



Get Firm, Flat
ABS

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The author of this book is in no means or manner a trained or qualified medical practitioner, nutritionist, fitness coach, or any other such professional. To that end the author recommends that you seek out the advice of a fully trained and qualified medical, nutritional, or otherwise, professional.

Forward

Just in case you're wondering whether this book is for you, or whether you should go and pick up something else for yourself, I will tell you here and now that this book is aimed primarily at those of you who want to have firmer flatter abs, but who lack the knowhow; or who lack the will to go out and do it for themselves.



Not that I will tell you exactly what and what to do, but I will make it so that you have a clear understanding of some of the things that you need to do.

To that end, you will find that this book is aimed for those of you who are only just beginning, or who have only just thought about or glanced at various ways on how to get firmer flatter abs.

I will try and take you through a few exercises which you can do to help you get firmer flatter abs, and I will take you through a few things you can do to change your lifestyle around so that you will be better adapted to get firmer flatter abs.

The one thing that I won't do however, is to pretend that I am a fitness coach or a nutrition expert or any such individual and presume to tell you exactly what exercises are best for you, how exactly you should do them to get the maximum impact and what you should eat to get the best out of your diet.

Every little piece of advice and knowledge that I have offered up here should be taken as advice only, not as gospel.

To get the best possible advice and knowledge about all facets of getting firmer flatter abs, you should ideally speak with a fitness coach, or a fully trained and qualified individual who can help you with your needs.

Note

Although I have addressed this in a later chapter entitled, “What to do beforehand”, as well as throughout the book, I thought it best to start off with these few words of caution and safety.

If at any point in time you feel that what you are doing doesn’t “feel right”, or maybe you can feel yourself straining beyond your normal endurance point, then you will want to stop what you are doing as soon as possible and consult with your doctor, physician or other such qualified professional to seek help.

Never, ever, go so far beyond your limits that you physically hurt yourself or damage your body in ways that might not fully show itself to begin with, but which will later manifest itself, to the detriment of your health.

Also, before beginning any exercise routines or implementing any diet changes in your lifestyle, you will ideally need to consult with your doctor or physician to assess your fitness level as well as to what degree you will be able to begin your ab-flattening routine.