



Workout For The Abs: The Truth About What It Takes To Get And Maintain Six Pack Abs

Toby Chadwick

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You're busy.

You're overweight.

You want six pack abs.

And you want to keep them.

This book is for you.

Welcome to the playbook on how to lose weight and increase your level of fitness without the pain and suffering of conventional diet programs.

This is a math game. You can either burn more calories or consume fewer calories. That's it. And I'm going to show you how to do it without breaking a sweat, or giving up the foods you love.

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Douglas Leverette:

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Charles Brewster:

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