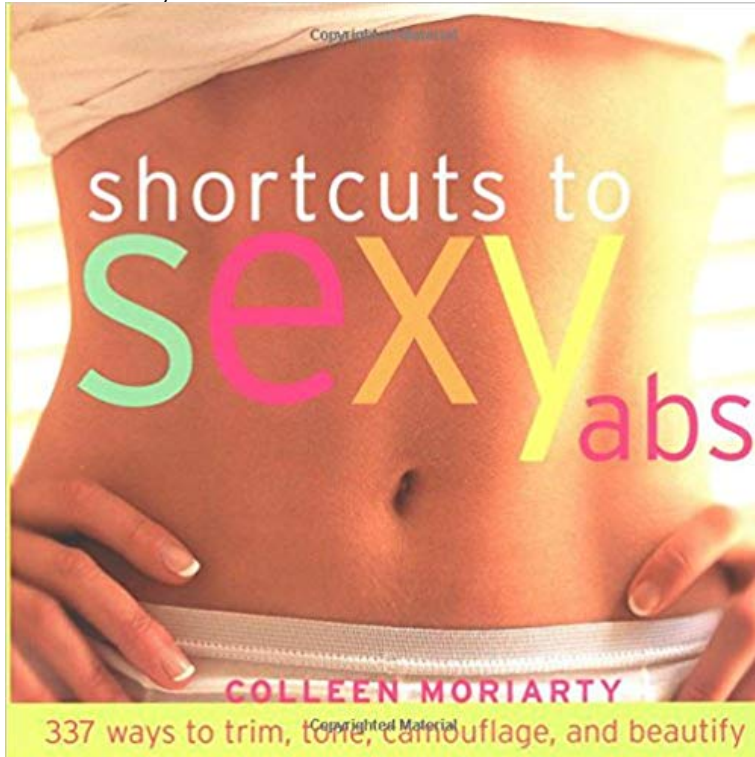


Shortcuts to Sexy Abs: 337 Ways to Trim, Tone, Camouflage, and Beautify



Filled with short, simple exercises, as well as beauty tips (creams and lotions that tighten tummy skin), fashion tips (never wear jeans that are too small, they make your belly protrude), to nutrition (stay away from green leafy vegetables the day of a big event they make your belly puffy), Shortcuts to Sexy Abs will offer readers the first entertaining and inclusive book on everything you need to know about Abs. Even the exercises are interesting, as they will include crunches, yoga, Pilates, strength-training, cardio, and flexibility.

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