

# Firm And Flatten Your Abs - David Grisaffi

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Firm and Flatten Your Abs will help you: - Quickly Shrink Your Waistline - Lose Body Fat - Eliminate Lower Back Pain - Develop a Stunning Set of Six Pack Abs - Gain Strength, Muscle Tone, and Raw Athletic Power This book is unique because it doesn't require hundreds of crunches or expensive equipment, and believe it or not, there's not a single sit-up in any of the workouts. Even more importantly, this program will not only give you the six pack abs you want, it will also give you a powerful, athletic midsection while reducing low back pain and loosening up stiff muscles and joints. These techniques are not theories; they've been scientifically tested and proven in the sports training and rehabilitation world for decades. Although many of these methods have remained closely guarded secrets within the inner circle of elite strength coaches and physical therapists, this book has now taken the complicated biomechanics, anatomy and physiology of abdominal reduction and translated it into a simple, practical, photo-filled guide to developing strong, rock-hard abs... that can be used by anyone! Author: Grisaffi, David Publisher: Price World Publishing Illustration: N Language: ENG Title: Firm and Flatten Your Abs Pages: 00000 (Unencrypted EPUB) On Sale: 2012-03-21 SKU-13/ISBN: 9781619840287 Category: Juvenile Fiction : Family - New Baby Category: Juvenile Fiction : Holidays & Celebrations - Christmas & Adv

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