



The New Abs Diet for Women: The Six-Week Plan to Flatten Your Stomach and Keep You Lean for Life

David Zinczenko, Ted Spiker

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The New York Times bestseller is back, featuring new research, plus new exercises and nutrition plans to help you achieve even faster weight loss

Women's Health has loaded this new edition with more useful tips, body-sculpting exercises, and delicious new recipes using the Abs Diet Power 12 Foods, which are scientifically proven to burn fat, build muscle, fight heart disease, and boost the immune system. The New Abs Diet for Women - by David Zinczenko with Ted Spiker - also contains bonus workouts that target the legs and butt, moves that incorporate yoga and Pilates, and new interval workouts that burn off pregnancy weight.

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