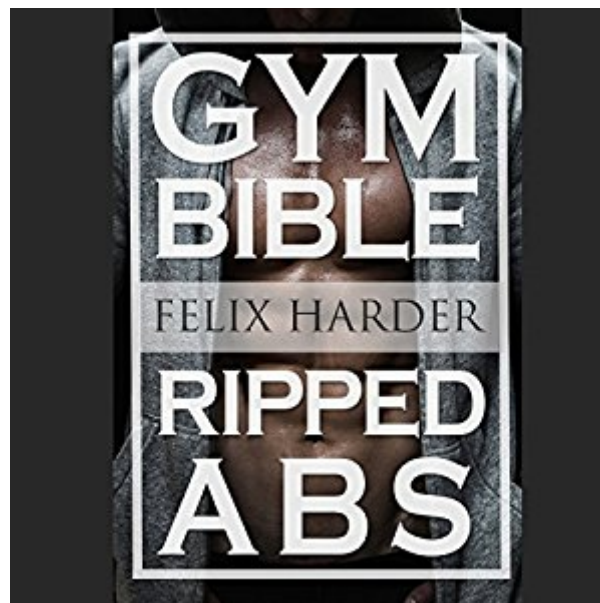




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Abs Bible: 37 Six-Pack Secrets For Weight Loss And Ripped Abs: Bodybuilding Series, Book 3



Synopsis

Want to know what exercises are proven to get you six-pack abs? Then this book is perfect for you! It teaches you the 37 secrets that you need to get ripped abs that pop. Many of these secrets are timeless and have been used by bodybuilders for decades. They are proven to work and should be part of every workout routine. Here is what you are getting: An in-depth analysis of all the important muscles that make up a six-pack, and how to target them The best ab exercises to develop a stronger core Nutrition and diet secrets that will help you grow muscle and burn fat A six-pack meal plan with 18 sample meals Each exercise contains: Step-by-step instructions on how to perform the exercise Details about the primary and secondary muscles involved Safety tips And possible variations Avoid simply copying friends at the gym! This usually leads to injuries and long-term joint problems. To spare yourself such issues, you need to educate yourself on how to train correctly. I promise you that if you follow the advice in this book, you will develop six-pack abs within a few weeks. No fluff or bro science! With this guide you will build muscle faster than ever! There is no need for fancy equipment or a personal trainer. Order this book and get ready for some serious muscle growth!

Book Information

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Audiobooks > Nonfiction > Sports & Recreation

Customer Reviews

Size: a bit bigger than a Cliff Notes study guide and about as thick. But half of the 90-odd pages are only half-filled. Illustrations: crude, public domain sketches. Cost: about \$11, including rush shipping--AND WORTH EVERY PENNY. This little gem reminds me of the tiny classic writing guide

The Elements of Style. Clear, no nonsense giving us the basics. No frills. No fluff. If a point can be made in half a page, that's all the space it gets. My library includes a number of bigger, lavishly illustrated texts offering scores of exercises and long-winded chapters. This little beauty 6 basic exercises and a small selection of extras. The reader can make a quick, informed start...begin to see progress on the double.. and then later jazz the routine up with exotic extras. Best \$11 I ever spent.

This book best explains the details to achieve the body that most men are aiming for. Having a great and toned body is not only attractive to look at but also a way of taking care of the body. In this book, the readers were able to find out the right workout routine, right diet and supplements and all the aspects considered necessary to attain a toned body. The readers were able to know different training to hit the right muscles with the right amount of repetitions. Each of the exercises was detailed, with a picture of the right execution and provides safety tips and possible variations. There's really a lot to learn from this book.

The author basically outlined a scientific approach to achieving rock solid abs. That's a great thing because you can't go wrong with science in my opinion. Not to mention the guarantee that you are going to go through a safe process. The workout plans seem simple enough, and the illustrations made them interesting and doubly motivational. I didn't realize there were varied exercises I can do that specifically target my abdominal area apart from crunches. The tips on the right food to eat while on the journey to washboard abs were a great help too. Five stars!

The thing that differentiates this books from similar books is that it understands that there isn't one secret to getting a six pack. Rather, it is about knowing a pile of different tricks and tips in order to reach the goal. All of our bodies are different. So, if you want to get a six pack you will need to try different things and see which ones work best for you. For me doing situps was a no-go. However, crunches were completely doable and the other tricks in this book completely blew my mind at how good they were!

I've been looking for an ab book like this for a long time now. So glad I found this, it's awesome. It begins with the basics of the abdominal anatomy which I thought was just brilliant. It gives you a complete overview of all of the muscles in your abdominal area. It also covers nutrition and supplements which are key to getting into shape. And then it jumps right in to several workouts and

routines to help you achieve the perfect six pack. This is a really great book. I highly recommend it.

We all dream of getting a six-pack. But, we never get proper guidance to attain our dream. Great abs require a great workout. The workout has to hit the right muscles with the right amount of repetitions. This book covers all the details about workout, the right diet and supplements. From this book, you can easily follow the best workout routines for optimal muscle growth. Perfect fitness guide that I have ever read!

I personally pick this book for my husband since his medical exam is upcoming. He is into weight loss now and achieving the abs he wants. I have a lot of books in my kindle on weight loss and this is one of the best. Thanks Felix Harder.

Terrible workout book

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