

8 MINS TO FLAT ABS



10 CRUNCHES



10 BICYCLE CRUNCHES



10 MOUNTAIN CLIMBERS



10 SIDE V-UPS^(PER SIDE)



10 DYNAMIC PLANKS



10 KNEE TOUCHES



10 TOE TOUCHES



10 LEG LIFTS



10 CRUNCH CLAPS

SETS LEVEL I 2 SETS LEVEL II 3 SETS LEVEL III 4 SETS REST BETWEEN SETS UP TO 1MIN

Abs Exercise Picture

JG Myers

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JC's Total Body Transformation Juan Carlos Santana, 2019 JC's Total Body Transformation features more than 110 ready to use workouts for athletic performance muscle mass fat loss endurance strength agility function and mobility along with the nutritional interventions that will help you transform your body

Essential Abs Kurt Brungardt, 2001-05-18 Provides instructions on following a six week program designed to help men integrate abdominal exercises into a workout either at home or at the gym and suggests ways to build abdominal muscle for fitness or participation in sports

Fast Six Pack Abs Frank C. Rollins, 2015-03-22 If you are interested in learning everything there is to get fast results of 6 pack abs then this is going to be the most important book you'll ever read. Just imagine being able to get cut sexy abs without doing harmful exercises and without a personal trainer. Lose belly fat for six pack abs the right way no overhyped supplements long boring cardio or bogus ab gadgets. You will get the honest answers to abdominal exercises and stomach fat loss. Yes you could have a six pack. It truly is possible but you just need to know how. Start Loosing Weight and Getting In Shape in Just 7 Days. Here's what you'll discover in Fast Six Pack Abs: How to get the six pack you have always dreamed of. And FAST How to prepare yourself mentally so you can succeed physically. 3 little known yet simple diet to get great abs. And keep them. A 6 week training program that get you the 6 pack abs you are looking for. Exercises with step by step instructions where they are and what they do. Exercise alone is not enough. Discover the holistic system combined with diet nutrition plan to get you over the top. And much more

Workout: Abs Bible Felix Harder, 2016-06-24 EXCLUSIVE BONUS Get Free Access To My Video Course Bodybuilding For Beginners Want To Know What Exercises Are Proven To Get You Six Pack Abs Then This Book Is Perfect For You. It teaches you the 37 secrets that you need to get ripped abs that pop. Many of these secrets are timeless and have been used by bodybuilders for decades. They are proven to work and should be part of every workout routine. Here is what you are getting: An In Depth Analysis Of All the Important Muscles That Make Up A Six Pack and how to target them. The Best Ab Exercises To Develop a Stronger Core Nutrition and Diet Secrets That Will Help You Grow Muscle And Burn Fat. A Six Pack Meal Plan With 18 Sample Meals Calorie Chart Included. Each Exercise Contains step by step instructions on how to perform the exercise a picture illustration details about the primary and secondary muscles involved safety tips and possible variations. Avoid simply copying friends at the gym. This usually lead to injuries and long term joint problems. To spare yourself such issues you need to educate yourself on how to train correctly. I promise you that if you follow the advice in this book you will develop six pack abs within a few weeks. No Fluff or Bro Science. With this guide you will build muscle faster than ever. There is no need for fancy equipment or a personal trainer. Order This Book And Get Ready For Some Serious Muscle Growth. Please Note You Don't Need A Kindle to Read this e Book. You can Download the Free Kindle Reader to Your Smartphone Tablet or Computer. Tags: workout routines, workout books, exercise, workout routine, workout plan, bodybuilding for beginners, bodybuilding workouts, muscle weight training, fitness books, ab diet, ab muscle, ab exercises, abs.

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