



# Bodybuilding: The 10 Commandments of Six Pack Abs

*Kostadin Kostadinov*

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## MY STORY

Hi, my name is Kostadin. I am a 26-years-old fitness enthusiast and founder of Six Pack Makeover.

I've always wanted to have abs. Not only abs but also a great looking body. When I was 24 years old I started to train. I can still remember my first day at the gym. I had no idea why I was there and where to start.

At the beginning it was extremely difficult. And the reason for that was because I didn't know the rules of the game. In order for you to be good at anything, you must know the rules first.

At that time, I had absolutely no knowledge about fitness, dieting, supplementation... nothing.

Many nights I didn't go to bed. Instead, I was sitting in front of my laptop looking for answers on the Web. I wanted to get abs and I would do anything to achieve that goal.

So far I've read many books and watched hundred of Youtube videos on the topic of getting abs. Now I have the knowledge and know the rules of the game.

And this book is a way for me to pass that knowledge to you. Here you'll find my system for achieving results. My goal with this short book is to give you all the tools that you need to get perfect six pack abs.

The American Philosopher, William James, once said, "Nothing is as fatiguing as the eternal hanging on of an uncompleted task." This quote impeccably captures the quest for a six-pack abs.

If you do not do things by the book, then your quest to realize a well-chiseled six-pack abs might be just a pipe dream that will end at the cul-de-sac of disappointment and disillusionment.

Nonetheless, despite the mountainous task of realizing six-pack abs, this guidebook will be an easier to your quest of six-pack abs.

I have painstakingly laid down Ten Commandments of six-pack abs, and I would recommend anyone starting or amid a quest for six-pack abs to read and follow it and the kingdom of six-pack abs will be theirs.

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