



Ab Workouts For Skinny Guys Who Want To Build Some Muscle and Turn Some Heads Ev (Ab Exercises Series) (Volume 1)

Michael Weston

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Ab Exercises Series Are you embarrassed to be seen in your bathing trunks at the beach? Do you cringe at the thought of looking at yourself naked in the mirror? Have you tried just about everything to put on weight and build some muscle but nothing's worked? Ab Workouts for Skinny Guys provides diet guidelines and exercises for abs to help you put on/define some muscle. Get your body toned and your self-esteem back on a positive track.

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