

## I'm working on abs and crunches...but I didn't get any results

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Hi...I'm working on abs and crunches...but I didn't get any results...can you guide me?



Abs are made in the kitchen not in the gym. Start working on your nutrition.

Read this: <http://www.omnifarious.net.pk/index.php/blog/86-posts/fatloss/88-six-smart-fat-loss-questions>

and this:

<http://www.omnifarious.net.pk/index.php/blog/85-posts/success/91-can-you-share-the-love-handles-reducing-smart-not-hard-exercise-that-works-wonders>

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