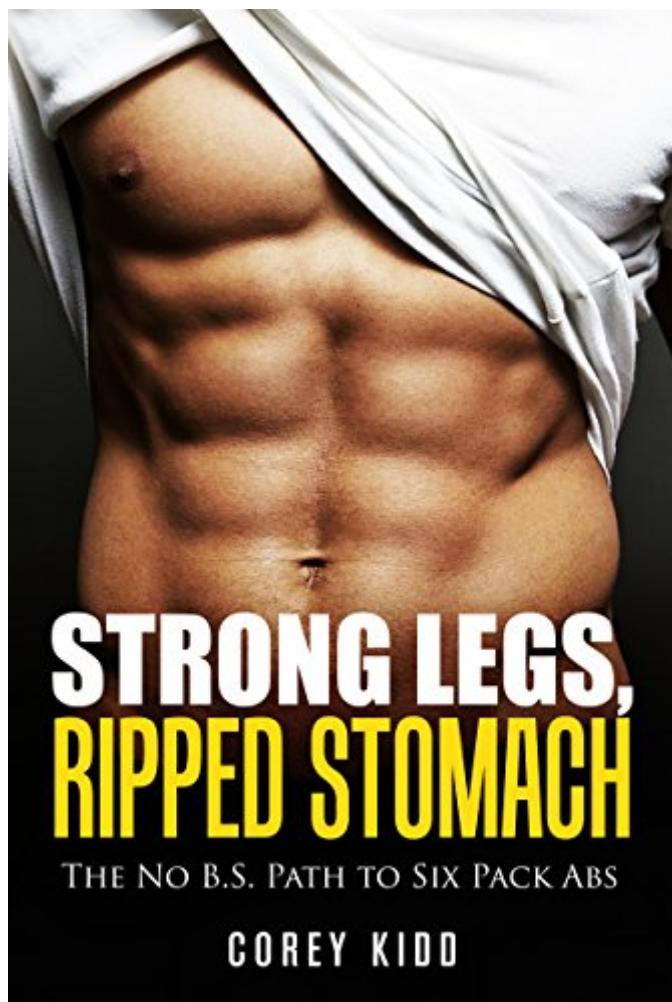


The book was found

Strong Legs,Ripped Stomach: The No B.S. Path To Six Pack Abs (Bodybuilding Guide)



Synopsis

It seems that everywhere you turn, these days, you will run into some kind of 'burn fat quick' scheme. Whether plastered all over television, in-between pages in your favorite magazines, or harassing you on the side-columns all over the internet, the pressure to get fit â€“ and quick! â€“ is intensifying by the day. Problem is, the majority of these schemes are just that â€“ schemes. Instead of getting fit quick, the creators of these 'diets' and 'exercise regiments' are looking to get rich quick. They preach the methodology of spot reduction, the diet of starvation, and the work ethic of 'no effort'. But, that just doesn't work. These are the preachings that lure in wishful thinkers, but it is only the most holistic and total life changes that will actually bring you the flat stomach you are looking for. Inside You Will Learn:

- Why Spot Reduction is only a myth and how to burn fat and gain a ripped, muscular abdomen for real.
- The different methodologies and strategies of fat burn and what they each have to offer.
- How to start looking at food as fuel and what kinds of food offer the best sources of the nutrients your body needs to get fit.
- Why the fear of growing enormously muscled legs through leg exercises is unfounded and how to avoid it.
- Several of the best leg exercises for fat burn â€“ exercises that will not only tone your legs, but will carve your six pack out of the layers of fat on top of them.

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Customer Reviews

This book is a simple and short but is still a great recourse and i learned a lot from it. I would recommend it because though there are better training books out there now like built for show this book still has a lot of info that others do not. I only suggest to have it like list of eating diets as well as recipes so it can be a full packed!

Clear, compact, and to the point.

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