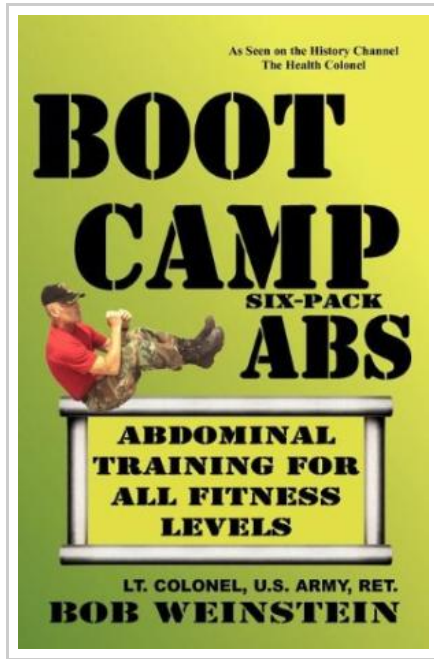




Boot Camp Six-Pack ABS (Paperback)

By Bob Weinstein

Health Colonel Publishing, United States, 2012. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book ***** Print on Demand *****.Take your abdominal training to a whole new level with over thirty different types of ab exercises from beginner to advanced, prepared by an army veteran with thirty years of military service and has been featured on the History Channel. Each exercise is illustrated and described making it easy to put your abdominal workout program together. Included are workout plans, muscle chart, army fitness test standards for men and women, world records for abdominal exercises and more.

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