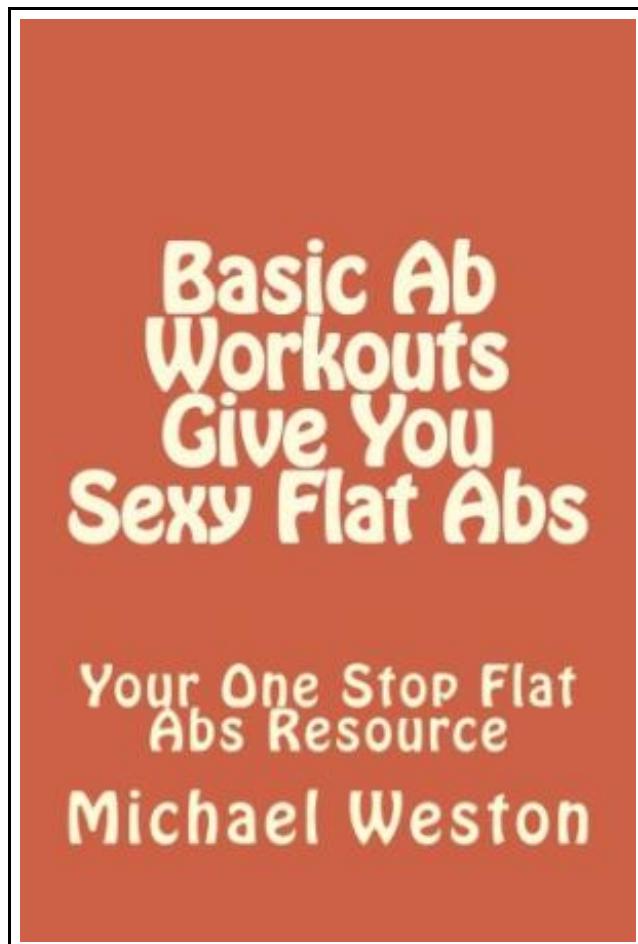


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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 48 pages. Dimensions: 9.0in. x 6.0in. x 0.1in.**BASIC AB WORKOUTS GIVE YOU SEXY FLAT ABS Your One Stop Flat Abs Resource Ab Exercises Series** This Basic Abs Workouts book provides how tos for both women and men for losing those flabby abs and getting great looking sexy flat abs that turn heads at the beach and/or the bedroom. Heres a small sample of what youll find inside this book: Why its important when trying to change the way you look to work on all 3 areas -- exercise technique, nutrition, conditioning your mind for success -- simultaneously to get the most benefit out of your efforts Having a large, protruding midsection has far more serious implications than just an unattractive appearance. Find out which life threatening disease becomes much more of a risk factor if your tummy gets to where you want to go before the rest of you . . . and what to do to avoid it How to determine whether now is really the right time for you to be trying to change your appearance. Are your reasons for beginning this journey yours or somebody elses Does it make any difference Useful information about the names and locations of the abdominal muscle group that could keep you from falling prey to unproven exercise claims as well as keep you from injuring yourself while performing your exercises Proper nutrition is just as important as proper exercise technique when attempting to flatten that tummy and see those abs! Well examine protein, carbohydrate and fat and see how they contribute to your overall health -- or lack of same Ill tell you an easy way to cut down on your caffeine and sugar intake so...



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