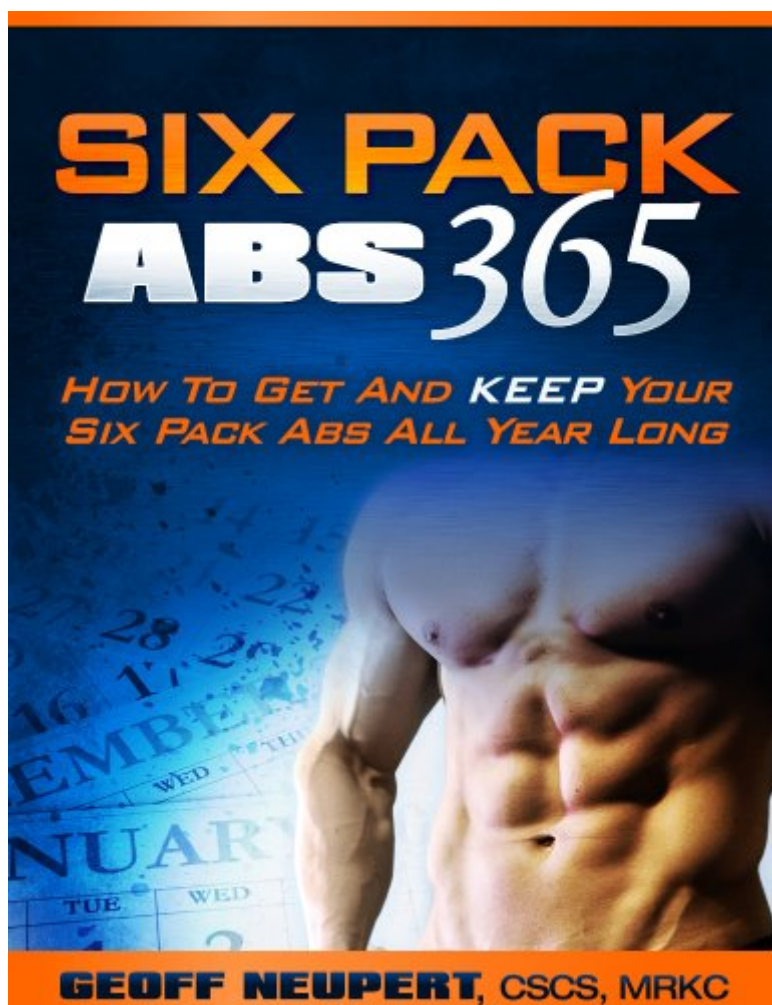


The book was found

Six Pack Abs 365 - How To Get And Keep Your Six Pack Abs All Year Long



Synopsis

Imagine waking up every morning and seeing your abs - your six pack in the mirror and how confident that would make you feel. You would exude strength and control - a man who's truly got his stuff together. Now imagine how fast you could be that man if you had a step-by-step guide showing you exactly what to do to not only get but keep your six pack abs for the rest of your life. Inside "Six Pack Abs 365 - How To Get And Keep Your Six Pack Abs All Year Long" you'll learn the true secrets that very few know about getting your six pack abs, including:- The 3 Master Keys to Six Pack Abs- Why getting your six-pack isn't as simple as just "eating less"- The 6 of your body's systems that must be fine-tuned for easy and permanent fat loss- The easiest "diet" of your life - one that insists you eat junk food in order to help you see your abs- The best six-pack abs exercises that aren't abs exercises at all- The optimum workout length and frequency - including examples - for losing fat and finally getting your six pack abs- How working out less can actually help you see your abs sooner- The missing component in 99% of all "six pack abs" programs that's absolutely necessary for getting your six pack "Six Pack Abs 365 - How To Get And Keep Your Six Pack Abs All Year Long" is the last and only book you'll ever need to finally get your six pack abs. Get your copy now, get your six pack, and get control.

Book Information

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Customer Reviews

This is not another "diet" book-this is about a lifestyle change. I'm already a Geoff Neupert convert-I'm currently in week 8 of "Kettlebell Muscle", and I'm seeing great results working with double kettlebells, working out about 15 minutes a day, three times a week. The one thing that has bothered me since I got into pretty good shape, was the fact that I still had that roll of flab around my waist that I have ALWAYS had since I was younger (BTW, I'm 58 years old, and a Type II diabetic, and an ex Division I baseball player). I read about Geoff's new book, and figured I would try it out and see if I can cross off the one thing that has always been on my bucket list-a visible six pack. In case you don't know, diabetics pack fat around their midsection-not just on their love handles, but on their lower back, also. None of this is healthy for you, and can shorten your life significantly if not kept in check. I have tried many things over the years to get that six pack, but none of them worked-I simply did not have the mental attitude to eat well enough to get there. I'm one week into "Six Pack Abs 365", and I can honestly say I already see a difference. I've lost two pounds, I now use less insulin per day, and I can honestly say I have not been hungry at any time during the first week, and that included the fasting day-although I have to modify slightly for my diabetes-two small teaspoons of peanut butter to keep my blood sugar from falling too low-so I basically eat about 250 calories during my fasting day. For the first time in my life I'm counting everything that goes into my mouth, and I was surprised how the calories add up if you are not counting. Most days I end up with calories to spare, and I leave the table full and happy, and I allow myself a small piece of chocolate to make up the difference. My goal is to lose 15 or 20 pounds of fat, and end up at 185 or 190 pounds, which I figure is a pretty good weight for me-I'm 6 foot tall and currently weigh 207. Everyone says I look great for my age. I recommend this book to anyone who is wanting to make a lifestyle change, and get themselves healthier than they have been in years.

I bought this for my husband, because I have been following Geoff's programs for awhile now and really enjoy them, plus they work! I have been trying to get my husband to be healthier for years, and he really thought I was joking when I wanted him to read this. But, when I told him it was from the same guy who wrote The Permanent Weight Loss Solution my husband actually read it! He knows that I have been following the IF diet for awhile now and have seen phenomenal results. I have never gotten my husband to read and/or do anything remotely to do with exercise or nutrition and he

read this book in one sitting yesterday morning! He even went on to try most of the exercises and has begun the diet plan! Of course, even though he said it was for men, I read it too! I am a mother of 5, a competitive athlete in a nationally ranked roller derby league, an HKC instructor, and enjoy running in races when I can fit it in! I was worried at first about the IF, but I have been following it for about 6 months now, and have lost inches, pounds, and kept all of my muscle and strength and have even more energy than before. I can't believe how tied down to food and exercise programs I used to be! I love that he stresses rest too, because I have a hard time doing that, and sleep is something else I have definitely made a priority. I also really enjoyed how he took the time to explain all the different systems in our bodies and how they work together in a very easy to understand manner. I even used some of the ab exercises last night for my own team's practice, and they all loved the "dead bug".. if you don't know what it is, then you need to buy this book! As for the author, in the past, I have written him an extensive e-mail with all my questions and he took the time to answer and debunk (correctly) my previous theories about food consumption, dieting, and weight loss. He really knows what he is talking about, and always presents it in an easy to read no-nonsense format.

This book by Geoff Neupert is a no-nonsense, no fluff game plan to lean up and actually see some abs definition. Years and years of working out at gyms and on my own had gotten me "in shape", but not in a very great "shape". I've purchased and followed other fitness and abs gurus stuff with pretty limited results in the leaning up department. Neupert basically breaks down many of the commonly preached and accepted methods of today and gives the real skinny in a direct (and often hilariously sarcastic) way. My favorite, from his Q & A section of Six Pack Abs: Q: "I thought you were supposed to eat 5 to 6 small meals a day for fat loss..." A: "Yeah, I did too, until I woke up fat one day." Boy, was that spot on! After following Geoff's workout and eating recommendation over the past 14 weeks, I can honestly say I am leaner and seeing more abs definition than I have in 30 years.

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