



# Workout For The Abs: The Truth About What It Takes To Get And Maintain Six Pack Abs

*Toby Chadwick*

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You're overweight.

You want six pack abs.

And you want to keep them.

This book is for you.

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This is a math game. You can either burn more calories or consume fewer calories. That's it. And I'm going to show you how to do it without breaking a sweat, or giving up the foods you love.

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