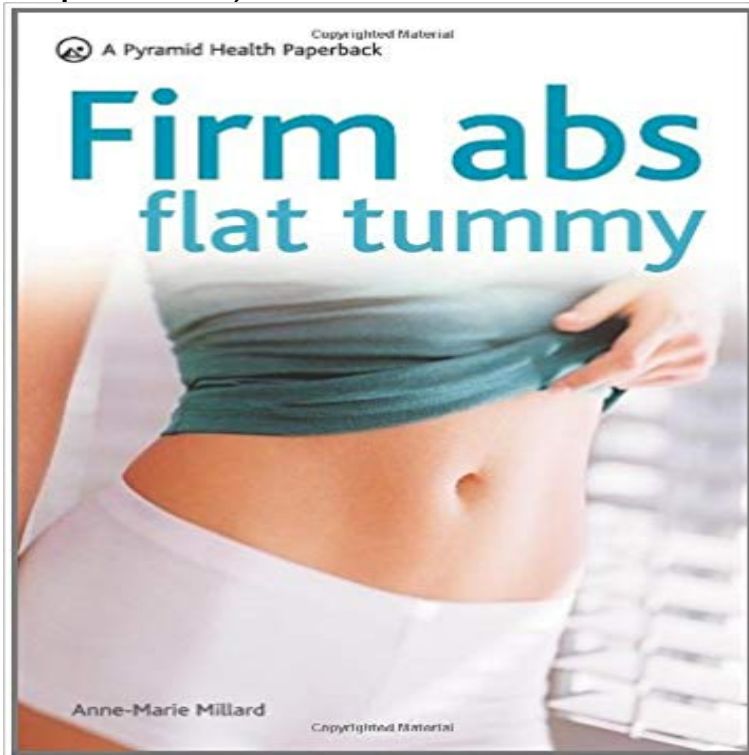


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Most assume that truly toning our tummies is an enormous task requiring huge commitment. However this is not the case, and Firm Abs, Flat Tummy can prove it. This essential guide contains workouts for men and women of all fitness levels, showing you the fastest and the most effective and fun ways to shed weight and get a lean, defined stomach. It also includes pre- and post-natal exercises, with expert advice on regaining your waistline after pregnancy and improving your pelvic floor muscles. The easy-to-follow routines fit into even the busiest lifestyle, and with top tips on healthy eating for even more impressive results, everyone can achieve their perfect figure in just 30 days!

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