



# Ultra-Ripped Abs (Musclebuilder's Body Parts Series)

*Robert Kennedy*

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## **Ultra-Ripped Abs (Musclebuilder's Body Parts Series) Robert Kennedy**

Create rock-solid upper, middle and lower abs with regimens that combine weights and machine routines with diet and stretching. Kennedy's best abdominal exercises -- the 15 fastest, safest, most effective ones. Step-by-step instructions, training-room photos.

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