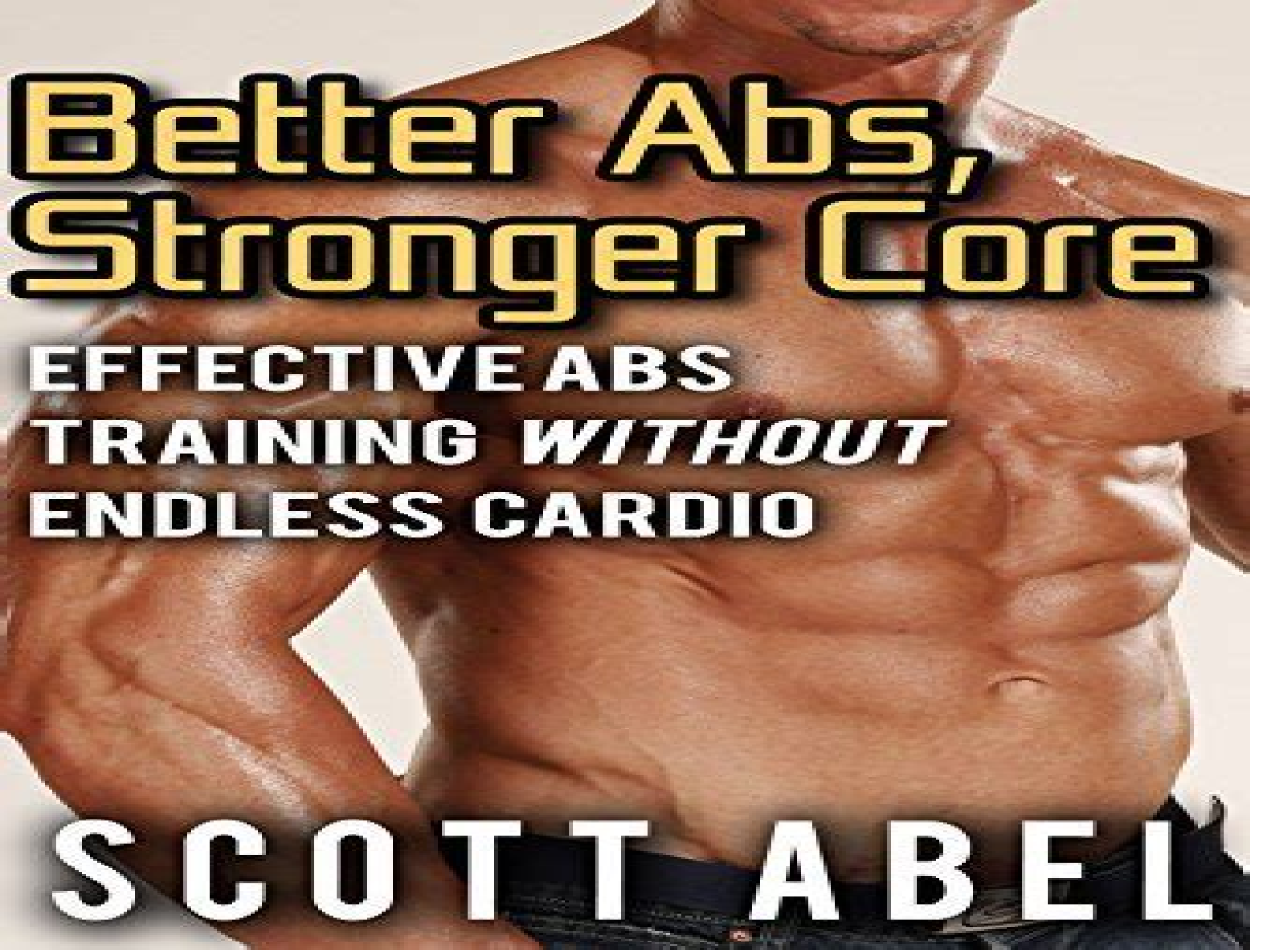




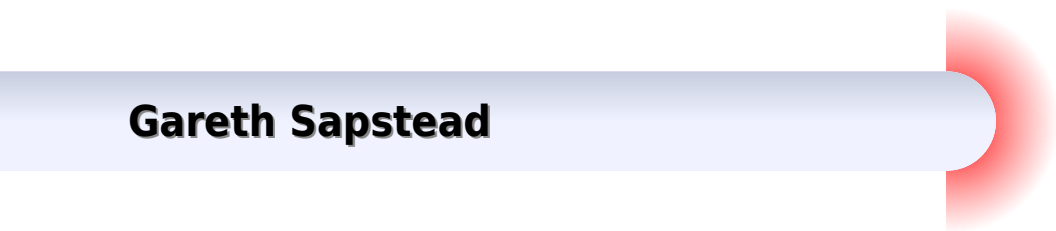
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tighter more toned stomach THE LITTLE ABS WORKOUT BOOK presents more than 25 exercises and challenging workout combinations that fit into a busy schedule and effectively help strengthen the core muscles leaving readers with the flat abs they've always wanted Complete with easy to follow instructions and illustrations THE LITTLE ABS WORKOUT BOOK is an essential pocket guide to a firm strong sexy stomach

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Core Fitness Hollis Lance Liebman, 2014-12-15 The central region of the body is also central to almost any exercise regimen This easy to follow manual shows readers how to stabilize and strengthen the core the muscles of the lower back abdomen and hips without a gym membership and with minimal to no equipment Included are several exercises ranging from beginner to challenging that can be performed individually or as part of one of several suggested routines The step by step format and diagrams will appeal to readers at all fitness levels who have almost any fitness goal from simply improving flexibility or boosting athleticism to sculpting the six pack look

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