

# Athletic Abs By Scott Cole;Tom Seabourne

By Scott Cole;Tom Seabourne

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Seabourne Tom. You Searched For: The Pocket Idiot's Guide to Great Abs. Seabourne Ph.D., Tom. Published by Alpha. ISBN 10: 1592574416 ISBN 13: 9781592574414.

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Scott Cole burst onto the fitness scene when he starred in the bestselling videos "Abs of Steel," "Millennium Stretch," and "Discover Tai Chi" video series.

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APA Citation. Cole, Scott,Seabourne, Thomas. (2003) Athletic abs /Champaign, IL : Human Kinetics, MLA Citation. Cole, Scott,Seabourne, Thomas.

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The Title "Athletic Abs " is written by Scott Cole. This book was published in the year 2002. The ISBN number 0736041214|9780736041218 is assigned to the Paperback

<http://www.printsasia.co.uk/book/athletic-abs-scott-cole-tom-seabourne-0736041214>

Abdominals are the stubborn problem area for exercisers of all fitness levels and both genders. Athletic/fitness trainers Scott Cole and Tom Seabourne belly up to the

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Contact Scott Ward April 7, Athletic Abs by Scott Cole and Tom Seabourne. Scott Ward is currently an Exercise Therapist at Hillside Physical Health and Fitness.  
<http://athleticabs.com/contact/>

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