



ABS: Top 5 AB Workouts to Get ABS Fast! (Paperback)

By Steve McKinley

Createspace Independent Publishing Platform, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.After retiring from the U.S. Air Force, the author, Steve McKinley, began to notice that his physique (normally kept in good shape by a regular and grueling military workout) was starting to change for the worse. And his abs were also losing their definition thanks to a new sedentary lifestyle. So, after deciding that a change was needed, McKinley made a list of his favorite ab exercises (used by special ops teams) and started incorporating them into a regular workout routine. Now his abs are back and McKinley says he plans to keep it that way. If you are looking for the best ab workouts, then this guide of McKinley's Top 5 Ab Workouts has what you need. Simply dedicate yourself to doing these exercises on a regular basis and you will be very pleased with the results.



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