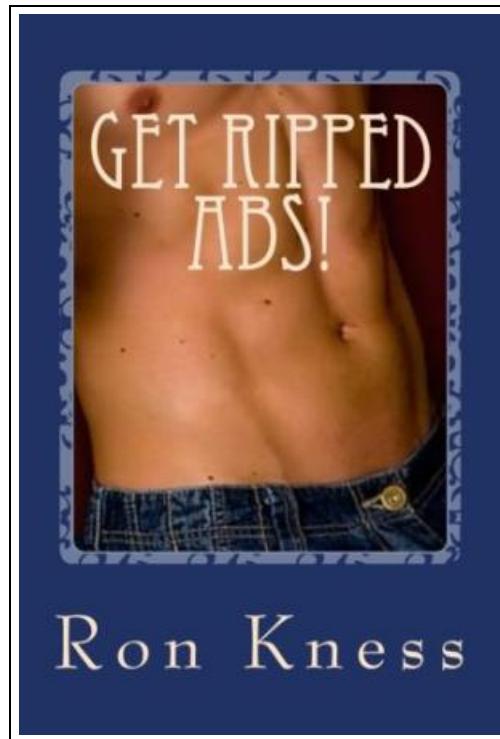


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Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.We are enthralled with six-pack abs. In the fitness world, having a set seems to be the ultimate visual evidence of a fit body. People go to great lengths to try and get washboard abs, but few succeed. Why is that? The truth is we all have the same abdominal muscles, so if fact we all have six-pack abs. But having them and being able to see them can be two very different things. The focus of this book is to show you what you can do with your abs to work them, define them and make them come through visually, so that when you rip off your shirt, people take notice. Covered in the book is first how to get rid of the belly fat covering your abs through diet and cardio training. Then it moves into an exercise routine that will start to define your abs. Finally maintenance is addressed - once you have ripped abs, what you can do to keep them.

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