



Six Pack Abs Workout: A complete reference guide to the workouts you'll need to get a six pack set of abs

Clark Shao, Zeno Muncrief

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Six Pack Abs Workout: A complete reference guide to the workouts you'll need to get a six pack set of abs. This book is a complete 90 day transformation guide that you can use as an exact blueprint to follow to create an amazing physique.

This book is workouts written out for you to follow.

Have you ever wondered what it takes to get a six pack set of abs? Are you confused because you keep doing hours of cardio and sit-ups but your abs are still not there...?

The book is a complete 90 day program that will walk you through the workouts that can help you get that elusive 6 pack!

The workouts start out for someone that is out of shape and gradually amp up to the point where even a seasoned athlete would get some great results.

The entire program is designed to stair step up. You won't experience any plateaus with this program because it changes every 2 weeks.

The workout structure has been designed to help the person following the plan to progressively work to develop the proper technique as they get further along in the plan. We emphasize the safety of the person working out.

You want to get a six pack? This workout is designed to help you burn the most fat and expose those abs so that you can finally get that serious six pack you've always wanted.

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Evan Hinson:

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Martha Furman:

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