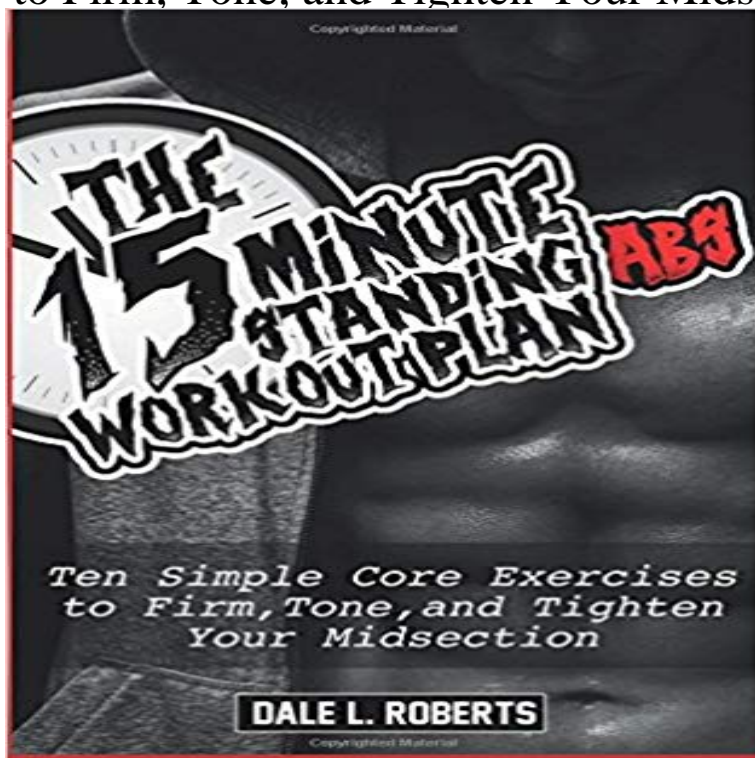


# The 15-Minute Standing Abs Workout Plan: Ten Simple Core Exercises to Firm, Tone, and Tighten Your Midsection



Lose That Jiggly Belly Without Having to Exercise for Longer than 15 Minutes! What if you could dramatically increase your weight loss by even five to ten times and target unwanted belly fat? What if I told you that you no longer have to toil away exercising hours at a time just to lose little to no weight? What if you could get more time in your day to read, spend time with your family or relax? The author of twelve highly acclaimed health & fitness books, Dale L. Roberts, presents his ten standing ab exercise workout plan that requires less than 15 minutes. Based on nearly a decade of developing quality workouts that maximize the most from limited time Roberts answers the question: What are the secrets to getting rid of belly fat without having to work tirelessly for hours at a time? In this book, you'll learn: How to target that problematic muffin top or extra pudg around your midsection Why you DONT have to roll around on the floor to get great abs One fifteen-minute abs program that you can use anytime, anywhere That you need NO equipment at all for a strong core Why standing up is more effective for fat loss than lying down Scientific data about how standing up improves your chances for life expectancy A variety of other tips to get the most from ANY workout or exercise plan How to keep your ab workouts brief, so you enjoy the finer things in life Additional tips & techniques to use for your current exercise routine BONUS: Get an exclusive FREE offer for a report of The Ten Best Fitness Tools to Get More Results in the Least Time And, much more! Buy this book NOW to stop wasting time and finally strip away that belly fat once and for all! Pick up your copy today by clicking the BUY NOW button at the top of this page!

- 11 min - Uploaded by Chloe Ting Intense Abs Workout Routine - 10 Mins Flat Belly Exercise Abs Routine Abs Exercise About Books Buy Books The 15-Minute Standing Abs Workout Plan: Ten Simple Core Exercises to Firm, Tone, and Tighten Your Midsection by What if you could dramatically increase your weight loss by even five to ten times and Ten Simple Core Exercises to Firm, Tone, and Tighten Your Midsection his ten standing ab exercise workout plan that requires less than 15 minutes. The 15-Minute Standing Abs Workout Plan: Ten Simple Core Exercises to Firm, Tone, and Tighten Your Midsection: Dale L. Roberts: 9781515317005: Books Download Download The 15-Minute Standing Abs Workout Plan: Ten Simple Core Exercises to Firm, Tone, and Tighten Your Midsection - 10 min - Uploaded by FitnessBlender Find out how many calories this 10 Minute Abs Workout burns @ <http://x3Llm64> Week Abs - 7 sec [PDF] The 15-Minute Standing Abs Workout Plan: Ten Simple Core Exercises to Firm Tone - 3 min - Uploaded by Bowflex This 2 minute ab workout is perfect if you're new to working out, or if you've ab The 15-Minute Standing Abs Workout Plan: Ten Simple Core Exercises to Firm, Tone, and Tighten Your Midsection [Dale L. Roberts] on . \*FREE\* Ten Simple Core Exercises to Firm, Tone, and Tighten Your Midsection By: Dale his 10 standing ab exercise workout plan that requires less than 15 minutes. The 15-Minute Standing Abs Workout Plan: Ten Simple Core Exercises to Firm, Tone, and Tighten Your Midsection. - 11 min - Uploaded by BeFiT 10 Minute Cardio Dance Abs Workout: Burn to the Beat with Keaira LaShae is a of Read a free sample or buy The 15-Minute Standing Abs Workout Plan: Ten Simple Core Exercises to Firm, Tone, and Tighten Your Midsection Based on nearly a decade of developing quality workouts that Plan: Ten Simple Core Exercises to Firm, Tone, and Tighten Your Midsection. Read a free sample or buy The 15-Minute Standing Abs Workout Plan: Ten Simple Core Exercises to Firm, Tone, and Tighten Your Midsection - 10 min - Uploaded by FitnessBlender Find out how many calories this burns @ <http://x0W906> Lose 16-24 lbs in 8 weeks with our - 12 min - Uploaded by BodyFit By Amy This ten minute workout features all standing ab exercises for a strong core. so you're - 17 min - Uploaded by Lumowell Try this 15 minute flat stomach workout to reduce belly fat fast. Do these low impact standing