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Abs Revealed

By Ross, Jonathan

Human Kinetics, 2010. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "Say so long to ab flab! This whip-smart guide to creating a firmer, flatter middle is packed with practical advice on everything from dietary missteps to essential exercises. Ross cuts right to the heart of why most of us are still grabbing at our guts and wondering what went wrong, then gives us his no-fail approach to getting the results we really want." Alyssa Shaffer -- Contributing Editor, Prevention Magazine; Former Fitness Director, Fitness Magazine "Jonathan Ross is on fire and knows what he's talking about. If you're looking for a solution to a commonly frustrating problem-your waistline-you must read this book." Todd Durkin, MA, CSCS -- Owner of Fitness Quest 10, Head of Under Armour Performance Training Council, Two-Time Personal Trainer of the Year (IDEA and ACE) "Jonathan Ross gets to the core of the matter in Abs Revealed . I recommend this new and fresh approach." Pam Peeke, MD, MPH, FACP -- Host of Discovery Health TV's Could You Survive? and National Body Challenge.



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Reviews

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-- **Kristy Hermann**

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