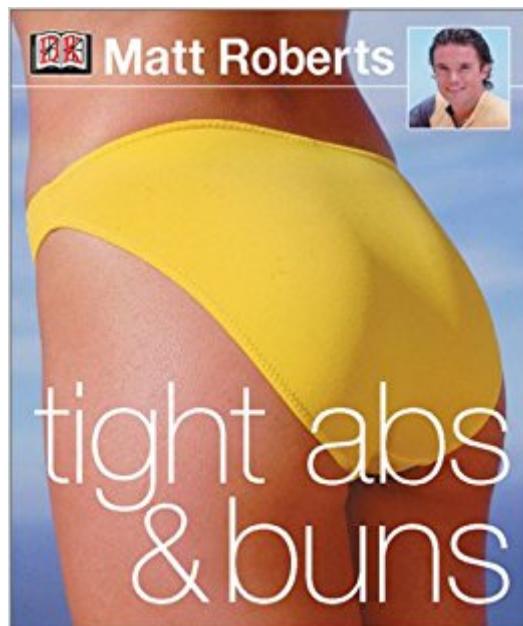


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# Tight Abs & Buns



## Synopsis

Tight Abs and Buns is a fitness program designed to help women work towards strengthening, toning, and firming both abs and glutes. Helping men and women increase energy and self-confidence by not only looking better, but feeling better, these pocket guides by fitness celebrity Matt Roberts target the body parts that men and women most want to sculpt, tone, and shape. Each book contains special workout sequences that combine special resistance exercises, cardio workouts, and stretching techniques. Throughout the books, Roberts offers encouragement and advice for getting the most from the workouts as well as helpful tips for healthy eating and answers to common fitness questions.

## Book Information

Series: Matt Roberts

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hip flexor, hip pain relief, hip joint pain, hips) The Psoas and Tight Hip Cure: A Guide To Psoas and Tight Hip Pain Relief The Badass Body Diet: The Breakthrough Diet and Workout for a Tight Booty, Sexy Abs, and Lean Legs The Abs Diet 6-Minute Meals for 6-Pack Abs: More Than 150 Great-Tasting Recipes to Melt Away Fat! Ultra HD Abs Workout: The Ultimate Guide to Getting Ultra-Abs The New Abs Diet for Women:Â The 6-Week Plan to Flatten Your Belly and Firm Up Your Body for Life (The Abs Diet) The New Abs Diet:Â The 6-Week Plan to Flatten Your Stomach and Keep You Lean for Life (The Abs Diet) The Skinny NUTRiBULLET Lean Body Abs Workout Plan: Calorie counted smoothies with 15 minute workouts for great abs Six Pack Abs 365 - How To Get And Keep Your Six Pack Abs All Year Long Simple Six Pack Abs Strategy: 5 Easy Ways To Get Ripped Abs in 6 Weeks The New Abs Diet Cookbook:Â Hundreds of Powerfood Meals That Will Flatten Your Stomach and Keep You Lean for Life! (The Abs Diet) Get Ripped Abs: A Comprehensive Guide to the Best Way to Get Ripped Fast! Be a Sexy Beast by Summer! (Bodybuilding, Ab Workouts, How to loose belly fat, How to get abs) Abs Bible: 37 Six-Pack Secrets for Weight Loss and Ripped Abs: Bodybuilding Series, Book 3 Braids, Buns, and Twists!: Step-by-Step Tutorials for 82 Fabulous Hairstyles

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