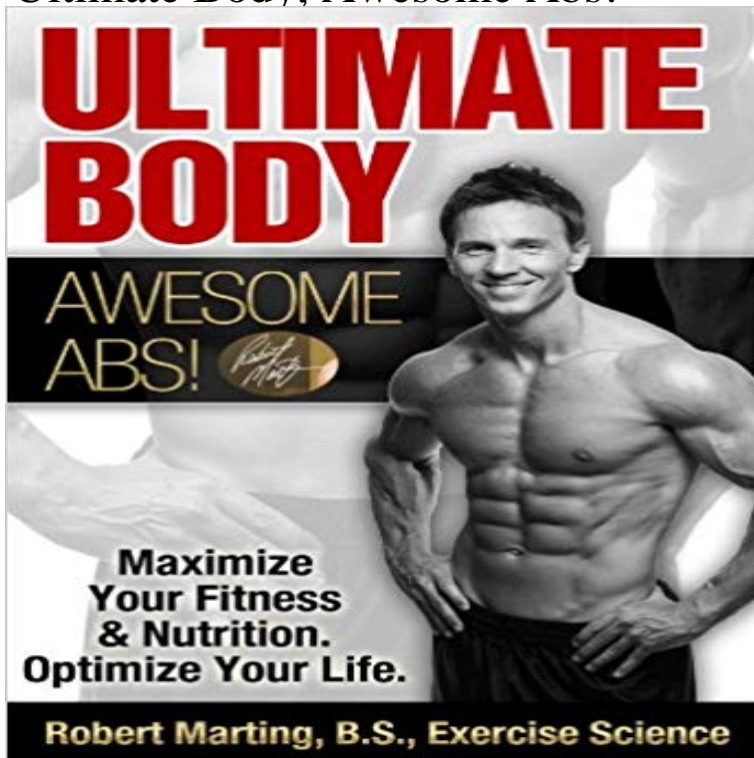


Ultimate Body, Awesome Abs!



Robert Marting's *Ultimate Body, Awesome Abs!* (UBAA) is a 170-page comprehensive guide to achieving an awesome, well-balanced body and keeping it for the long-term. It includes six main chapters starting with a section on goal assessment and mindset to the most effective movements for full-body and specific muscle groups, including Abs. All the movements are easy to see in large, full color photographs which number over 110 in total. A unique chapter on cardio methods exposes the truth about treadmills, jogging and the most effective tool for getting shredded- hill sprints. Other features include: A detailed glossary of terms and methods to apply Good carbs vs. bad carbs and the food industry Fitness myths debunked Fat: The good, the bad and the must avoid Must-know motivational tips and techniques How much protein your body really needs Counting calories: Is it really necessary? Simple equations to calculate metabolic rate, body fat and lean body mass Body type identification for optimal training and nutrition The skinny on sodium intake The importance of rest and relaxation for the optimal results All the knowledge you need to reach your ULTIMATE potential The longest chapter, The Fuel (nutrition) covers in detail which foods work with your unique body type and goals, walking you into the grocery store listing exactly what types of food you should be stocking up on and what you need to avoid. It then takes you a step further breaking down effective tactics for how to stay on track while dining out or on the road for extended periods of time. Example weekly menus and insight on fast-food, alcohol and junk food are also covered so you know what to avoid, what to eat, how much and when.

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All of us have one additional thing to inform you, we are offering this . **Get Your Ultimate Body, Awesome Abs Now. - Scribd** Aug 26, 2012 Top 5 Six Pack Abs Program - Ultimate Body Awesome Abs by Robert Marting. **MORE INFO - Robert Marting Fitness** Research and Analytics for GREATFORM (Get Your Ultimate Body, Awesome Abs Now.): Mens Fitness Cover Model Reveals How To Avoid Fitness Fads And **The Ultimate Body Book: 4 Weeks to Your Best Abs, Butt, Thighs** awesome fitness model physique Get Your Ultimate Body, Awesome Abs Now. 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