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6 Weeks to 6-Pack Abs

Bradley Evsich

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6 Weeks to 6-Pack Abs Bradley Evsich
Struggling to build those blocked 6-pack abs that grace every fitness magazine cover? Look no further!

This book provides 6 weeks worth of core training that focus on each portion of the abdominals along with the core stabilizers: the lower abs, the upper abs, the obliques, and transversus abdominis (the deep core muscle that creates the "V" lines above the waist). Full explanations of abdominal anatomy and exercises included!

Each week will have a different repetition scheme along with differing rest periods to really fatigue your abdominals like no other. They will be forced to grow!

Combined with a controlled calorie intake, you'll have your abdominals popping like never before!

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