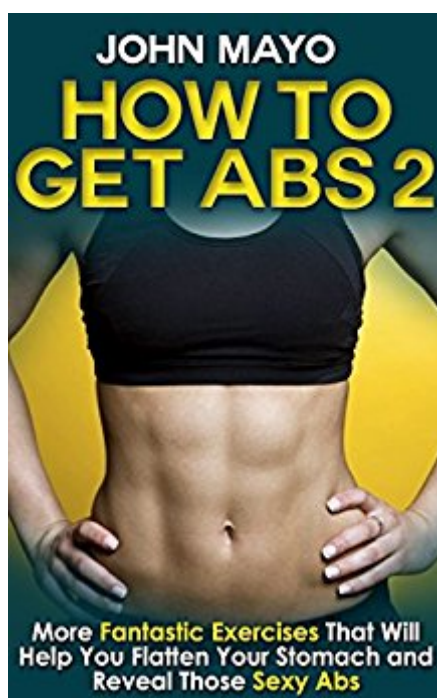


The book was found

How To Get Abs: More Fantastic Exercises That Will Help You Flatten Your Stomach And Reveal Those Sexy Abs (Health, Flat Abs, How To Get Abs, How To Get Abs Fast Book 2)



Synopsis

How To Get Abs 2: More Fantastic Exercises That Will Help You Flatten Your Stomach and Reveal Those Sexy Abs. NO GYM REQUIRED! If you enjoyed the first "How to Get Abs" book and you are looking for some more amazing flat stomach exercises then you HAVE to check out the second book in the series! Are you tired of doing the same old boring core exercises? Have you tried nearly everything to get that flat stomach and six pack that you've always wanted? Then this book will be the perfect fit for you! Limited Time Offer, Only \$2.99 It's time to get in the best shape of your life. I have been helping people get fit for years and the most common question I get asked is, "how do I get abs?" Abs and a flat stomach are arguably the most desired body part, whether you're a man or a woman. Having a toned stomach is difficult to achieve, but once you have it, maintaining it becomes a much easier task. My mission is to help my readers reach their goal of eliminating stomach fat, strengthening their core and getting that flat, ripped core they have always desired. A Preview of "How To Get Abs 2" - Explanation of key exercises- Learn the best flat stomach exercises, such as roll back burpees, Russian twists, plank leg lifts, kneeling supermans, speed skaters, tick tocks, kettle bell swings, penguins, flutter kicks and tons more!- Get 6 amazing new fitness tip that will enhance your life- Learn how to take your fitness into your own hands- Become a pro at workout creation- Learn how to sleep better- Learn how to defeat workout procrastination- Enhance your mental strength- Learn the best way to warmup - 15 beginner workouts- 15 intermediate workouts- 10 advanced, belly fat burning workouts that will make you feel glorious Creating amazing ab workouts is what I do best, don't believe me? I challenge you to try each and every workout in this book. I guarantee if you do every workout and stick to a strict workout schedule, that you will see results! There is no reason why you can't have the flat stomach and toned abs that you've always wanted. Let me guide you to success and get you the best body you've ever had. Stop Delaying and Get Your Copy of "How To Get Abs 2" Right Now For Only \$2.99 DOWNLOAD YOUR COPY RIGHT NOW! WILL IT BE HARD? yes. WILL IT BE WORTH IT? YES 100% -----TAGS health, health and fitness, healthy living, no gym needed, six pack abs, no gym workout, woman's health, no gym required, flat stomach exercises, how to get abs, how to get abs fast, how to get six pack abs, flat abs diet, workout routines, exercise plan, exercise workout, workout nutrition, get fit get lean, get fit in bed, get fit lean and keep your day job

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Customer Reviews

Another good book from John Mayo! I read his previous book last month (How to get abs part 1) and have been following his suggestions for 3 weeks now (it`s been fun) and I am getting results. With this book I know I can take my health to a whole new level. I like the fact that it is not just a book filled with information and workouts, John wants you to change your mindset about fitness and dieting so that you can create a fun routine that works for you. There is a fresh coaching spirit in there! Overall- informational + inspirational. There are also some videos for you to check out for more motivation.

This is an excellent and well organized fitness book. I love the fact that this book contains beginner, intermediate and advanced workouts. Some of the advanced workouts are very challenging for me but I know if I continue doing the intermediate workouts I will soon be able to complete the advanced ones. This book is the first thing that has been able to motivate me in a while and I highly recommend it!

A very well done book. I really interested in this book. I am getting more motivated to get abs in any ways and exercises. I will highly recommended this book to anyone who are asking for books like this one.

I did gym for 8 months but found no good results for my abs, my belly was in bad shape and then I found a fantastic solution to flatten my stomach and have sexy abs. This book is fantastic that comes with its second series blast and helped me a lot in flattening my stomach. An amazing book with fantastic exercises with each and every workout that helped me to toned my abs. I became successful to get my body in good shape and to get the flat abs. the schedules of every workout and how I can stick to a strict workout is given in this book. Now I challenge my friends with the help of this book who use to make fun of my unshaped stomach they cannot have the abs like mine. The part I loved about this book is that it included all the best flat stomach exercises, such as roll back burpees, Russian twists, plank leg lifts, keeling supermans, and many more.

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