



How to lose fat and develop strong Abdominal Muscles with Simple Six Pack Training

Joerg Weber

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- 16 Tips for the right six pack nutrition
- Everything about nutrition
- 14 commonly unknown tricks to lose weight
- 170 Ideas for recipes
- 103 Exercises for a perfect six pack
- 3 different workout plans
- 13 Stretching exercises
- Checklists for success

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