



# How to Get Abs: 2-in-1 Flat Stomach Boxed Set (Health, Flat Abs, How to Get Abs, How to Get Abs Fast)

*John Mayo*

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How to Get Abs: 2-in-1 Flat Stomach Boxed Set Are you tired of doing the same old boring core exercises? Have you tried nearly everything to get that flat stomach and six pack that you've always wanted? Then this book will be the perfect fit for you! This is the deal you've been waiting for! You've got no excuse for not getting the body of your dreams. Coaching people is what I do best and if you follow the strategies I have laid out in these 2 books you there is no way you won't see flat stomach success. For a limited time you can get both books in the "How to Get Abs" series for only \$4.49 I will be honest with you, your feelings towards the workout I have provided in these 2 books will be mixed. You will hate how difficult it's going to be, but once you start to see results you're going to love every single exercise that I have shown you because they will work wonders on your stomach. If you stick to this program and listen to my advice, there is absolutely no reason you can't have the flat stomach and awesome abs you've always wanted. My goal is to help people better themselves by increasing their physical fitness levels and I have provided you with ALL of my personal favourite workouts. Abs and a flat stomach are arguably the most desired body part, whether you're a man or a woman. Having a toned stomach is difficult to achieve, but once you have it, maintaining it becomes a much easier task. My mission is to help my readers reach their goal of eliminating stomach fat, strengthening their core and getting that flat, ripped core they have always desired.

## Here is a preview of what you will get out of these 2 amazing books

-The overall importance of having abs and a flat stomach -Understanding that exercise is only one dimension of fitness -Dieting advice -How to mix up your routine -In depth explanations of key core/ flat stomach exercises -5 fantastic and unconventional fitness tips -A gruelling and intense 6 week workout plan that will get you on the path to fitness - Learn the best flat stomach exercises, such as roll back burpees, Russian twists, plank leg lifts, kneeling superman's, speed skaters, tick tocks, kettle bell swings, penguins, flutter kicks and tons more! - Get 6 amazing new fitness tip that will enhance your life - Learn how to take your fitness into your own hands - Become a pro at workout creation - Learn how to sleep better - Learn how to defeat workout procrastination - Enhance your mental strength - Learn the best way to warmup - 15 beginner workouts - 15 intermediate workouts - 10 advanced, belly fat burning workouts that will make you feel glorious -Wrapping up the program and continuing your fitness quest AND MUCH MORE! It's time to take control of your life and your body. Stop living your life for other people and start making time for your own personal fitness. Allow me to guide you on your quest to a flat stomach. This is not a drill, this is your real life, the only life you will ever have, so it's time to start making the most of it. STOP DELAYING, DOWNLOAD YOUR COPY OF "HOW TO GET ABS: 2-IN-1 FLAT STOMACH BOXED SET" RIGHT NOW. WILL IT BE HARD? yes. WILL IT BE WORTH IT? YES 100% -----TAGS----- health, health and fitness, healthy living, no gym needed, six pack abs, how to get a six pack, no gym workout, woman's health, no gym required, flat stomach exercises, how to get abs, how to get abs fast, flat abs diet, workout routines, exercise plan, exercise workout, workout nutrition, get fit get lean, get fit in bed, get fit lean and keep your day job

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#### **Jeremy Smith:**

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