

Fighter Abs Review Reveals Truth About Program on HealthyAndFitZone.com

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HealthyAndFitZone.com, a company that specializes in providing information on popular health and fitness programs, has published their review on the Fighter Abs program. The company stated that they have taken great care to ensure that their Fighter Abs review is completely unbiased and full of helpful information for their readers.

The Fighter Abs program is a 28-day training plan that has been designed by the North American Muay Thai Champion, Andrew Raposo. The goal of the training plan is to help people to naturally sculpt their bodies at home, but without using any type of equipment.

The company made the following statement: "When we first got our hands on the program, we were a bit cynical. Everybody knows just how difficult it is to completely shed unwanted fat and create an excellent physique in only 28 days." However, after closely inspecting the program, HealthyAndFitZone.com understood why Andrew Raposo rightfully makes those claims. "Fighter Abs is, as you might imagine, aimed at those who are already pretty fit and looking to strip off those last ounces of fat and let their abs shine forth to the world," the company said.

The Fighter Abs 28-day training plan consists of a three phase formula that requires people to work out 15 minutes per day. The first phase focuses on the foundation of the program. The second phase then helps people improve their core strength and gets them ready for the final phase which is known as competition prep.

Overall, Andrew Raposo's Fighter Abs review seems to be very positive with only one con, which is that it is extremely difficult. However, it is not so much a con, because no matter what type of work out a person carries out in order to sculpt their bodies, they have to put in that extra effort.

For those who would like more information on the review or would like to know how to access Fighter Abs, please go [here](#). Here, interested parties will be able to read through all of the benefits associated with this

28-day training plan. Once people buy the program, they will be backed up by a 100% money back guarantee, which is valid for 60 days.

To access the complete Fighter Abs review, then go to: <http://healthyandfitzone.com/fighter-abs-review>.

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HealthyAndFitZone.com

HealthyandFitZone.com is a website designed to break down all the latest health and fitness fads and programs to help consumers make better decisions.

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