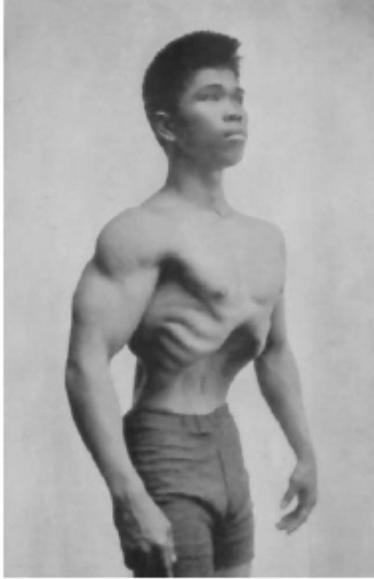

The Voodoo Ab Trick

*******Special Report*******

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What Is It?



The Stomach Vacuum

Check out the photo on the left.

The exercise being demonstrated is called "The Stomach Vacuum."

The stomach vacuum is an old-school exercise that seems to have been forgotten about.

And that's a shame because this exercise can have some impressive results – and it's easy to perform.

It's heard stories of people shrinking their waist by 3 inches in 3 weeks with this exercise.

Performing the exercise is simple. Just exhale all the air OUT of your lungs and draw your stomach IN as far as you can. Then hold the position for 10 seconds.

You'll want to repeat this throughout the day. Try and perform 20 vacuums per day. At 10 seconds a piece, that's only about 3 minutes a day. You can spare 3 minute a day, right?

One good way to remember to perform the exercise is to do the movement everytime you get stopped at a red light.

An advanced form of the exercise is do the movement on your hands and knees. This makes the movement slightly more difficult since you now have to fight against gravity to pull your stomach up and in.



Arnold Schwarzenegger

As you can see from the photo on the left, Arnold and other classic bodybuilders of that era often practiced the vacuum to help shrink their waists.

And it works for ladies too.

The stomach vacuum targets your transversus abdominus muscles – which essentially act as a corset.



Try this “voodoo” ab trick for three weeks and you'll see and feel the difference.



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Medical Stuff

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