



# Essential Abs: An Intense 6-Week Program (Men's Health Peak Conditioning Guides)

*Kurt Brungardt*

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A six-pack of muscles or a six-pack of beer?

For the average guy, wasting money on an impossible workout book for abs just isn't worth it. But in *Essential Abs*, ab master Kurt Brungardt has created a simple routine that will bring maximum results-- fast. His step-by-step, 6-week program shows you how to make ab exercises more effective by integrating them into a quick total-body workout. Whether you're a couch potato or a fitness fanatic, Brungardt helps you fine-tune your techniques for rock-hard abs in no time.

YOU'LL LEARN:

- \* The 11 commandments of self-improvement
- \* How much water you *really* need
- \* How to drop those lame excuses and get motivated
- \* The best ab exercises for sports
- \* Modifications that eliminate neck strain

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