



ABS-Olutely Simple (Paperback)

By Brian Bebley

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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Reviews

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