



A Flat Stomach ASAP

Ellington Darden

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Designed specifically for busy people, *A Flat Stomach ASAP* is your daily plan of action—whether at the gym or at home, with or without equipment—to get the look you want as soon as possible.

A great body begins with a flat stomach...

The secret to losing waistline pounds and inches quickly is ASAP, an acronym for Awareness, Science, Application, and Persistence. This successful method for achieving a lean body and a flat stomach includes a powerful new concept called superhydration. It's a fact: drinking large amounts of water daily synergizes your eating and exercising, accelerating fat loss and stomach flattening. Now nationally renowned fitness expert Ellington Darden brings you the program that tells you how to reshape, tighten, and shrink your stomach the way top competitors do—and to do it faster than you dreamed possible. With step-by-step instructions, Dr. Darden details a method that can help you lose from 7 to 11 pounds of fat and 2 1/2 inches from your midsection in as little as two weeks—and see even more dramatic results in six weeks.

Discover:

- The no-fad eating plan based around five daily “minimeals”
- Exactly how to superhydrate to accelerate weight loss
- The super-slow style of strength training that brings super-fast results—in less than thirty minutes a session

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