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The ABC Workout Plan: Firm, Tone, and Tighten Your Abs, Butt, and Core

Dale L. Roberts

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From personal trainer and fitness writer, Dale L. Roberts comes *The ABC Workout Plan: Firm, Tone, and Tighten Your Abs, Butt, and Core*. This book will transform your body forever - you will finally lose weight, develop the lean legs you have always wanted, and be motivated to workout hard!

If you feel like you need to give your weight loss a kick-start, if you feel like you're ready for a full-body transformation, or if you want to see results fast, then *The ABC Workout Plan* is for you!

This book gives you with 23 different workout programs that will have you transforming your entire body - especially your abs, butt, and core!

It comes with the information, workouts, and all the steps that you need to know! Are you ready to look and feel slimmer, healthier, and sexier than you have in years? Then check out *The ABC Workout Plan*, and start transforming your life today!

The ABC Workout Plan includes how to:

- Start losing weight without working out as hard
- Begin burning all that stubborn fat, especially belly fat, thigh fat and butt fat
- Say goodbye to inches off your waist and other hard-to-lose areas
- Transform your body and mind in weeks
- Get excited about every workout
- So much more!

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