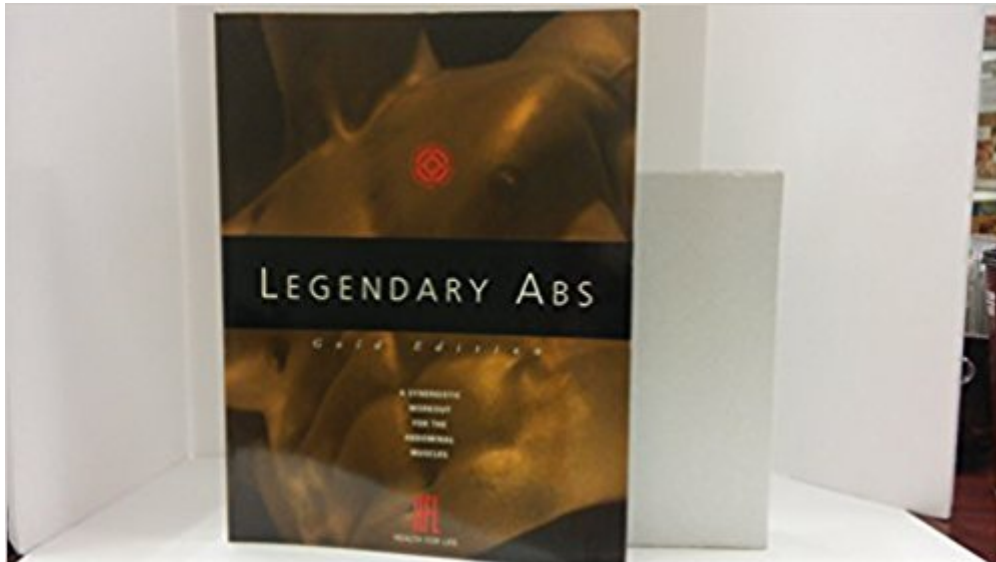




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# Legendary Abs : Gold Edition



## Synopsis

Legendary Abs:Gold Edition

## Book Information

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## Customer Reviews

Legendary Abs:Gold Edition

I have used this guide for three months and am on level 2. I see a reduction in belly fat, not all gone but progressing. An easy program to work and continue with. It takes very little time to do the abs workouts, longer to do the aerobics and dedication to follow good nutrition. The nutrition is the hardest for me, although I have cut back on sweets. I will continue this program and HAVE recommended it to others.

Great exercises that really work!. I would have preferred a little more discussion on technique for the definition program. If I had also been interested in the professional program, I would most likely have rated it 5 stars.

Awesome book. Full of really well researched information and the routines.

Exactly as described. Shipped promptly.

The Health For Life series of books is, in my opinion, the absolute best set of reference for well researched strength and performance training along with supplementation of healthy foods. The

company was founded by experts in athletic training, bodybuilders, power lifters, martial artists, athletes, and other experts in the field. Extensive bio-metric testing was incorporated into all their study. There is no need for endorsement by popular genetic freaks or billion dollar companies, its all hard science. Sadly, the former is probably why you haven't heard of these guys unless you browse some old issues of muscle & fitness or ironman and come across their incredible Legendary Abs or Power Forearms! program advertisement. Look into picking up a copy of all their books and you wont regret it. The library that I own comprises: The Human Fuel Handbook, TNT Total Neck and Traps, Power Forearms!, Explosive Power (Plyometrics), The HFL Training Advisor, MaxO2 Aerobic Training, Legendary Abs Gold (several reissues and updates exist), Maximum Calves, Transfigure I and II, Mind Games, SynerShape, SynerAbs, SynerStretch, The Body Ball Book, 7 Minute Rotator Cuff Solution, Weightless Workout, and my favorite Secrets of Advanced Body Builders. They also had great videos on punching speed, jeet kune do, and gym kai ryu martial arts but I sadly lost these in a move.

I purchased this workout routine many years ago whe HFL was a viable company. This collection of synergistic movements takes you from begining workouts through very intense "professional" workouts. All movements are cleary explained as is the synergistic relationship of the movements. A bargain at the original price. Search for it.

Easy to follow instructions with rock-hard abs as your result. You will love the look you get and the attention you recieve.

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