 1954 KB

Print Length: 43 pages

Simultaneous Device Usage: Unlimited

Publication Date: October 5, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B0168L9H44

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #412,602 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #26

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Customer Reviews

I'm an intermediate gymgoer but this book helped me structure my ab workout really well. It provides a wide array of exercises that target your abs in different ways and if you follow the advice you're bound to get sore (in a good way). It's easy to just go to the gym and think, "oh, I'll just train my abs, do some crunches". Well, I've realized that in thinking like that, I'm actually missing out on a lot of growth and strength when it comes to my core strength and stability. Abs are crucial, not only to aesthetics but also your overall balance and posture. So I'm making it a habit to follow and implement the routine I've built up using this book.

I actually purchased this book for my boyfriend because he really wanted to have a 6 pack abs. Though the book was quite short, he still likes it, especially the recipes. The recipes are very easy to prepare and doesn't take so much time. Very helpful book for those who want to have a nice abs!

The author provides an overview of what a typical core work out regimen should be. The important part he mentions is that doing the core work only will not achieve the desired results without cardio and proper diet. He provides a few workout programs that can help achieve the results you want!

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