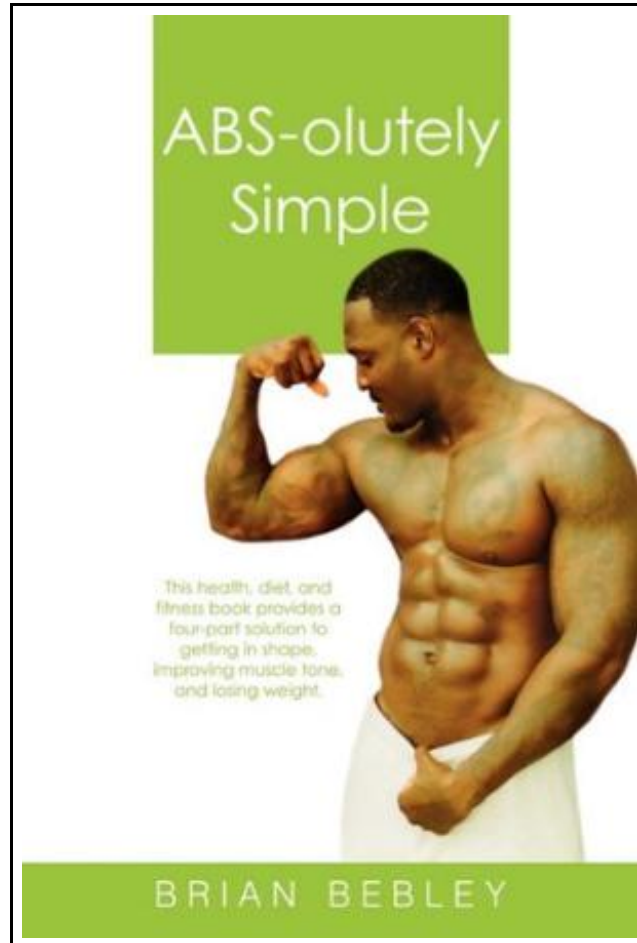


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Reviews



It in a of the best book. Indeed, it really is play, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Sofia Yundt)

ABS-OLUTELY SIMPLE



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iUniverse, United States, 2010. Paperback. Book Condition: New. 224 x 147 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you want to get in shape? Do you want to have washboard abs? Do you want to lose weight? In ABS-solutely Simple, personal trainer Brian Bebley presents an easy four-part plan for improving your body from the comfort of your own home. ABS-solutely Simple focuses on four main areas: dieting, stretching, the core, and circuit training. Written and designed for the ordinary individual, this diet and exercise book provides easy-to-follow instructions with clear illustrations demonstrating each exercise, helping you build a stronger and more defined body. A nutritional guide is included to assist you in eating well and living a healthier lifestyle. The simple training methods introduced in ABS-solutely Simple have produced positive results for people from all walks of life. Bebley s goal is to help people get in shape and achieve realistic goals without conforming to the unrealistic standards of some of today s gyms.

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