

# An Ultimate Abs Bundle

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## Synopsis

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inLanguage	english		

Build strong abs in four weeks with this radical program that attacks a flabby belly

These detailed core workout plans are designed to help you carve a washboard while building a tapered physique.

If you could sculpt one body part to perfection, what would it be?

Six-pack abs, of course!

Who doesn't want to lose body fat, shrink their waistline, eradicate lower back pain, and show off granite-like six-pack abs? Building an eye-popping midsection is not the most difficult thing to do, but it's certainly not the easiest either.

*An Ultimate Abs Bundle* includes:

- Two of the most downloaded ab workout books on Amazon.com in one collection
- Book one - *The ABC Home Workout Plan: Firm, Tone, and Tighten Your Abs, Butt, and Core*
- Book two - *The 15-Minute Standing Abs Workout Plan: Ten Simple Core Exercises to Firm, Tone, and Tighten Your Midsection*
- A variety of exercises and programs to elevate results and excitement with each workout
- Tips for keeping your midsection firm for years to come
- How to work out your legs and butt to expedite your weight loss goals
- And entirely too much more to list here!

Learning how to get a six-pack does not require expensive workout equipment promoted through obnoxious infomercials. And getting a six-pack does not involve starvation diets or even hundreds of crunches a day. *An Ultimate Abs Bundle: The Very Best Collection of Core Workout Plans* is your solution to achieving your best fitness goals to date.

## Reader's comments

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