



Muffin Top Exercises: Get Rid of Your Muffin Top

By Eric Newman

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Wishing for a toned, flat stomach and doing hundreds of sit-ups a day doesn't work. So what does work? In this book you will learn how to get rid of your muffin top, forever, with just twenty minutes of simple, effective exercises per day. The Muffin Workout is for those who are ready to lose their muffin top once and for all. It's designed to shrink your waist, strengthen your core and eliminate body fat. You may have heard the term Muffin Top recently but it's not referring to your favorite breakfast food. A Muffin-top is the slang term of overhanging fat when it spills over the waistline of pants resembling a muffin spilling over its casing. This generally occurs when an individual wears low-rise, tight pants, or tops that are too small. No matter what you call it, women around the globe suffer from this stubborn bulge spilling over their waistband. And no matter how many sit-ups you do, it just won't melt away. This is not a cookie cutter Ab workout. The...



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