

By Adam Bornstein The Men's Health Big Book:  
Getting Abs: Get A Flat, Ripped Stomach And  
Your Strongest Body Ever--in (1st Edition)  
By Adam Bornstein



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Adam Bornstein is the author of The Women's Health Big Book of Abs (4.21 avg rating, 19 ratings, 1 review, published 2012), The Men's Health Big Book (3.

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