

Men's Health

Amazing ABS

NEW!

GET A FLAT BELLY!

**A SIX-PACK IN JUST
10 MINUTES A DAY**

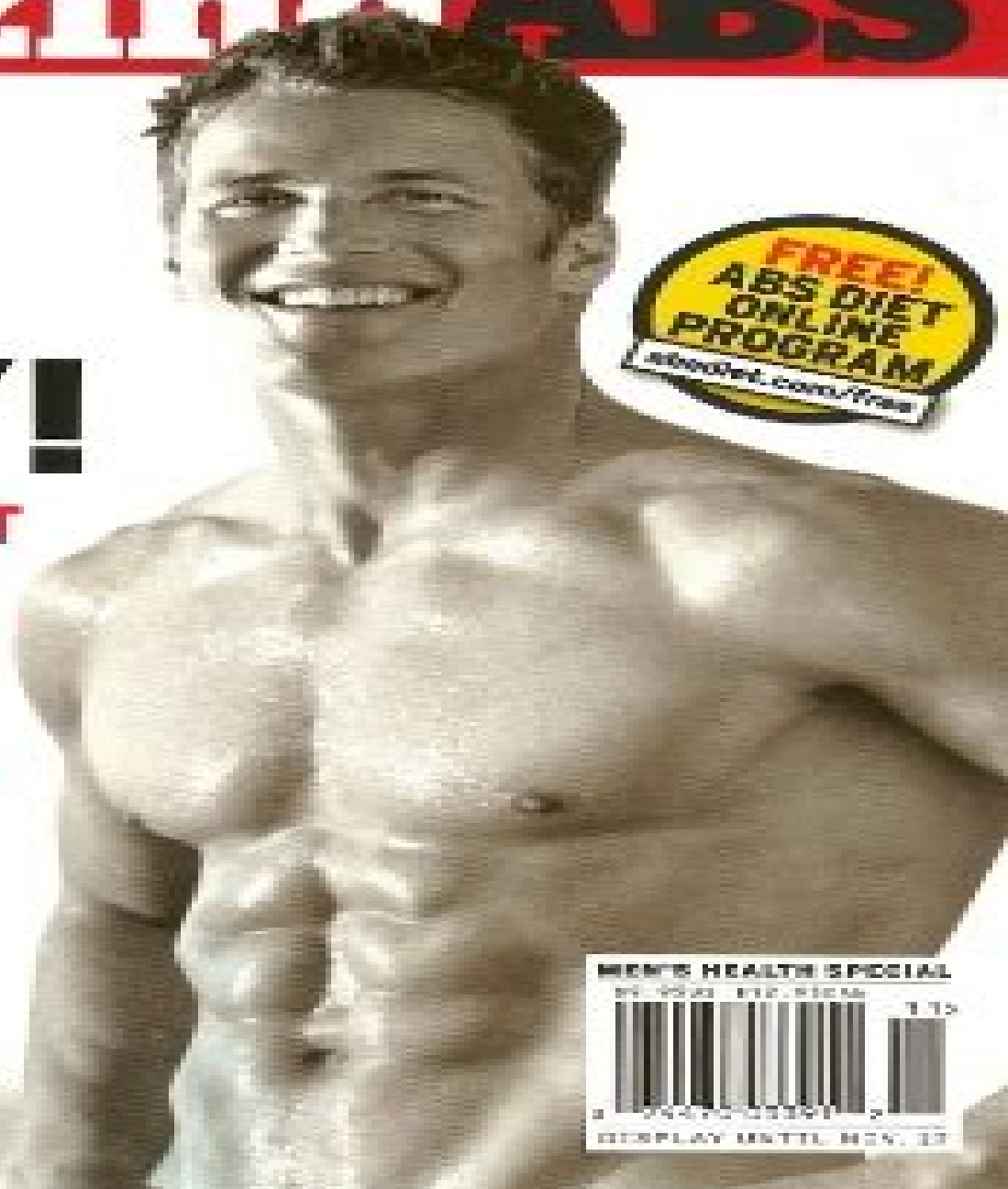
**FOODS THAT
FIGHT FAT**

**Lose 30 Pounds
in 3 Months!**

**79 EXERCISES
THAT WILL
CARVE YOUR ABS**

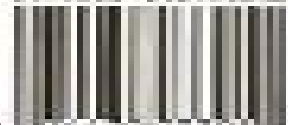
BONUS!

**THE BEST TOTAL BODY
WORKOUTS EVER**



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Max Wettstein Guide To Amazing Abs

K. G. Saur Editorial Staff



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