

Legendary Abs II



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Legendary Abs II by Health for Life Staff, November 1989, Health for Life edition, Paperback

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I was a firm believer in Legendary Abs. They were a great lighthouse in the stormy sea of expert advice. However, I have switched over to Mark <email> and bought his "Total Six-Pack Abs" book. I have followed his 10 week workout cycles for 2 cycles now and I really do have a nice six pack hiding there under about 2% too much body fat.

Legendary Abs.....does It Work? | Bodybuilders Board

LEGENDARY ABS From health for Life Hi! Thank you for ordering Legendary Abs. The routines in this course are the result of four years' research at Stanford University. A research team spent hundreds of hours observing bodybuilders, gymnasts, martial artists, and wrestlers to learn how dedicated athletes approached abdominal conditioning.

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