

# Télécharger Livres Gratuit I Want Six Pack Abs Version 2.0 (PDF | ePub | Mobi) Arnel Ricafranca & Jesse Vince-Cruz download-free



I Want Six Pack Abs Version 2.0 (IWSPA)  
New & Improved 8 Week Body Transformation Journey  
Created and Performed by World Known Fitness Coach Arnel Ricafranca

Includes:

- \* 8 Weeks of Intense Workouts To Melt Off Your Unwanted Body Fat
- \* Complete Exercise Library For Perfect Form And Practice
- \* No In-App Purchases, You Get Everything
- \* High Quality Video
- \* Easy - To - Follow Timers and Exercise Demonstrations
- \* No Internet Needed After Downloads
- \* Workout Series Approved
- \* Apple TV Ready

The original "I Want Six Pack Abs" is now is now new, improved, and mobile! This six pack abs workout program has been tweaked and refined from 16 weeks down to 8 intense weeks.

These workouts uses the same equipment as the original. You just need some dumbbells, chair or bench, a backpack (advanced), and a pull-up bar.

If you don't have a pull up bar, you can always substitute the exercises using resistance bands or replace them with bent over rows with dumbbells.

Now is the time for six pack abs!!!

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