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Try our new ABS Beta site Complete your survey Find data for your region Although I'm now in my 30s, when I was a teenager, like most teens, I wanted six-pack abs. That teenage desire for six-pack abs remained with me over the years. Library of Congress Cataloging-in-Publication Data Smith, JJ 6 Ways to Lose Belly Fat Without Exercise! / JJ Smith, First Edition 1. Health/Diet 2. The leading source for six pack abs workouts, nutrition, exercises, and supplements. Learn how to get six pack abs with our free videos!