



# Get your Abs Back!

Contact: Nicole Carter

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[https://county-marketplace.com/miscellaneous/get-your-abs-back\\_kelso\\_6053](https://county-marketplace.com/miscellaneous/get-your-abs-back_kelso_6053)

Address:

112 N Maple Street, Longview, Kelso

Price:

200.00 \$

Brand new, never opened Abdominal Connections program. The Abdominal Connections program teaches you how to safely modify daily activities; from carrying your baby to getting out of bed, so you can feel confident getting through your day without worsening your condition and protect any progress you've already made. They even offer Video On demand, which allows you to take charge of your workout using safe and effective exercises that not only facilitate healing your diastasis but tone and strengthen your entire body.

As with any muscular injury it takes time to heal, but by following the Abdominal Connections program you can feel confident that your recovery will be efficient and effective.

Go at your own pace \* make your own schedule \* define your body \*

Get your Abs Back! Close the gap! Here's what you get:

Phase 1 Package (\$495 Value!)

Abdominal Connections Resistance band

Latex based, durable, controllable resistance.

The Abdominal Connections Phase 1 manual

100 page color printed manual contains all the information you'll need during the rehabilitation process including: How to carry your baby, How to correct your posture, How to

modify your carlin, as well as illustrated descriptions of every exercise in the Stage 1 DVD  
Abdominal Connections Phase 1 DVD



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