
Circus Abs

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Medical Advisory

The information and workout procedures provided in this guide are very intense and should not be attempted by anyone unless a doctor has cleared you for such an intense workout.

If you have any existing health problems that would prohibit you from taking part in any of these activities, you should refrain.

As always, you should clear this program with your doctor before you begin.

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About This Report

A while back one of my readers told me he stumbled upon a great new ab training workout. I was skeptical, as you might imagine how many emails I get like this every single day.

But he sent me the link (it was a free youtube video) and two things jumped out at me:

#1) This was the core training workout from a cirque du soleil performer. And if you've seen those guys, you know they are all crazy strong and crazy ripped.

#2) In the video they mentioned that if you can complete this workout at the highest levels, you'll never have any back problems for as long as you live.

Many people in my family suffer from back problems so I thought that was interesting. So I watched the video and I thought this ab training routine would make a fine addition to any program of diet and exercise.

Have a look and try it for yourself. Be warned you'll need to start slow and build. (Example, if he calls for 2 minutes of an exercise, don't be surprised if you need to start with 20-30 seconds.)

Here's the link: Circus Ab Training
<https://www.youtube.com/watch?v=b1K0BdjnNks>