



ABS-olutely Simple

By Brian Bebley

iUniverse, United States, 2010. Paperback. Book Condition: New. 224 x 147 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you want to get in shape? Do you want to have washboard abs? Do you want to lose weight? In ABS-olutely Simple, personal trainer Brian Bebley presents an easy four-part plan for improving your body from the comfort of your own home. ABS-olutely Simple focuses on four main areas: dieting, stretching, the core, and circuit training. Written and designed for the ordinary individual, this diet and exercise book provides easy-to-follow instructions with clear illustrations demonstrating each exercise, helping you build a stronger and more defined body. A nutritional guide is included to assist you in eating well and living a healthier lifestyle. The simple training methods introduced in ABS-olutely Simple have produced positive results for people from all walks of life. Bebley's goal is to help people get in shape and achieve realistic goals without conforming to the unrealistic standards of some of today's gyms.

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