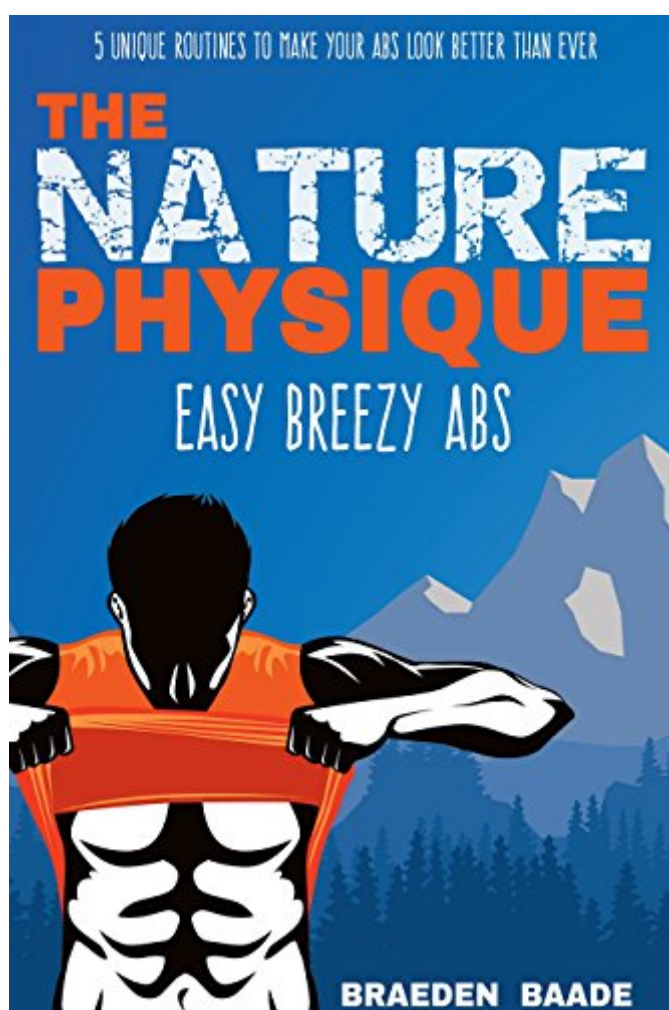


The book was found

The Nature Physique: Easy Breezy Abs: (The #1 Guide On How To Easily Achieve A Six Pack) (Nature Physique Fitness Book 2)



Synopsis

THE #1 BOOK FOR SCULPTING AN ATTRACTIVE SET OF ABS- FOR LESS THAN THE PRICE OF A COFFEE! No boring cardio required! A new installment from author of the popular exercise guide The Nature Physique. If you're looking for a comprehensive, unique, and convenient strategy to eliminate belly fat and replace it with lean, strong, sculpted abs... look no further. Here's what's included: Phase 1: Novice Core Circuit Phase 2: Intermediate Core Circuit Phase 3: Advanced Core Circuit Phase 4: Master Core Circuit BONUS: Plank Circuit - Easy to navigate table of contents - Detailed pictures of each exercise to encourage proper form The best part? Perform these workouts ANYWHERE at ANY TIME - no gym required. SPECIAL BONUS FOR READERS! For a limited time, purchase NOW and receive a FREE BONUS BOOK (details inside). Scroll up, click the "Buy" button now, and uncover the abs you never had before!

Book Information

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Customer Reviews

Finally! An abdominal routine that makes sense to me. Though I enjoy regular cardio and weightlifting, I've always hated the insane abs routines I've stumbled upon until now. This week I started with the Novice Core Circuit and I made it through all the sets and reps.

This was a huge 'success' for me. When I did P90X, I could never make it through the Ab Ripper X workout and that sense of defeat made me hate doing abs. Now, I can't till my next Abs day. I thought the circuit was nicely balanced; Braeden rotated through the three main abdominal muscle groups (upper/lower/obliques) and I could feel it the next day. (Even my dog decided to try it out with me, haha!) So, if you're looking for a more balanced approach to abdominal exercises, I strongly suggest getting this book. My husband and I started the Novice Core Circuit together and have a friendly little competition as to which of us, in three months, will have similar-looking abs to Braeden first. Happy crunching!

I received an email notification when this book was released a couple days ago and I decided to purchase it right away since I was a fan of the original book "The Nature Physique". I've only had time so far to try the first two routines but I can already tell they're effective since my core muscles are pretty sore today ! I'm always trying to stay active and pretty busy so having these convenient routines that can be done on my bedroom floor is very useful for me; I really like this author's approach. The photos are a helpful way of showing the routines. This is simple, easy, and effective. I suggest people just get started, the results will follow. P.S.- Great protein shake recipe as well.

I managed to ditch some excess weight after using the author's first book "the Nature Physique" and I began these new ab workouts a couple days ago. And, well... yes, I'm very sore; that good soreness you feel when you know an exercise is actually working! I mainly stuck with this book series because of the convenience but I can vouch that the material really is effective. Try it for yourself if you don't believe me. My ONLY complaint it's hard to expand the thumbnail images sometimes, but who knows, that may just be an issue on my device (using a kindle paper white).

I've read other popular exercise titles such as "Bigger Leaner Stronger" by Michael Matthews and "The 4 Hour Body" by Timothy Ferris and I think it's safe to say there's just something better about this Nature Physique series. If you've ever read "The Secret" or "The Power" by Rhonda Burns, you'll know what I'm talking about; When I wake up the next morning after doing this series I can actually feel its effect, which is obviously the focus and purpose for downloading it. I might be sore and all sweaty but that just means it working and the after workout high is REAL GOOD!

I follow Braeden on Instagram, and came across his book that way. Here are the pros: a great variety of ab excercises for the beginner/intermediate/advanced level, excercises can be done at

home or outside, time-wise the exercises can easily fit a busy schedule, nice quotes. Here are the cons: pictures are only in b/w not color, there should be perhaps some info about which ab exercises are recommended for those of us suffering from a herniated disc/bad back.

Loving the circuits, how they are laid out and how well everything is instructed. The circuits are intense but in the best way it needs to be to build the result you want. Braeden knows his stuff. As someone that has always had to struggle with my stomach and abs and keeping them in top shape, I have found this book is something I can follow and maintain in my busy life. Look no further you have got to get this book.

The addition of the Top 10 Protein Shake Recipes bonus book is enough for this product to get a good rating from me! But all joking aside, I agree with the other reviewers- your abs will feel the burn!

Brilliant content Braeden writes in a style that all will understand eloquent yet simple. This is sure to be a top seller for 2017 looking forward to more books from him. 10 out of 5 stars !!

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