



An Ultimate Abs Bundle: The Very Best Collection of Core Workout Plans

Dale L. Roberts

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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.

The Ultimate Abs Bundle includes:

- Two of the most downloaded Ab Workouts 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
- Nine bonus books on Kindle that'll help with food choices, recipes, and motivation
- 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.

>>Scroll to the top of the page and click the buy button to build your six pack abs today!<

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