



The Abs Diet Personal Trainer

David Zinczenko, Ted Spiker

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Now you can get a personal trainer to work out with you whenever and wherever you want for less than the cost of a new pair of shorts! In his best-selling *The Abs Diet*, David Zinczenko, editor-in-chief of *Men's Health*, developed a plan to boost your metabolism, flatten your stomach, and keep you lean for life. *The Abs Diet Personal Trainer* coaches the listener through a total body workout using *The Abs Diet* exercise plan. Use it at home, in the gym, or when you're on the road.

The Abs Diet workout is the easiest, most effective plan ever. At each level (beginner, intermediate, and advanced), the personal trainer leads you through 35-minute strengthening and resistance training sessions on Mondays, Wednesdays, and Fridays, with shorter routines on Saturdays. Led by health and fitness guru Owen McKibben, this cutting-edge workout includes squats, bench presses, leg curls, lunges, and of course, crunches, to burn calories, sculpt your body, and rev up your metabolism.

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