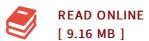




The ABC Workout Plan: Firm, Tone, and Tighten Your ABS, Butt, and Core (Paperback)

By Dale L Roberts

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand ******. See Weight Loss Results in Days, NOT Weeks! LIMITED TIME ONLY: If you grab this book TODAY, then you can get a FREE DOWNLOAD of The Ten Best Fitness Tools To Get Your More Results in the Least Time. From personal trainer and fitness writer, Dale L. Roberts comes The ABC Workout Plan: Firm, Tone, and Tighten Your Abs, Butt, and Core. This book will transform your body forever - you will finally lose weight, develop the lean legs you have always wanted, and be motivated to workout hard! If you feel like you need to give your weight loss a kick-start; if you feel like you re ready for a full-body transformation; or if you want to see results FAST. THEN THE ABC WORKOUT PLAN IS FOR YOU! This book gives you with 23 different workout programs that will have you transforming your entire body - especially your abs, butt, and core! It comes with the information, full-color photos, workouts, and all the steps that you need to know! Are you ready to look...



Reviews

Good e book and valuable one. Better then never, though i am quite late in start reading this one. You are going to like how the article writer publish this publication.

-- Malcolm Block

A must buy book if you need to adding benefit. I am quite late in start reading this one, but better then never. Its been designed in an exceptionally easy way in fact it is only after i finished reading this publication where in fact modified me, alter the way in my opinion.

-- Prof. London Gerlach