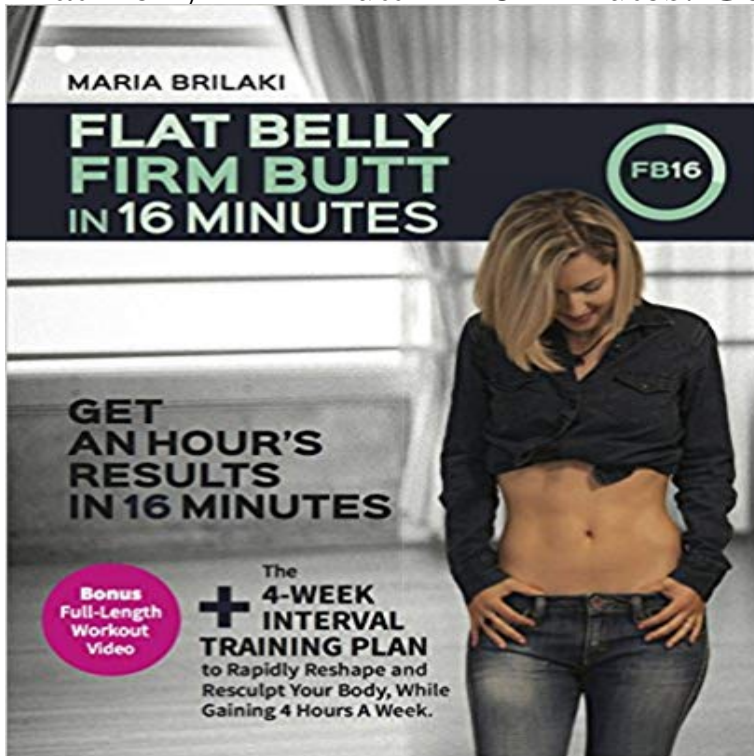


## Flat Belly Firm Butt in 16 Minutes: Get An Hours Results in 16 Minutes



Just 16 Minutes. Just 3 times a week. Accelerated Results. No Excuses. Ditch your hour-long gym class. FB16 will give you better results. Just 16 minutes 3 times a week is all you need. - Maria Brilaki, creator of Flat Belly, Firm Butt in 16 minutes

Heard the news? Turns out that longer workouts don't necessarily deliver better results. Studies have shown that short, intense workouts can deliver the same, or even better, results - in less time. And that's what FB16 is all about: GETTING MORE with LESS. With this book you'll:

- Use High Intensity Interval Training (HIIT) to cut more than an hour from your workout, and still get better results.
- Spend that extra hour you just saved, playing with your kids, reading a book, or advancing your career.
- Get clear instruction with 300 photos describing the 120+ most efficient exercises and stretches - and their modifications - for your abs, butt, legs, and upper body.
- Receive a progressive, 4-Week plan with 6 full-length workouts that will completely reshape and resculpt your body.
- Receive the bonus, full-length workout in HD video, and work out anywhere, anytime! Exercise less. Sculpt an even better body.

Abravanel's World of Torah, upon completion, will comprise a multi-volume set of Don Yitzchak Abravanel's commentary to the Five Books of Moses. This series is not a linear translation but rather a methodical, structured interpretation of Abravanel's commentary. It is designed to be read and studied independently or can be used as an excellent guide and helpful companion to the Hebrew original.

Abravanel's World of Torah: Bereshit was originally published by Torah Renaissance Press in 2012. This was followed by a Second Printing (2nd Ed.) in 2013 and a Third Printing in 2014.

Abravanel's World of Torah: Shemot Volume I covers the first six parshiyot in Sefer Shemot. This volume features a systematic translation of Abravanel's classic commentary beginning with Parashat Shemot until the end of Parashat Mishpatim, plus much more.

Abravanel's World of Torah: Shemot Volume II concludes Sefer Shemot. It features an in depth analysis of the Mishkan (Tabernacle), the Thirteen Attributes, and much more.

Vayikra is due out in the Spring of 2017.

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