

WEIGHT WARRIORS



**THE SPARTAN'S GUIDE
TO CHISELLED ABS**

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Foreword

Let's face it pal. Those turtlenecks is doing anything but get rid of that double chin taking residence. On a second note, you ever feel Sluggish? Out of shape? Like your clothes seem to be outgrowing you a little faster than they should? Get all the info you need here.



Weight Warriors

The Spartan's Guide To Chiseled Abs

Chapter 1:

Introduction

Are you the guy who's perpetually perched on the couch sitting in front of the Television set eating a bowl of crisps and a bottle of beer perfectly balanced on your stomach, dreaming of that tasty, greasy Big Mac and hating yourself for it?

Are you tired of being on the heavy side? Do you want to get on the right track and for these questions to stop? Well buddy you've got it!

With this copy of Weight Warriors : The Spartan's Guide to Chiseled Abs, we'll have you out of that couch and into those running shoes in no time! Because now is the time to decide to live a healthy life-style.