



# Mens Health : TRUTH about ABS and DIET

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# Mens Health : TRUTH about ABS and DIET

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## **Mens Health : TRUTH about ABS and DIET** ImproveLifeBooks

Fit into those pants and shirts from high school, feel healthy and alive again, people will treat you differently ! :)

Are you sure you don't want to start looking better, feeling healthier and more energetic

This is more than an exercise book. This is more than a recipe book. Forget counting calories. We are going to show you how to lose weight, gain muscle and look better than ever with a few simple rules to follow. Seriously ! :)

\*\*\*\*\*LIMITED TIME SALE ONLY \*\*\*\*\* ( 50 % OFF ! )

A group of experts that train Hollywood stars and athletes have combined the quickest and simplest minor life changes to make a big difference. If your methods have not been working, do not continue using them that is insanity. If you follow my short and easy guide to abs daily for a few weeks and aren't impressed, you will get a full refund.

- Lose 20 pounds of fat in 1 month without exercise
- Losing 15% body fat in 1 month
- Gaining twice as much strength with the program
- Drive testosterone through the roof
- Improve your overall health and heart
- Lose the myths of weightloss
- Easy to follow meal plan

After years of seeing gimmicks online about 4,5,6 minute abs, we knew something had to be done. We have trained clients and seen incredible results. We are talking about losing 60+ pounds in 1 month, or losing nearly 20% body fat in 1 month to reveal that ripped core. How do you think fighters lose 20 pounds in one night for weigh in? We have discovered the secrets of the best scientific methods over years and years of experimenting on ourselves and our clients- it's time to share the secrets with the world. We like to call this 'ab hacking' because this is by far the quickest way to get it done. Period.

"I had a pot belly, and by following the exercises and meal plan in this book I saw the lines from my abs within 3 weeks, I couldn't believe it " - George Ridley

"My abs were already visible, but I wanted to strengthen them. This book gave me the correct exercises for a stronger core and soon my speed, strength and athletic performance went through the roof! " - C. Rinaldo

### **BONUS-**

- how to increase testosterone naturally
  - ab exercises
  - one fit all recipe
- & MUCH MUCH MORE inside !

- other book recommendations
- tips for lifting
- MORE AND MORE

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#### **Jamie Norman:**

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