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# Ab Exercises: Discover The Top 3 Ab Exercises To Help Aid Fat Loss And Get You Rock Hard Abs

**Ab Exercises – Discover the Top 3 Ab Exercises To Help Aid Fat Loss and Get You Rock Hard Abs (ab exercises, ab exercises for men, ab exercises for women, ... to burn fat, burning fat , fat burn Book 1)**

Sharlene Snow



## **Synopsis**

Use These Three Ab Exercises to Have Those Rock Hard Abs Are you looking to get that chiseled abdominal area to sport around at the beach this summer? Do you want to be the cream of the crop with your gleaming, rock hard abs at the gym? Do you just want your clothes to fit better on your midsection? Or, are you just interested in the functional support a well formed core will provide you? No matter what your goal is here the path is all the same. Getting Started Let's not start this with any slower of an introduction, rather let's get straight to it. You absolutely cannot have abs if you have too much body fat! That cannot change. Someone with a belly will not have abs showing, full stop. The fact of it is that body fat sits on top of muscles. So, when I say that you cannot have abs maybe that was a bit misspoken. You can have the abs but they'll be hidden away under a layer or two (or three, or four) of fat. So you may have them but no one will be able to tell, not even yourself. And you may have abs but that layer of fat is still going to slow you down and reduce your mobility. The first thing then is to reduce the amount of body fat that you have and do it in a way that it gets off your midsection. Seven Reasons to Buy This Book It's Short and Informative - No Fluff!! This Book Is Straightforward and Gets to the Point It Has a Great Concept Learn What You Need to Know FAST! Don't Waste Hours Listening to Something That Won't Benefit You Specifically Written to Help and Benefit the Listener! The Best Compact Guide to Learn What You Need to Learn in a Short Period of Time

## **Book Information**

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## **Customer Reviews**

I bought this book to help me strengthen my core without damaging my back, something most ab

exercise books often neglect to pay attention to, years ago I've bought Tony Little's exercise videos but did not really do anything with it, unfortunately it was a VHS tape and I can no longer play it. This book however looks to be a good substitute.

Other than the plank crunches the author forgot to describe how to do the other exercises! The only thing said about the leg extensions was that you hang from a pull up bar! And nothing was said about the an rotations. Was something left out? Like the how to part of the book?

Wow these ab exercises will kick your butt! Definitely effective as a cardio and ab workout. The book is a little short as there are only 3 exercises but if you're looking for ab exercises that work and don't involve boring crunches you won't be disappointed!

I was terribly disappointed in this book - actually just a booklet. As one of the previous reviews said, there were no descriptions of how to perform the exercises- no pictures, just a poorly written commentary on the benefits. Also, only 10 pages were even devoted to the subject of the book. The rest of the booklet was about medicinal herbs. I feel that this booklet was poorly represented and was a total rip off. Do not waste your money on this if you are hoping for a guide to help you exercise your abs.

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