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Abs After 30

Dr. Ben Lerner



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Do you wish you had the body you had in high school? Do you see hard bodies on TV and movies and think you'll never be able to look like that? For most Americans, men and women, those bodies are long gone, but they don't have to be. If you want abs or the flat stomach of youth, this book will show you how to them again, and how to maintain them. We'll show you people in their 30's, 40's 50's and beyond who have rock-hard abs, and we'll help you be one of them. Visit http://

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