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The Women's Health Big Book Of Abs: Sculpt A Lean, Sexy Stomach And Your Hottest Body Ever--in Four Weeks



Synopsis

The essential diet and fitness guide to lean, sexy abs-including a results-driven 4-week program to lose weight, strengthen your core, and tone your entire body. Call it a spare tire, muffin top, or paunch. Men and women consistently cite their belly as their biggest problem area-and it is often the toughest final pounds to lose. Not anymore! Whether readers' eating habits have been affected by stress, their bodies have changed with age, or they're constantly doing crunches without results, it's time to blast belly fat the right way. Using the comprehensive, week-by-week eating and exercise plan, readers can lose up to 20 pounds in 4 weeks-and keep it off, forever. The Women's Health Big Book of Abs special features include:- A delicious, easy-to-follow diet that includes satisfying carbs! - A special section on the best pre- and post-pregnancy workouts- Hundreds of tips on how to reveal a lean, flat belly and bikini-worthy body! Including a step-by-step, 4-week eating and exercise plan, easy-to-prepare recipes, and hundreds of exercises, The Men's Health Big Book of Abs and The Women's Health Big Book of Abs by Adam Bornstein and the Editors of Women's Health is the ultimate guide to a leaner, fitter, sexier body-starting with your core.

Book Information

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Customer Reviews

ADAM BORNSTEIN is the editorial director of [Livestrong.com](#), and former fitness editor at Men's Health. He co-authored the bestselling *The IMPACT! Body Plan*, *The Men's Health Diet*, and has been featured on *Good Morning America*, *The Early Show*, and *E!'s The Daily 10*. He lives in Los Angeles.

I love this book, because there are so many abs exercises that you can do you can never find yourself getting bored doing the same exercises over and over. They have workouts for all women from pregnant to new comers and those that may travel a lot. This book has workouts for all

This book offers some great tips and tricks for getting in shape. While the exercises may not necessarily have the desired level of intensity for everyone, the dietary tips are fantastic. The book also takes into consideration those of us who can't eat dairy and other dietary restrictions. If you're looking for something to aid you in your fitness goals I would recommend,

Love this book, lots of great exercises, fast service.

Great book...very good value for money!The sets & sequences were well explained...easy to follow.However, many of the sets required props which is not easily available in the house.Overall, a good purchase!

This book has a great plan and extra little bonus plans! Love it.

I love this book highly recommend it. this is a great tool to help you achieve your fitness goals and keep you going on to achieve new ones. the smoothie recipes are delicious

It is a good book to use and has a nice style to it. Just compare the other books in this series, you don't need them all. We bought this one and the Complete Work Out book. Big format paperback.

I appreciated the science and facts in the book..and how straightforward and clear everything was.The exercises are laid out well and links are posted to each. There are so many exercises in the book that you will definitely get excited about exercising!

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The Women's Health Big Book of Abs: Sculpt a Lean, Sexy Stomach and Your Hottest Body Ever--in Four Weeks ABS: The Ultimate Guide on How to Gain Six Pack Abs Fast (Abs Exercise- Abs Bible- Abs Diet for Men- Abs Diet for Women- Abs after 40 - Abs over 40) The Men's Health Big Book: Getting Abs: Get a Flat, Ripped Stomach and Your Strongest Body Ever--in Four Weeks The New Abs Diet:~ ~ The 6-Week Plan to Flatten Your Stomach and Keep You Lean for Life (The Abs Diet) The New Abs Diet Cookbook:~ ~ Hundreds of Powerfood Meals That Will Flatten Your

Stomach and Keep You Lean for Life! (The Abs Diet) Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout Routines, Workout Books, Workout Plan, Abs Workout, Abs Training) (Bodybuilding Series) The New Abs Diet for Women: The Six-Week Plan to Flatten Your Stomach and Keep You Lean for Life 7 Weeks to 50 Pull-Ups: Strengthen and Sculpt Your Arms, Shoulders, Back, and Abs by Training to Do 50 Consecutive Pull-Ups 7 Weeks to 100 Push-Ups: Strengthen and Sculpt Your Arms, Abs, Chest, Back and Glutes by Training to do 100 Consecutive Push- 7 Weeks to 300 Sit-Ups: Strengthen and Sculpt Your Abs, Back, Core and Obliques by Training to Do 300 Consecutive Sit-Ups The Skinny NUTRiBULLET Lean Body Abs Workout Plan: Calorie counted smoothies with 15 minute workouts for great abs The New Abs Diet: The 6-Week Plan to Flatten Your Stomach and Keep You Lean for Life The Abs Diet: The Six-Week Plan to Flatten Your Stomach and Keep You Lean for Life The Badass Body Diet: The Breakthrough Diet and Workout for a Tight Booty, Sexy Abs, and Lean Legs The New Abs Diet for Women: The 6-Week Plan to Flatten Your Belly and Firm Up Your Body for Life (The Abs Diet) 15-Minute Body Fix: Resize Your Thighs, Blast Belly Fat & Sculpt Lean Arms! Get Ripped Abs: A Comprehensive Guide to the Best Way to Get Ripped Fast! Be a Sexy Beast by Summer! (Bodybuilding, Ab Workouts, How to loose belly fat, How to get abs) Simple Six Pack Abs Strategy: 5 Easy Ways To Get Ripped Abs in 6 Weeks Intermittent Fasting: Everything You Need to Know About Intermittent Fasting For Beginner to Expert The New Abs Diet: The 6-Week Plan to Flatten Your Stomach and Keep You Lean for Life Build Lean Muscle and Change Your Life (Lean Lifestyle, Lean Muscle, Lose Fat) Stomach Pain Relief at Last: Natural Remedies for Ulcers, Heartburn, Gastritis, Gas and Bloating Symptoms Associated with an H. pylori Infection: Stomach Health

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