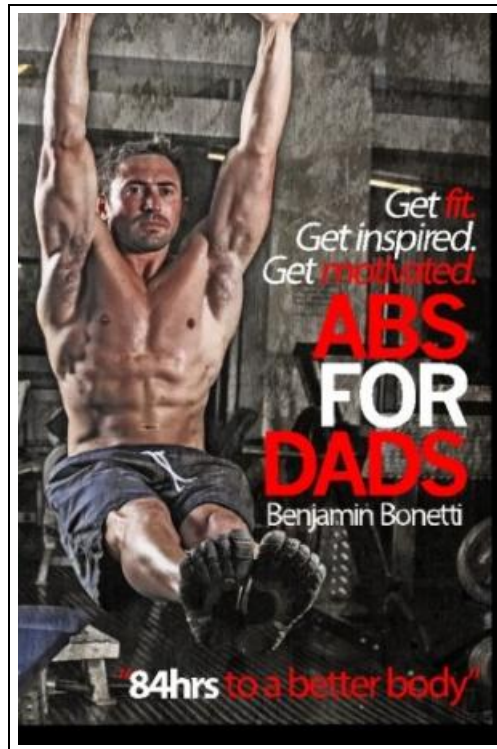


## ABS for Dads - 84hrs to a Better Body: Get Fit. Get Inspired. Get Motivated.



Filesize: 5.56 MB

### **Reviews**

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I am 3 weeks in and have had the best workouts I have ever had in my life. I leave everything at the gym and have seen a transformation that keeps me more focused and more determined to complete this transformation. This book has changed my life for the better, I feel great, I am looking better and this book has helped me keep on track. Andy (43) The nutrition section took a little while to get my head around, but once mastered it works. The meal plan is easy to follow once you determine the correct portion and the gym workouts are great. Simple step by step. It can be used for both sexes not just men. Jessica M The best way to get a strong, lean physique is to eat and work out in a way proven to work. Abs For Dads will walk you through the fitness and exercise plan, which Benjamin has proven to be the most efficient, healthiest way to work out and achieve fast results in the real world. This book shows how to work out with functional, simple and effective movements for: \* Improved strength, speed stamina \* Greater mobility flexibility \* Life-long fitness good health Packed with daily and weekly step-by-step exercises and a twelve-week meal plan. Benjamin s no-nonsense approach: I have gained over 3 stone since my wedding day - that s 48 pounds of muscle, not fat - and I ve gone from weighing just over 9 stone to 13 stone. Yes, it has taken time, but the time it has taken has included years of research, trial and error and learning the hard way what...



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