



The 15-Minute Standing Abs Workout Plan: Ten Simple Core Exercises to Firm, Tone, and Tighten Your Midsection

Dale L. Roberts

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Lose that jiggly belly without having to exercise for longer than 15 minutes!

What if you could dramatically increase your weight loss by even five to 10 times and target unwanted belly fat? What if I told you that you no longer have to toil away exercising hours at a time just to lose little to no weight? What if you could get more time in your day to read, spend time with your family, or relax?

The author of 12 highly acclaimed health and fitness books, Dale L. Roberts presents his 10 standing ab exercise workout plan that requires less than 15 minutes. Based on nearly a decade of developing quality workouts that maximize the most from limited time - Roberts answers the question: What are the secrets to getting rid of belly fat without having to work tirelessly for hours at a time?

In this book, you'll learn:

- How to target that problematic muffin top or extra pudge around your midsection
- Why you don't have to roll around on the floor to get great abs
- One 15-minute abs program that you can use anytime, anywhere
- That you need no equipment at all for a strong core
- Why standing up is more effective for fat loss than lying down
- Scientific data about how standing up improves your chances for life expectancy
- A variety of other tips to get the most from any workout or exercise plan
- How to keep your ab workouts brief, so you enjoy the finer things in life
- Additional tips and techniques to use for your current exercise routine
- And, much more!

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