



Why Youre Still Fat Getting six pack abs is easy, once you know how

By Mr. James Paul

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 50 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Getting a six pack is on the top of many peoples list of priorities, but theres a common issue. People have trouble losing weight even when dealing with a personal trainer, that trainer could be the problem! Many personal trainers will sugar coat things with you as they are starving for business and wouldnt want to upset you. Not me, in fact I dont have the time to take on new clients and havent for over 2 years! I pride myself in telling my clients the absolute truth in getting a six pack, or reaching any of their fitness goals. This book covers many reasons WHY youre not getting a six pack and blasting that belly fat! Inside this short and to the point, no BS book you will learn: What muscles you NEED to work if you want to get a six pack What foods you have to have in your diet if you ever dream of attaining your weight loss goals What you need to do FIRST thing in the day to ensure you start your day with...



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