



# The 30 Day Abs Challenge (Workout Program)

*Arnel Ricafranca*

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**The 30 Day Abs Challenge (Workout Program)** Arnel Ricafranca

The 30 Day Abs Challenge (Workout Program)

A Workout Program Focusing on Ab and Core Exercises

Performed by Arnel Ricafranca

Part of the Workout Series line of eBooks

Part of “The Workout Nation” community

When performing any athletic movement such as throwing a football, swinging a golf club, or performing a roundhouse kick, the power is generated from your core and travels to your extremities.

The 30 Day Abs Challenge focuses on the fundamentals of power generation and core stability without the use of any equipment.

These core based workouts strengthen your entire midline and core for an overall increase in any athletic performance. As a result this program will help you develop a nice set of abs.

This book provides 30 days of abdominally focused workouts that can be performed by themselves or in conjunction to your daily workout routine for advance users.



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