



Total Abs: Build a Rock-Hard Midsection in Four Weeks

Muscle & Fitness

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Intended for anyone who wants rock-hard abs but needs help getting motivated, the editors of fitness authority *Muscle & Fitness* magazine have created a four-week plan that incorporates invaluable take-away strategies to get a firmer midsection. More than 50 exercises and full-color photos guide readers through the best ways to obtain a tight six-pack. Throughout the exercises informative tips and fast facts are included to ensure that each routine is executed in the safest and most effective manner possible.



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