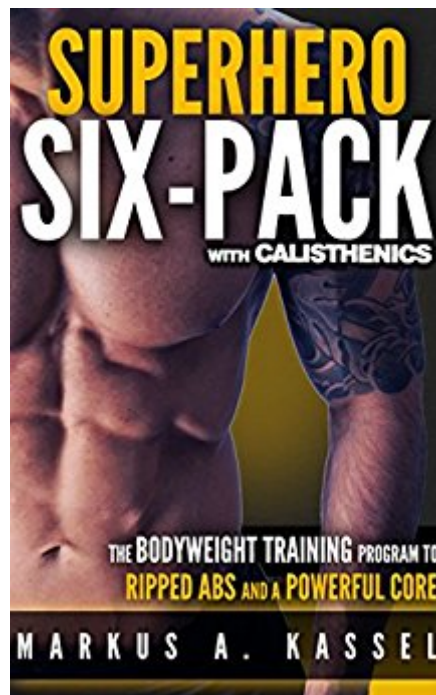




The book was found

Superhero Six-Pack: The Complete Bodyweight Training Program To Ripped Abs And A Powerful Core: (Calisthenics Exercises For Getting Shredded And Developing Extreme Core Strength)



Synopsis

Can't Stand that Spare Tire Anymore? Your Belly Is Bringing You Down, Making You Feel Like Crap and Hurting Your Relationships, Your Physical Performance and Your Dreams? You'd love to regain control, reclaim your health and your confidence but you don't know where to begin? You don't want to kill yourself with yet another rough diet, do cardio for hours on end or waste your time with ineffective exercises that will just end up breaking your back. Get Ripped without Starving to Death or Spending Your Life in the Gym! In "Superhero Six-Pack", I share with you my tried-and-true formula for slimming down in a blink and building a core so powerful you'll be performing feats of strength that'll have you LOOK LIKE A SUPERHERO right out of an action movie! Training and experimenting is my life! My best-selling "Real Life Superman" series has already transformed the existence of thousands of people around the world. Now, with this guide, which is the result of more than 20 years of personal research, I'll show you exactly how to build a body that will be the envy of all! Never Pull Your Hair Out Again, Just Follow the Guide! Unlike other manuals which only scratch the surface, "Superhero Six-Pack" offers a real step-by-step that leaves nothing to the imagination. No guesswork or trial-and-error here; you'll learn how, when and for how long to train. And also when it's time to switch exercises! Every day on this program will bring you closer to your dream. Guaranteed. In fact, give me a few weeks of your time and I'll give you a ripped and powerful 6-pack in return! Now, how does THAT sound for a proposition? Master the Power of Calisthenics and Turn into a Freak of Nature! No need to waste your cash on pills or gadgets; I will teach you how to use your own bodyweight to turn your weakness into an invaluable ally that will improve your life on all levels. Starting with easy progressions, we will harness the power of calisthenics and not only improve your posture and your health, but make you look better than ever! With "Superhero Six-Pack", you'll become more attractive and powerful; you'll finally be rid of that burden and wow other people who'll wonder how you managed to build such an impressive physique. In this book, you will discover: Why most abs training methods fail and what you can do about it; The real secret to getting shredded fast and with ease; The best bodyweight exercises to make your abs pop out and Hulk strong. You will also find out: How to eat to lose as much fat as needed and not feel hungry; How to make cardio fun and how adding only a few minutes of it to your training sessions can greatly improve your results; How to ensure you stay the course and keep to this program until you reach your goals. No matter your present condition, just follow these simple guidelines to make your dream a reality. Leave Your Old Self Behind and

Welcome the New, Better You!! It's time to put a stop to the pain. Being a heavy person hurts more than just your health. But the future is not the past. You're not destined to live in shame and continue to pay the price of your heaviness until your last breath! You can transform your body and change other people's perception. You can become that guy who's drawing all the attention. You can improve your skills in sports, punch harder, kick faster and be more explosive. Don't ever feel self-conscious again when you got to lose the shirt or change into the locker-room. Know how it feels to walk around with the confidence that only a superhero six-pack can provide. Never let your weight bring you down again, click the "Buy" button at the top of the page and get on your way to a Greek god washboard!

Book Information

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Customer Reviews

I downloaded a long with close to half a dozen or so other fitness/health related books and I must say that this read is not only the most professional yet easy to understand out of the ones I've read so far, but it's also the main one that has proven to be the most helpful. What I admire about

the author is that he tells it exactly how it truly is, while offering great advice that *if you are willing many people will benefit from, I am sure*. Author Markus A. Kassel offers readers a straightforward, realistic approach to strengthening your abs and core *and he does so by not beating around the bush or presenting readers with false expectations and pipe-dreams*. I find it refreshing to come across an author that isn't afraid to show that it truly does take dedication and hard work, and that a model-esque six-pack won't just appear suddenly overnight. I already have my own personal fitness routine, but I've incorporated into it some of the methods that the author discusses throughout the book *and I can definitely say I've noticed a difference, as I sure as hell can feel one during the workouts*. I give this book a strong 9 out of 10 and I definitely plan on putting what I've learned into practice more in the following weeks.

Still on the fence about Superhero Six-Pack? Hopefully, my testimonial might help people decide Just do it! For real man, you've got nothing to lose aside from your gut. My gosh, this is serious stuff! After just 2 weeks of going through this program...I've already lost 10 lbs. (of fat mind you) AND I'm only on like the 3/4 level of progressions! WOW! I thought I was above average...but clearly I'm nowhere near "Superhero" level. Markus' programs are seriously the BEST I'VE EVER SEEN!!! I don't say that lightly either...no matter where you're at...this will get you to where you want to be. Simple, easy to follow, no barriers/excuses, progressions, and informative w/o the BS! Great, great stuff! Well done Markus!

I bought this with the goal of strengthening my core. I had no intention of getting a superhero six-pack, but for the first time in my life, I have some definition in my midsection. I have only progressed to the 4th exercise after about 4 weeks, but it is already clear that my weak core muscles have been the cause of lower back strains through my years (I'm 35). I feel significantly stronger. I don't eat like he recommends, although he does lay out several options for you to pick which is best for you. I wasn't looking for a diet change, just some tips to add to my already decent eating habits. All in all, nothing mind-blowing is offered here, but the exercises are certainly improving my overall strength, and the definition is always welcome!

Super-hero six pack is a complete core strengthening and core sculpting program to help you get a ripped or shredded mid-section and a strong flat stomach. The exercises are tough but will get you

results if you keep doing them.

Sound approach to great abs!

Simple and stright to the point. It doesn't offer or prommise any wonderful solution. Just bulletproof general approach tested by many fitness guys. Good exercises proposition but quality of pictures should be much better. Missing information on time between sets.

As with all these types of books there is a bunch of information and you pull out wht you think will help you.

Very good content. Practical easy to implement program with excellent results. I recommend Armor Plated Chest from this,same author as well.

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(calisthenics workouts, calisthenics for beginners, calisthenics books, calisthenics program)

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