



Bodybuilding: The 10 Commandments of Six Pack Abs

Kostadin Kostadinov

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MY STORY

Hi, my name is Kostadin. I am a 26-years-old fitness enthusiast and founder of Six Pack Makeover.

I've always wanted to have abs. Not only abs but also a great looking body. When I was 24 years old I started to train. I can still remember my first day at the gym. I had no idea why I was there and where to start.

At the beginning it was extremely difficult. And the reason for that was because I didn't know the rules of the game. In order for you to be good at anything, you must know the rules first.

At that time, I had absolutely no knowledge about fitness, dieting, supplementation... nothing.

Many nights I didn't go to bed. Instead, I was sitting in front of my laptop looking for answers on the Web. I wanted to get abs and I would do anything to achieve that goal.

So far I've read many books and watched hundred of Youtube videos on the topic of getting abs. Now I have the knowledge and know the rules of the game.

And this book is a way for me to pass that knowledge to you. Here you'll find my system for achieving results. My goal with this short book is to give you all the tools that you need to get perfect six pack abs.

The American Philosopher, William James, once said, "Nothing is as fatiguing as the eternal hanging on of an uncompleted task." This quote impeccably captures the quest for a six-pack abs.

If you do not do things by the book, then your quest to realize a well-chiseled six-pack abs might be just a pipe dream that will end at the cul-de-sac of disappointment and disillusionment.

Nonetheless, despite the mountainous task of realizing six-pack abs, this guidebook will be an easier to your quest of six-pack abs.

I have painstakingly laid down Ten Commandments of six-pack abs, and I would recommend anyone starting or amid a quest for six-pack abs to read and follow it and the kingdom of six-pack abs will be theirs.

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Catherine Williams:

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Carlo Young:

Spent a free the perfect time to be a fun activity to perform! A lot of people spend their spare time with their family, or their own friends. Usually they carry out activity like watching television, about to beach, or picnic within the park. They actually do the same every week. Do you feel it? Will you do something different to fill your own personal free time/ holiday? Could possibly be reading a book can be an option to fill your totally free time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to consider look for a book, maybe the publication titled *Bodybuilding: The 10 Commandments of Six Pack Abs* can be a great book to read. Maybe it might be the best activity to you.

Cody Smith:

A lot of people always spend their free time to vacation or maybe go to the outside with their household or their friend. Do you realize? Many a lot of people spend their free time just watching TV, or maybe playing video games all day long. If you wish to try to find a new activity this is look different you can read any book. It is really fun to suit your needs. If you enjoy the book which you read you can spend the entire day to reading a publication. The book *Bodybuilding: The 10 Commandments of Six Pack Abs* it is extremely good to read. There are a lot of individuals who recommended this book. These folks were enjoying reading this book. Should you did not have enough space bringing this book you can buy the e-book. You can more simply to read this book out of your smart phone. The price is not too fund but this book features high quality.

Roger Hodge:

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