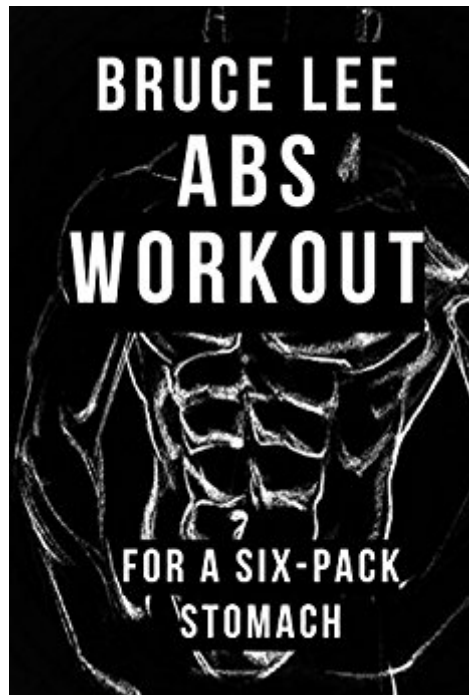




The book was found

# Bruce Lee Abs Workout For A Six-Pack Stomach



## Synopsis

Do you want to know how Bruce Lee built such perfect abs? Discover what types of core exercises he did and find sample workout routines here in this one-of-a-kind book - and all written by an author who gets much of his information direct from sources who knew Bruce personally; for example from Bruce Lee's best friend as a teenager - someone who sat next to Bruce at School in Hong Kong. Almost all of Lee's body parts were perfect but his abs were the best. He had an extremely great looking midsection that was hard as stone. His abs were defined and looked like a washboard. He was especially good at core training. He was always searching for new types of exercises in order to maximise the strength of his abdominal muscles. There are many advanced exercises linking to his name - and all are included here in this book for the first time ever (plus book references he used). Maybe, the most famous one is the Dragon flag. You will also see that he mainly did bodyweight core exercises such as various leg raises, sit-ups, and twists. On the other hand, he sometimes used equipment for example dumbbells. Most of the Bruce Lee ab exercises can be done at home. In summary, I have collected the best abdominal exercise and fitness routines from the 1960s-70s that Lee would have - and did - use; and in which you can learn what kind of abs exercises he employed. Why wait any longer - its time to get Bruce Lee Abs!

## Book Information

File Size: 7341 KB

Print Length: 58 pages

Publication Date: April 11, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B071QWY9PP

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #506,047 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #31

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Ab Workouts

#82 in Books > Health, Fitness & Dieting > Exercise & Fitness > Ab Workouts #390 in Kindle

## Customer Reviews

Basically just the same workouts you'll find on any website, magazines, DVDs, etc. would return it if I could did not have that option.

[Download to continue reading...](#)

Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout Routines, Workout Books, Workout Plan, Abs Workout, Abs Training) (Bodybuilding Series) ABS: The Ultimate Guide on How to Gain Six Pack Abs Fast (Abs Exercise- Abs Bible- Abs Diet for Men- Abs Diet for Women- Abs after 40 - Abs over 40) Bruce Lee Abs Workout For A Six-Pack Stomach Bruce Lee: Letters of the Dragon: An Anthology of Bruce Lee's Correspondence with Family, Friends, and Fans 1958-1973 (The Bruce Lee Library) Bruce Lee Striking Thoughts: Bruce Lee's Wisdom for Daily Living (Bruce Lee Library) Bruce Lee Jeet Kune Do: Bruce Lee's Commentaries on the Martial Way (Bruce Lee Library) Six Pack Abs 365 - How To Get And Keep Your Six Pack Abs All Year Long The Ultimate Sexy Six Pack Abs Guide: 30 Days Diet and Workout Plan to Burn Abdominal Fat and Get a Six Pack The Isometric Exercise Bible: A Workout Routine For Everyone (abs, building muscle, anti aging, exercise workout, home workout Book 1) Bruce Lee: The Celebrated Life of the Golden Dragon (Bruce Lee Library) Bruce Lee Letters of the Dragon: The Original 1958-1973 Correspondence (The Bruce Lee Library) Bruce Lee: Artist of Life (Bruce Lee Library) Jeet Kune Do: Bruce Lee's Commentaries on the Martial Way (Bruce Lee Library) Six pack sixties: getting six pack abs in your sixties The New Abs Diet: The 6-Week Plan to Flatten Your Stomach and Keep You Lean for Life (The Abs Diet) The New Abs Diet Cookbook: Hundreds of Powerfood Meals That Will Flatten Your Stomach and Keep You Lean for Life! (The Abs Diet) Simple Six Pack Abs Strategy: 5 Easy Ways To Get Ripped Abs in 6 Weeks Abs Bible: 37 Six-Pack Secrets for Weight Loss and Ripped Abs: Bodybuilding Series, Book 3 Ultra HD Abs Workout: The Ultimate Guide to Getting Ultra-Abs The Skinny NUTRiBULLET Lean Body Abs Workout Plan: Calorie counted smoothies with 15 minute workouts for great abs

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)