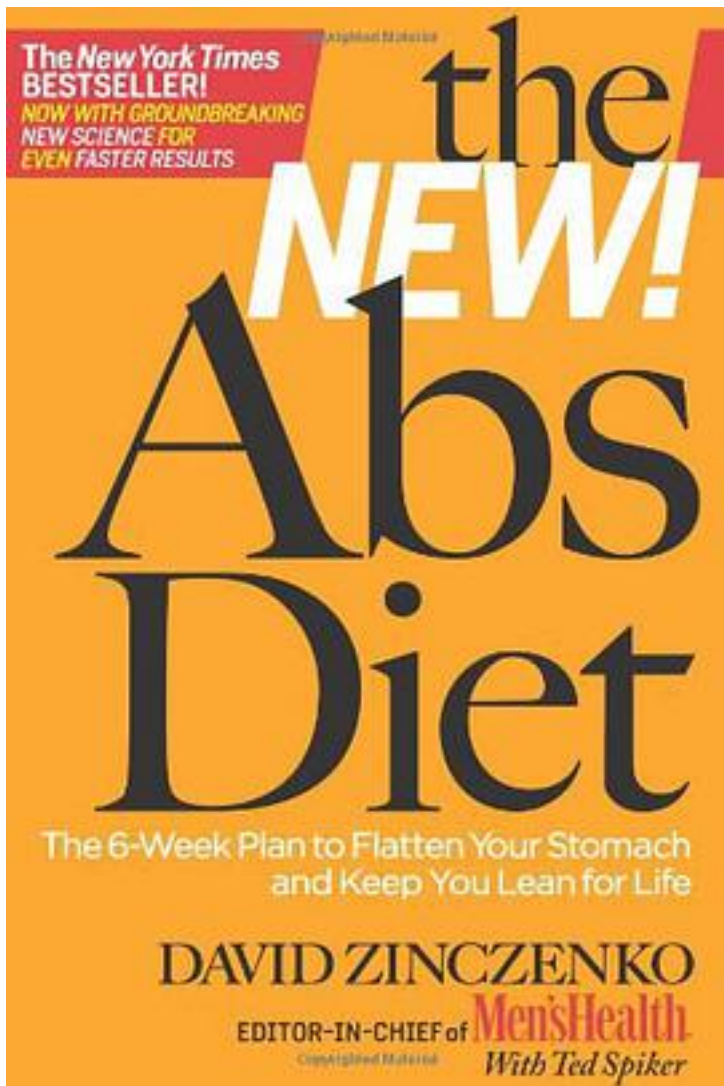


The New Abs Diet



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The latest research shows that starting an exercise program from scratch, even in middle age, can quickly make a man as healthy as one who has been exercising religiously for years. Regardless of age, size, or number of failed diets in the past, any man with the desire can find his abs and - more importantly - improve his health dramatically. Since its publication in 2004, "The Abs Diet" has endured as a proven plan grounded in sound principles of nutrition and the latest clinical science. Now this "New York Times" bestseller has been turbocharged with new weight-loss research, interval workouts, a bonus chapter of new core exercises, and delicious new recipes using the Abs Diet Power 12 Foods, which are scientifically proven to burn fat and build muscle. With more than 2.3 million copies in print, the books in "The Abs Diet" series have helped hundreds of thousands of men and women take control and improve their lives. Now "The New ABS Diet" is poised to help even more guys achieve fitter, healthier, harder bodies with abs that show.

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