



The Abs Diet Get Fit, Stay Fit Plan

David Zinczenko, Ted Spiker

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Tens of thousands of Americans have changed their bodies--and their lives--with the help of *The Abs Diet*, the *New York Times* bestseller from David Zinczenko, former editor-in-chief of *Men's Health* magazine. Now, to meet the demand for more information about exercise, Zinczenko and coauthor Ted Spiker present readers with dozens of workouts and hundreds of exercises that can be done any time and any place for fabulous body-altering results.

The Abs Get Fit, Stay Fit Plan introduces a new workout system--ABS3--based on simple, highly effective principles:

- **A:** Abdominal exercises strengthen your core
- **B:** Big muscle groups increase metabolism
- **S:** Speed intervals, not slow cardiovascular exercise, burns fat faster
- **3:** 3 days a week is all you need to see results

In *The Abs Diet Get Fit, Stay Fit Plan*, workouts are flexible, varied, and quick--and each can be completed in 30 minutes or less. Designed to strengthen your core, flatten your gut, and get you in the best shape of your life, this exercise guide demonstrates why David R. Pearson, director of the strength-research laboratory at Ball State University, has called *The Abs Diet* program "a must for anyone who is serious about building a healthy body."

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