

The Holistic Guide to Flat Abs: A Comprehensive Guide to Achieving Your Core Goals



Holistic Guide to Flat Abs by Laura Jean Cornell PhD

★★★★☆ 4.9 out of 5

Language : English

File size : 126 KB

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Screen Reader : Supported

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Word Wise : Enabled

Print length : 55 pages

Lending : Enabled



Are you tired of crunches and sit-ups that don't seem to give you the results you want? Are you ready to finally achieve the flat abs you've always dreamed of? If so, then this book is for you.

The Holistic Guide to Flat Abs is a comprehensive guide to achieving flat abs through holistic methods. This book will teach you everything you need to know about nutrition, exercise, and mindset to finally get the results you want.

Nutrition

Nutrition is one of the most important aspects of achieving flat abs. The foods you eat will fuel your workouts and help you recover from them. This

book will teach you how to eat a healthy diet that will help you lose weight and build muscle.

Exercise

Exercise is another important aspect of achieving flat abs. The right exercises will help you burn calories, build muscle, and tone your core. This book will teach you a variety of exercises that you can do to achieve your goals.

Mindset

Mindset is also an important aspect of achieving flat abs. If you don't believe that you can achieve your goals, then you're less likely to put in the effort to do so. This book will help you develop a positive mindset that will help you stay motivated and on track.

The Holistic Guide to Flat Abs is a comprehensive guide to achieving flat abs through holistic methods. This book will teach you everything you need to know about nutrition, exercise, and mindset to finally get the results you want. If you're ready to commit to achieving your core goals, then this book is for you.

Free Download your copy of The Holistic Guide to Flat Abs today!

30 DAY FLAT ABS CHALLENGE

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Reverse Crunch


Double Leg Lift


Ankle Reach


Criss-Cross


Roll-Up

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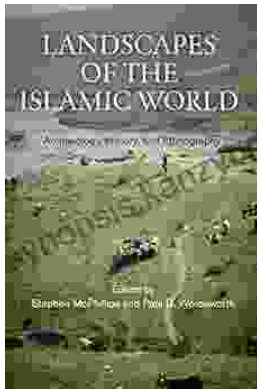
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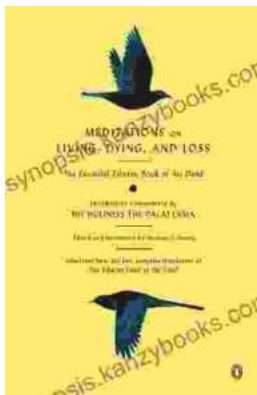
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