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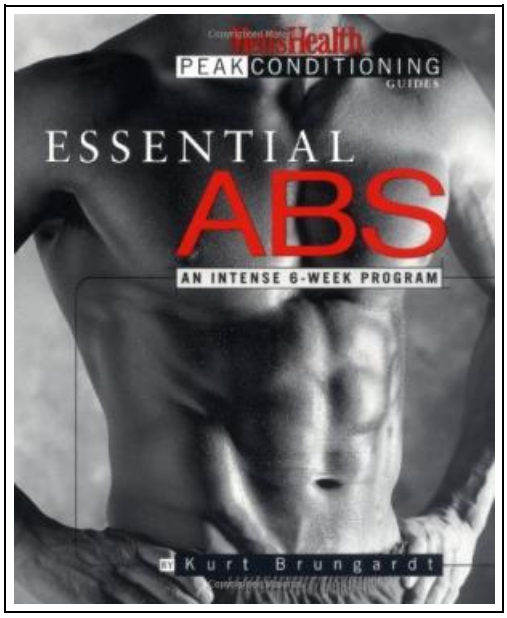

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Reviews

Extensive guideline! Its this kind of very good study. It really is full of knowledge and wisdom I discovered this book from my i and dad encouraged this publication to understand.

(Mr. Jerry Littel)

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Rodale Press. Paperback. Book Condition: new. BRAND NEW, Essential ABS, Kurt Brungardt, A six-pack of muscles or a six-pack of beer? The average guy doesn't want to waste money on an impossible workout book to trim his waist. He wants a simple routine that will bring results - quickly. That man, maybe thick in the middle and wondering where to start, need look no further than ESSENTIAL ABS by abdominal specialist Kurt Brungardt, author of the best-selling ABS of Steel for Men video. Brungardt has collaborated with the experts at Men's Health magazine, the most trusted name in men's health fitness, to create a step-by-step, 6 week programme that can be used by couch potatoes and fitness fanatics alike. The programme is divided into two three-week modules that shows readers how to integrate ab exercises into a quick total body workout, making the exercises more efficient, effective and fun. With 95 sharp how-to photos, ESSENTIAL ABS takes the drab out of ab, takes the jelly off the belly and makes every crunch count.

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