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Bodybuilding.com's senior content editor Bill Geiger recommends these two splits in the article "5 Foolproof Steps to Elite Muscle Growth." However you arrange them, stick with the program for six weeks to allow it to work. After that, change the program variables dramatically, or perform a cycle of strength work to improve on the main lifts.

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It provides the anatomic treasure map to the three zones of your midsection: the upper abs, the lower abs, and the obliques. Each muscle zone requires a different set of exercises. This chapter delivers all the crunches, raises, twists, and turns you need in order to sculpt a sizzling six-pack.

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