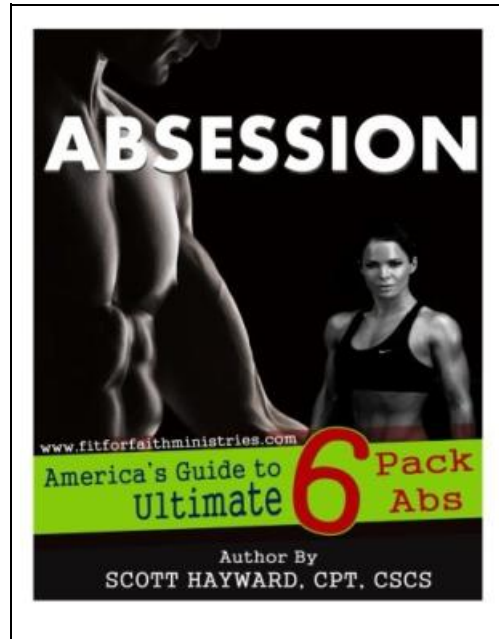


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Createspace, United States, 2013. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Armed with over 20 years in the fitness industry and as a body transformation expert, Scott Hayward brings us; Absession.America s Guide to Ultimate 6 Pack Abs. Absession, and its proven Applied Body Science System has gone on to help thousands of busy men and women dramatically transform their bodies and ultimately transform their lives. Today more than ever, people realize that their body and their health cannot be taken for granted. People want and need the answer to EFFECTIVE and EFFICIENT Body Transformation. The real problem, however, is finding a proven fat loss workout program that is based upon exercise science and not the interests of big, money hungry supplement companies. Absession and its Applied Body Science System delivers the answer in its easy to understand, and easier to integrate workout programs. Absession is 130 + pages of resistance training exercises and programs, cardiovascular training programs, nutritional programs and the mindset to see it through til the completion of Your Best Body Ever! Absession has become the go to source for those wanting to lose weight, lose fat, get toned, get fit and get the body and life they were meant to have. Here s what you get: A 12 week program all mapped out for you to include; Resistance Training: Dumbbells, Medicine Balls, Barbells, and Kettlebells Cardiovascular Training: High Intensity, Low Intensity and Interval Programs Nutritional Programming: Recommendations for Carbs, Protein, Fats, Water You Will Also Receive: - Effective and Efficient workouts to help you burn calories 24 hours a day. - Fun workouts that will have you sporting a 6 pack in no time at all - The REAL, Science Backed Facts behind REAL and...



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