



How to Get ABS: More Fantastic Exercises That Will Help You Flatten Your Stomach and Reveal Those Sexy ABS

By John Mayo

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.How To Get Abs 2: More Fantastic Exercises That Will Help You Flatten Your Stomach and Reveal Those Sexy Abs. NO GYM REQUIRED! If you enjoyed the first How to Get Abs book and you are looking for some more amazing flat stomach exercises then you HAVE to check out the second book in the series! Are you tired of doing the same old boring core exercises? Have you tried nearly everything to get that flat stomach and six pack that you ve always wanted? Then this book will be the perfect fit for you! Limited Time Offer!!!! It s time to get in the best shape of your life. I have been helping people get fit for years and the most common question I get asked is, how do I get abs? Abs and a flat stomach are arguably the most desired body part, whether you re a man or a woman. Having a toned stomach is difficult to achieve, but once you have it, maintaining it becomes a much easier task. My mission is to help...



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