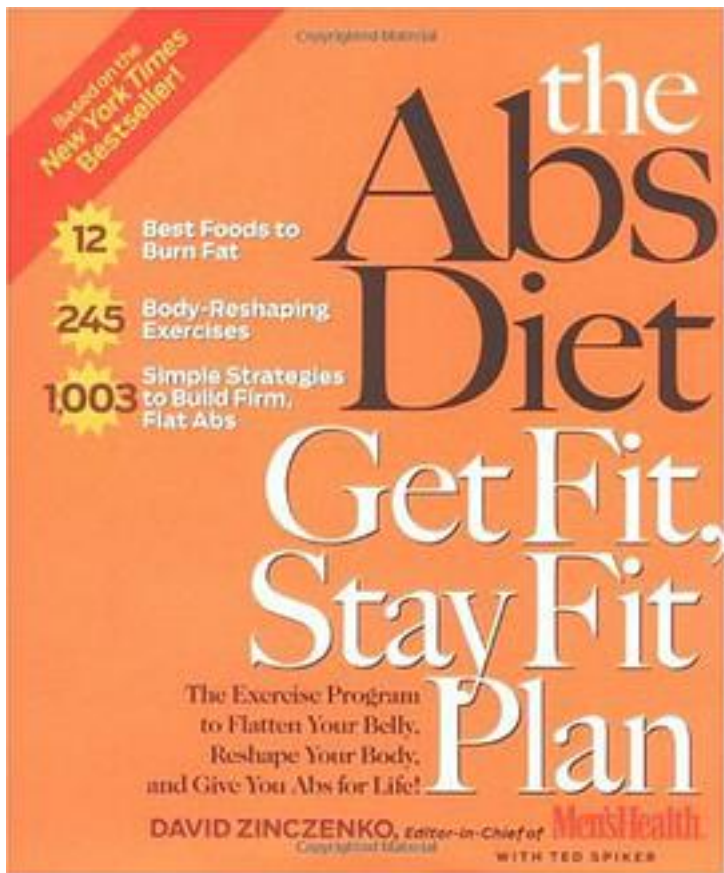


# The Abs Diet Get Fit, Stay Fit Plan



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出版者:St Martins Pr

出版时间:

装帧:HRD

isbn:9781594864094

Tens of thousands of Americans have changed their bodies - and their lives - with the help of "The Abs Diet," the "New York Times" bestseller from David Zinczenko, editor-in-chief of "Men's Health" magazine. Now, to meet the demand for more information about exercise, Zinczenko and coauthor Ted Spiker present readers with dozens of workouts and hundreds of exercises that they can do any time and any place

for fabulous body-altering results."The Abs Get Fit, Stay Fit Plan" introduces a new workout system - ABS3 - based on simple, highly effective principles: A: Abdominal exercises strengthen your coreB: Big muscle groups increase metabolismS: Speed intervals, not slow cardiovascular exercise, burns fat faster3: 3 days a week is all you need to see results In "The Abs Diet Get Fit Stay Fit Plan," workouts are flexible, varied, and quick - you can complete them in less than 20 minutes. Designed to strengthen your core, flatten your gut, and get you in the best shape of your life, this exercise guide demonstrates why David R. Pearson, director of the strength-research laboratory at Ball State University, has called the Abs Diet program "a must for anyone who is serious about building a healthy body."

作者介绍:

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