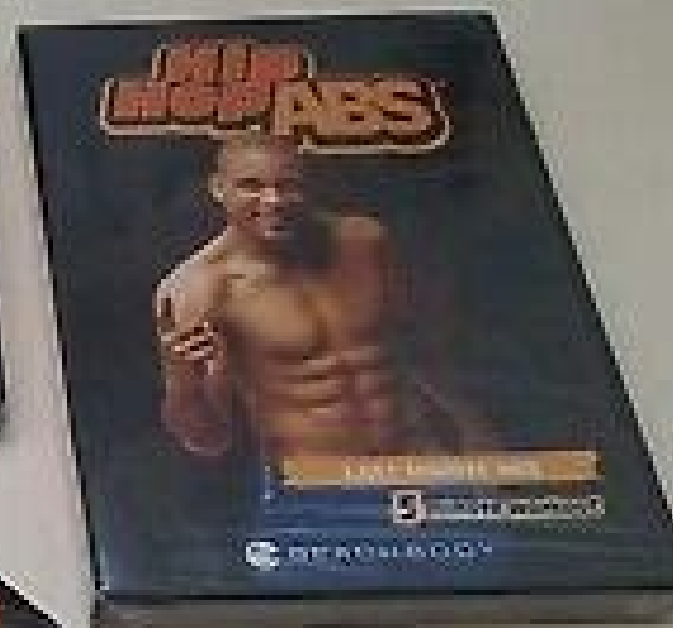
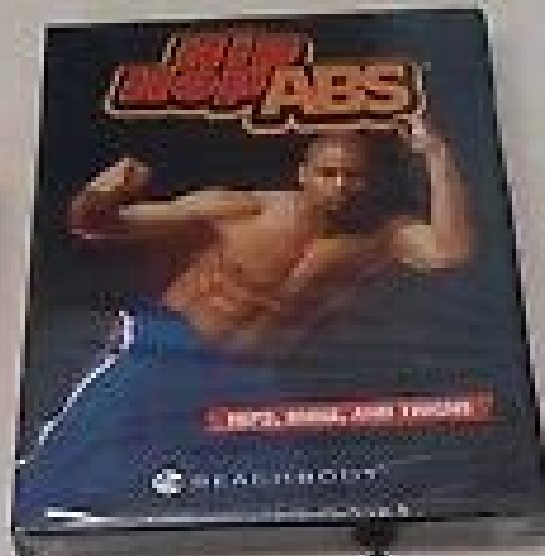
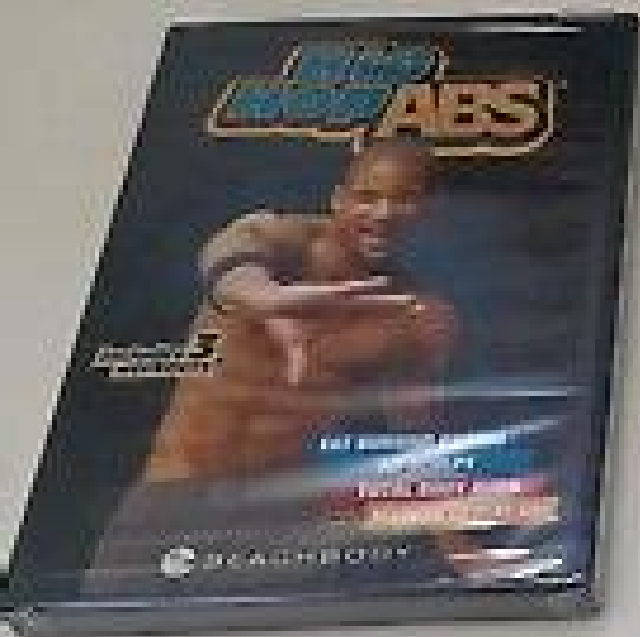




Hip Hop Abs 6 Day Slimdown Guide

AW Rasmussen



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carrying an extra load around the waist Can you perform amazing boot camp and cross training drills but don't look like you've ever exercised a day in your life Can you hit amazing running times but are still soft saggy and flabby crossing the finish line There is no doubt about it Man Boobs Muffin Tops are a tenacious tag team opponent that is hard to keep down for the count these days Most of us are a long way from living lean year round even if we think we're eating right and exercising the way we should Ditch the Fitness Myths Find a Sustainable Diet Structure The truth is most of us are doing everything wrong when it comes to getting lean and finally getting that much desired 6 pack Those quick fix boot camp workouts you see advertised on TV Not gonna cut it Loading up on fat to be in a ketogenic fat burning zone Nope not going to work either So what's it going to take to get the bikini or board short body you've always wanted More diets deprivation and struggle Or are there some simple strategies you can put into place that fit into your lifestyle that will finally get you lean Stop Wasting Hours in the Gym Use the most efficient path to results possible Nate Miyaki has condensed his 15 years of shredding experience into The 6 Pack Checklist which will give you a step by step process for getting the body you've always dreamed about No magic no pills no crazy diet plans that will have you feeling hangry by lunchtime This is simple advice that anyone can implement Miyaki walks his talk and has pictures to back it up So get out there and start attacking your goals today not tomorrow or some other time down the line Some other time usually ends up being never

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