



An Ultimate ABS Bundle: The Very Best Collection of Core Workout Plans

By Dale L Roberts

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Build Strong Abs in Four Weeks with this Radical Program that Attacks a Flabby Belly ***These detailed core workout plans are designed to help you carve a washboard while building a tapered physique.*** If you could sculpt one body part to perfection, what would it be? Six pack abs, of course! Who doesn't want to lose body fat, shrink their waistline, eradicate lower back pain and show off granite-like six-pack abs? Building an eye-popping midsection is not the most difficult thing to do, but it's certainly not the easiest either. The Ultimate Abs Bundle includes: Two of the most downloaded Ab Workouts books on in one collection Book One - The ABC Home Workout Plan: Firm, Tone, and Tighten Your Abs, Butt, and Core Book Two - The 15-Minute Standing Abs Workout Plan: Ten Simple Core Exercises to Firm, Tone, and Tighten Your Midsection A variety of exercises and programs to elevate results and excitement with each workout Tips for keeping your midsection firm for years to come How to work out your legs and butt to expedite...

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