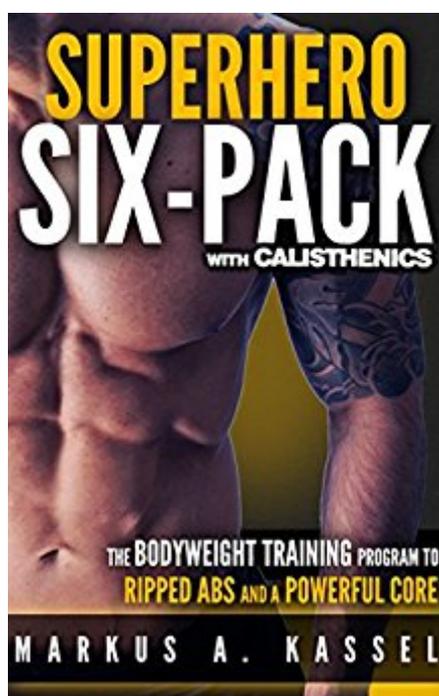


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# Superhero Six-Pack: The Complete Bodyweight Training Program To Ripped Abs And A Powerful Core: (Calisthenics Exercises For Getting Shredded And Developing Extreme Core Strength)



## 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**

The extremely buff and handsome author Markus A. Kassel earned degrees in Psychology and in Communications and a black belt in Karate, and is a ring-tested kick boxer. This combination of educational and physical training has allowed him to accumulate a vast wealth of knowledge, not only on the quickest means to attain one's physical peak but also on what it takes to toughen up mentally and develop a sharp, indestructible mind. In his initial REAL LIFE SUPERMAN books his emphasis was on training and muscle and strength building, becoming tougher and deadlier "how to prepare to defend your self fighting! And that is precisely why he subtitled his edition "Volume

3: How Overcome Your Limitations, Build Self-Confidence and Grow and Invincible Mind. Now he dares us to go for adventure and action to make us truly well rounded ready for anything Supermen. Now he expands his arena of knowledge and coaching in this excellent SUPERHERO SIX PACK “ and if there is any doubt as to his exercise in this field, the photograph of the sculpted hunk on the cover is Markus himself! From Markus’s previous books we have learned he is a pragmatist “ get right down to the problem, teach the way out of the present state and move into the new enhanced you! In his Introduction he shows his character and humor “ a great combination: “ It’s kind of funny when you think about it. Abs represent such a small part of our body | Yet, entire careers have been built around them. I’m not saying it’s the most solid foundation to base your future on, but where would Mark Wahlberg (aka Marky Mark) be today if his midsection had looked like he was going to hibernate for the next six months rather than the shredded six-pack that landed him his Calvin Klein stunt?

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