

The 15-Minute Standing ABS Workout Plan: Ten Simple Core Exercises to Firm, Tone, and Tighten Your Midsection (Paperback)



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Reviews


Absolutely essential read book. It is probably the most incredible pdf i have got read through. You will like the way the writer publish this pdf.
(Griffin Hirthe)


THE 15-MINUTE STANDING ABS WORKOUT PLAN: TEN SIMPLE CORE EXERCISES TO FIRM, TONE, AND TIGHTEN YOUR MIDSECTION (PAPERBACK)




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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Lose That Jiggly Belly Without Having to Exercise for Longer than 15 Minutes! What if you could dramatically increase your weight loss by even five to ten times and target unwanted belly fat? What if I told you that you no longer have to toil away exercising hours at a time just to lose little to no weight? What if you could get more time in your day to read, spend time with your family or relax? The author of twelve highly acclaimed health fitness books, Dale L. Roberts, presents his ten standing ab exercise workout plan that requires less than 15 minutes. Based on nearly a decade of developing quality workouts that maximize the most from limited time-Roberts answers the question: What are the secrets to getting rid of belly fat without having to work tirelessly for hours at a time? In this book, you ll learn: How to target that problematic muffin top or extra pudge around your midsectionWhy you DON T have to roll around on the floor to get great absOne fifteen-minute abs program that you can use anytime, anywhereThat you need NO equipment at all for a strong coreWhy standing up is more effective for fat loss than lying downScientific data about how standing up improves your chances for life expectancyA variety of other tips to get the most from ANY workout or exercise planHow to keep your ab workouts brief, so you enjoy the finer things in lifeAdditional tips techniques to use for your current exercise routineBONUS: Get an exclusive FREE offer for a report of The Ten Best Fitness Tools to Get More Results in the Least Time...

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