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abseption is 130 pages of resistance training exercises and programs cardiovascular training programs nutritional programs and the mindset to see it through til the completion of your best body ever abseption has become the go to source for those wanting to lose weight lose fat get toned get fit and get the body and life they were meant to have here s what you get a 12 week program all mapped out for you to include resistance training dumbbells medicine balls barbells and kettlebells cardiovascular training high intensity low intensity and interval programs nutritional programming recommendations for carbs protein fats waterabseption america s guide to ultimate 6 pack abs has already helped thousands of men and women burn fat and build lean sexy abs and now it can help you too

great abs don t pop out overnight they are built through hard work based upon sound training and nutritional principles the six pack abs in 60 days program provides beginners with the guidance they need to put themselves in the rare minority with those who have a tight and trim midsection the most effective abdominal exercises are explained depicted in motivating photographs and outlined in an eight week program consisting of six routines of varying intensities as well numerous aerobic exercises are described and presented in detailed routines targeting the fat burning aspect for super six pack abs nutritional principles are the third element in making the most rapid transition from super flab to super abs therefore fat carbohydrate and protein requirements are explained in easy to understand terms six pack abs in 60 days lays down a clear foundation and path to achieving and maintaining the streamlined waistline men have always dreamed of but now don t have to

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