



The Women's Health Big Book of Abs: Sculpt a Lean, Sexy Stomach and Your Hottest Body Ever--in Four Weeks!

Adam Bornstein

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The essential diet and fitness guide to lean, sexy abs--including a results-driven 4-week program to lose weight, strengthen your core, and tone your entire body.

Call it a spare tire, muffin top, or paunch. Men and women consistently cite their belly as their biggest problem area--and it is often the toughest final pounds to lose. Not anymore!

Whether readers' eating habits have been affected by stress, their bodies have changed with age, or they're constantly doing crunches without results, it's time to blast belly fat the right way. Using the comprehensive, week-by-week eating and exercise plan, readers can lose up to 20 pounds in 4 weeks--and keep it off, forever. *The Women's Health Big Book of Abs* special features include:

- A delicious, easy-to-follow diet that includes satisfying carbs!
- A special section on the best pre- and post-pregnancy workouts
- Hundreds of tips on how to reveal a lean, flat belly and bikini-worthy body!

Including a step-by-step, 4-week eating and exercise plan, easy-to-prepare recipes, and hundreds of exercises, *The Women's Health Big Book of Abs* is the ultimate guide to a leaner, fitter, sexier body--starting with your core.

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