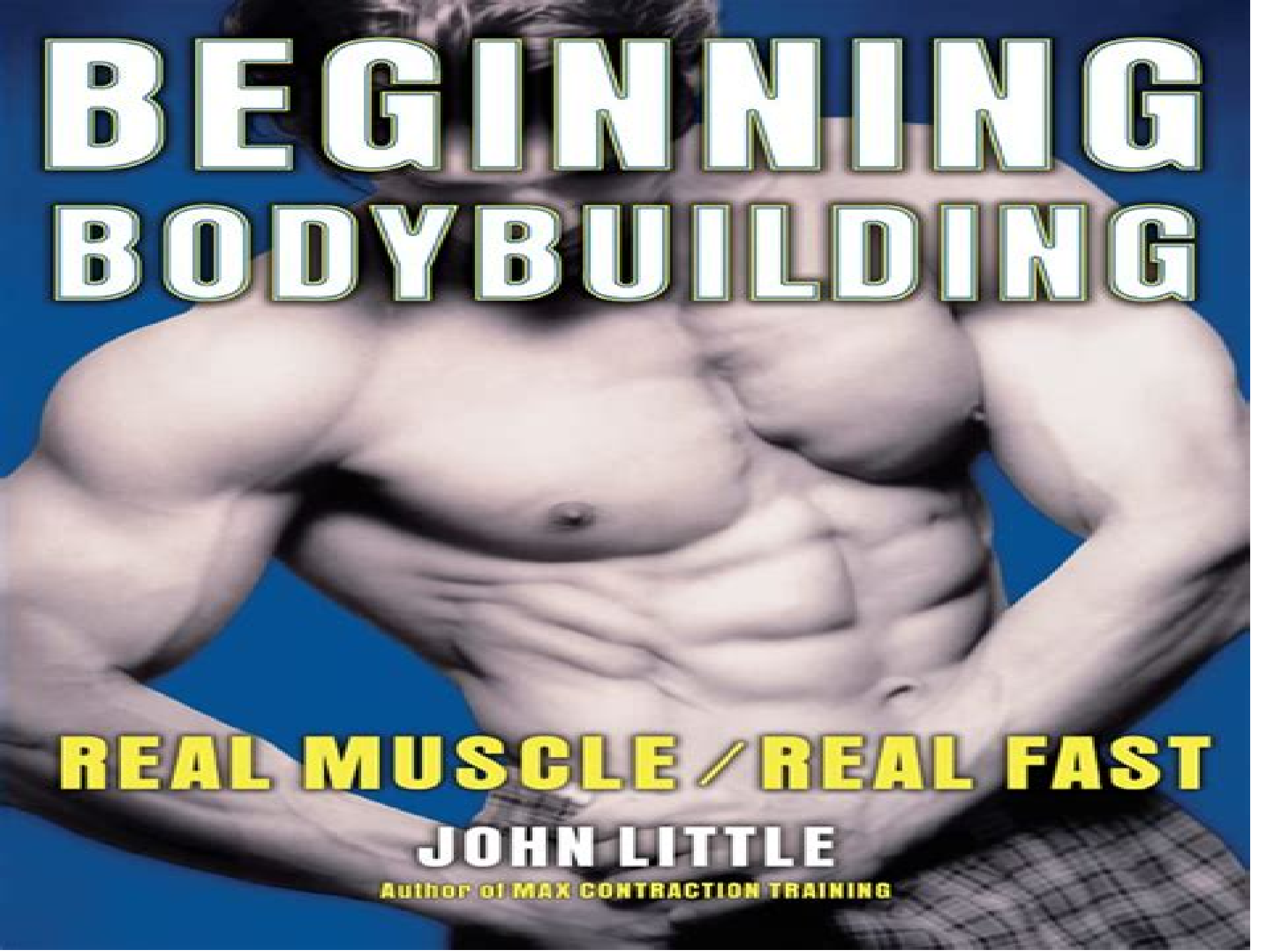


A photograph of a very muscular man, likely a bodybuilder, flexing his torso to show off his abdominal muscles. He is shirtless and has a very low body fat percentage, making his muscles very defined. The background is a solid blue color.

BEGINNING BODYBUILDING

REAL MUSCLE / REAL FAST

JOHN LITTLE

Author of MAX CONTRACTION TRAINING

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Jim Carpentier, C.S.C.S



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Montclair N J and has written five hundred plus published wellness sports conditioning articles for STACK com Better Nutrition Coach and Athletic Director Men s Exercise Men s Workout Natural Bodybuilding and American Fitness magazines and other publications He and his cherished wife Rosemarie reside in New Jersey and are devoted walkers practicing a healthy lifestyle

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one eats Discipline and patience are definitely necessary However it must be repeated that even the best abdominal routine may not make the splashboard abs you re hoping to see if you have a slow metabolism But there are ways to quicken your metabolism such as 1 healthy snacking between meals 2 eating low glycemic index carbohydrates 3 aerobic or cardio exercises 4 drinking adequate water to stay perked up 5 lifting weights and 6 checking your food consumption If you re able to strengthen your abdominal muscles reduce your belly fat and use a proven program that s already proven its effectiveness with others your chances of developing those 6 pack abs is greatly increased End of Excerpt Popular Mechanics ,1977-10

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