

The Truth About Six-Pack Abs

The Internet's Honest Source on Abdominals & Losing Belly Fat... No Magic Pill Scams & No Promises for "Overnight Abs"... Just the TRUTH

Do you have a fat flabby stomach with no visible abs in sight? Well, guess what...

You Will NEVER Lose Your Excess Stomach Fat and Carve Out Those Rock-Hard Six-Pack Abs that You Desire by Wasting Your Time with 100's of Crunches and Other "Abs-Pumping" Exercises...

Nor with Those Bogus Ab-Gadgets, Gimmick Diets, "Fat-Burner" Pills, and "Miracle" Supplement Powders that are Scamming You Out of Your Hard-Earned Money!

Instead, Discover the Tried-and-True Training & Nutrition Secrets That the Super-Lean Use to Strip Away Stubborn Stomach Fat and Develop Sexy Flat Abs That Turn Heads!

But NOT by following any ridiculous fad diets
NOT by performing long, boring cardio routines
NOT by taking over-priced, over-hyped supplements
NOT by using some piece-of-crap ab belt or gizmo from an infomercial
And NOT by doing hundreds of useless crunches & situps

Enough With the Gimmicks...It's Time for the TRUTH!

Feel free to leave this site... But realize that you'll only continue to be frustrated with your flabby stomach for the rest of your life. You'll only have yourself to blame.

On the other hand, if you want to discover the true secrets for flat, sexy, ripped abs, then you have landed on the right website. Keep reading and you'll soon discover what you've been doing wrong all these years.

There's Even More Powerful Secrets to Getting Your Own Flat Washboard Abs as Quickly as Possible

Alright, those are what I believe to be the 5 most important aspects that make The Truth about Six Pack Abs Program different than all of the other abs programs out there. However, that's not even close to all of the details that make this program one of the most effective available for getting a tight, lean stomach.

Here are some more tips, tricks, and secrets you'll discover in this program:

Over 15 little-known secrets for revving up your metabolism so that you can more easily scorch away body fat on a 24/7 basis!

Why most people are doing their cardio training totally wrong....and how to modify your routines to make them twice as effective for stripping away body fat.

My 6 unique Secret-Weapon exercises that build a rock-hard core and stimulate fat loss like no other exercises in existence... and the kicker is that almost NOBODY in normal gyms knows about these unique exercises.

More than 13 specific nutritional secrets that will have fat melting and muscle tone popping out like you've never seen before...and better yet, you won't feel like you're restricting yourself; you'll actually feel like you're eating constantly all day long!

Why most people are wasting their time with exercises like crunches, sit-ups, torso twists, bicep curls, shoulder raises, tricep pressdowns, leg extensions, etc.....Instead, discover the REAL exercises that burn 3-4 times more calories (and hence, blast away 3-4 times more fat) in the same amount of time!

The truth about lower abs vs. upper abs training, and why you find it nearly impossible to get those lower abs to look good.

Detailed descriptions and photos of more than 50 of the most effective exercises in existence that will give you a rock hard body from head to toe! This isn't just about abs... this is about giving you the full head-turning package.

Cutting-edge scientifically designed full-body training PROGRAMS (not just lists of exercises) that will help you carve out a body of stone and leave people asking what your secret is!

Why doing abs or obliques exercises do NOT burn fat away from your stomach and love handles... Instead, discover which exercises accomplish this MUCH more effectively!

How to eliminate the nasty exercises and useless machines that are WASTING YOUR TIME and may even be making you more injury prone!

How to blast through your plateau and continue to make progress by working through all 8 levels of abdominal training progressions.

How to teach yourself to be creative and think differently about your workouts... This is what will keep you interested and motivated in your training, while everyone else is wondering why their body looks the same or worse than it did last year.

How to enjoy endless varieties of delicious foods, while simultaneously turning yourself into a fat-burning machine!

84 different and unique Lean-Body meal plans, designed by a nutrition specialist to give you endless ideas for balanced healthy meals and snacks to keep you energized and in fat-burning mode

Why fad diets such as low carb or low fat diets may actually HINDER your efforts for a lean ripped body... They can actually program your body to be fatter in the long run!

How these two hidden "fat storage triggering ingredients" in our food supply are sabotaging your efforts to lose fat! Learn what they are and how to easily avoid them.

Why the morning cardio on an empty stomach that many people recommend may not be so good after all.

Why the glycemic index of the foods you eat may not be as important as you've been led to believe in determining whether food will make you leaner or fatter

...and more, and more!

jam-packed full of hard body secrets!

What's better is that you not only get The Truth about Six Pack Abs program...you actually get SEVEN innovative e-books all included in one rock-bottom price...see below for more details!

Frequently Asked Questions - The Truth about Six Pack Abs Program:

1. Is this program more for muscle building or fat loss?

The answer is that the concepts taught within the program can be applied to either fat loss or muscle building with some slight modifications and tweaks. However, I developed most of the details within this program to address the MAIN PROBLEM that 99% of people are facing as to why they cannot see their abdominals, and that is... losing the stubborn stomach fat that is covering up the abs.

2. What types of training ideas will I learn in this program? Is it only about abs exercises or full body training as well?

As I mention in my letter on the home page, I do provide full descriptions and photos of all of the most effective abdominal exercises in existence (as well as which ones to avoid), but one of the main points I try to drive home within the program is that the abs-specific exercises are actually the LEAST important part of the program to actually get rid of the belly fat that is covering up your abs.

The majority of the program focuses on full-body training programs as well as strategic exercise combinations and sequencing that increases the metabolic rate and stimulates a fat-burning hormonal response in your body. I also detail a full-blown section on nutritional strategies and a fully comprehensive dietary plan that will actually have you enjoying food again and getting and staying lean for life.

Now these are the 2 most important aspects of the program that make it one of the most successful abdominal fat loss programs on the internet today with customers in over 100 countries around the world.

3. Is this program designed for men or women?

Who says that men and women need to train or eat differently to get lean? The truth is that they DON'T. The bottom line is that the best exercises for increasing the metabolism and stimulating the fat-burning hormones are the best exercises regardless of gender. The only

thing that is going to change is that in general, the females will require fewer calories, and usually use lighter weights than the men, but the fact remains that the best training and nutrition strategies apply equally to both genders.

To be honest (and I explain this in more detail within the program), one of the main reasons that so many women struggle to make progress is that they aren't training the right way to increase their metabolic rate and trigger the proper hormonal response from exercise. The majority of women spend WAY too much time with monotonous endless cardio routines, and tiny little 3-lb barbie weights. This kind of training will get you NOWHERE!

In the program, I teach you ladies how to do this right without having to worry about "bulking up" as it seems that almost all women are afraid of this.

4. Am I too old? I'm older, heavily overweight, and out of shape. I also haven't worked out in years. Is this program going to be too hard for me to follow?

I developed the program with beginner, intermediate, and advanced levels of progressions. All of the training and dietary strategies can be used by everybody from teenagers looking to get stronger and leaner, all the way up to overweight grandmoms that simply want to feel and look better.

Even the most out of shape individuals will usually even be able to do most of the advanced exercises, except just with lighter weights or slower movements. Heck, even if you are so out of shape that you have to really go slow and start with the bare minimum of exercises, most readers have told me that the nutrition section of the book alone was well worth the investment and opened their eyes to dozens of things that they had never realized they were doing wrong in their dietary habits.

So there...even if you can't jump right in with guns blazing into the full blown advanced training routines, simply start to use the dietary strategies to get a head start on losing some of that extra body fat, and then slowly increase your workout intensity until you can work up to all of the advanced exercises.

5.Does it matter what country I'm in and is the sale in US dollars?

You can order online no matter what country you're located in. We've processed orders from over 100 countries currently. Our secure credit card processor will automatically convert the US dollars to your country's currency.

<http://ywhxkee06.mikegeary1.hop.clickbank.net/?tid=fpr>