



The Men's Health Big Book: Getting Abs: Four Weeks to a Flat, Ripped Stomach!

By Adam Bornstein, The Editors of Men's Health

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The Men's Health Big Book: Getting Abs: Four Weeks to a Flat, Ripped Stomach! By Adam Bornstein, The Editors of Men's Health

The essential diet and fitness guide to lean, ripped abs--including a results-driven 4-week program to lose weight, strengthen your core, and chisel your entire body

Call it a spare tire, muffin top, or paunch. Men consistently cite their belly as their biggest problem area--and it is often the toughest final pounds to lose. Not anymore!

Whether your eating habits have been affected by stress, your body has changed with age, or you'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, you can lose up to 20 pounds in 6 weeks--and keep it off, forever.

The Men's Health Big Book: Getting Abs special features include:

- Quick effective routines that replace boring, painful crunches
- Manly (and healthy) recipes that take less than 15 minutes to prepare!
- Hundreds of tips on how to emphasize muscle definition and six-pack abs!

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: Getting Abs* is the ultimate guide to a leaner, fitter, sexier body.

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Editorial Review

About the Author

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.

Users Review

From reader reviews:

Donna Sedillo:

Why don't make it to become your habit? Right now, try to ready your time to do the important take action, like looking for your favorite reserve and reading a guide. Beside you can solve your trouble; you can add your knowledge by the guide entitled *The Men's Health Big Book: Getting Abs: Four Weeks to a Flat, Ripped Stomach!*. Try to face the book *The Men's Health Big Book: Getting Abs: Four Weeks to a Flat, Ripped Stomach!* as your pal. It means that it can for being your friend when you truly feel alone and beside those of course make you smarter than ever. Yeah, it is very fortunated in your case. The book makes you much more confidence because you can know everything by the book. So , we need to make new experience in addition to knowledge with this book.

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