

Mens Health The Six-Pack Secret: Sculpt Rock-Hard Abs with the Fastest Muscle-Up, Slim-Down Program Ever Created!



Are you ready to take your shirt off at the beach? Mens Health The Six-Pack Secret will help you get there. It's the magazine's newest step-by-step program for losing belly fat and building abs that show! Drawing from the latest research in exercise physiology and nutrition, it provides the most cutting-edge advice and action plans for sculpting rock-hard abs by the time you hit the sand. What's inside: workouts that can burn up 200 calories in just 8 minutes; dozens of science-backed secrets for boosting metabolism and targeting belly fat; core workouts that will whip anyone into shape; dozens of belly-shedding recipes and nutrition tips; and instructional photos of 50 all-time best abs exercises. Plus, a special bonus chapter: 100 world-class workout secrets from America's top trainers. Mens Health The Six-Pack Secret is designed to help you turn stubborn belly fat into lean, hard muscle.

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