



# The ABC Workout Plan: Firm, Tone, and Tighten Your Abs, Butt, and Core

*Dale L. Roberts*

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## **See Weight Loss Results in Days, NOT Weeks!**

### **LIMITED TIME ONLY:**

If you grab this book TODAY, then you can get a FREE DOWNLOAD of "The Ten Best Fitness Tools To Get Your More Results in the Least Time."

From personal trainer and fitness writer, Dale L. Roberts comes "The ABC Workout Plan: Firm, Tone, and Tighten Your Abs, Butt, and Core." This book will transform your body forever - you will finally lose weight, develop the lean legs you have always wanted, and be motivated to workout hard!

If you feel like you need to give your weight loss a kick-start; if you feel like you're ready for a full-body transformation; or if you want to see results FAST...

### **THEN THE ABC WORKOUT PLAN IS FOR YOU!**

This book gives you with 23 different workout programs that will have you transforming your entire body - especially your abs, butt, and core!

It comes with the information, full-color photos, workouts, and all the steps that you need to know! Are you ready to look and feel slimmer, healthier, and sexier than you have in years? Then check out "The ABC Workout Plan," and start transforming your life TODAY!

"The ABC Workout Plan" includes how to:

- Start losing weight without working out as hard
- Begin burning all that stubborn fat, especially belly fat, thigh fat and butt fat
- Say goodbye to inches off your waist and other hard-to-lose areas
- Transform your body and mind in weeks
- Get excited about every workout
- So much more!

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Reading can be called mind hangout, why? Because if you find yourself reading a book especially a book entitled *The ABC Workout Plan: Firm, Tone, and Tighten Your Abs, Butt, and Core* your thoughts will drift away through every dimension, wandering in every aspect that maybe unknown for but surely can become your mind friends. Imaging just about every word written in a publication then become one form conclusion and explanation that will maybe you never get just before. The *The ABC Workout Plan: Firm, Tone, and Tighten Your Abs, Butt, and Core* giving you an additional experience more than blown away your brain but also giving you useful facts for your better life on this era. So now let us explain to you the relaxing pattern the following is your body and mind will likely be pleased when you are finished looking at it, like winning a sport. Do you want to try this extraordinary shelling out spare time activity?

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