

The background of the entire image is a photograph of a muscular man's torso, showing his six-pack abs and pectoral muscles. He is wearing a dark, possibly black, garment. The lighting is bright, highlighting the contours of his muscles. In the upper right corner, there is a logo for 'MUSCLEMAN' in a stylized, blocky font. Below the logo, the authors' names are listed. The main title 'Six-Pack Abs' is written in a large, bold, light blue font with a black outline. Below that, 'in 60 Days' is written in a similar style. At the bottom, a subtitle is written in a smaller, italicized font.

**MUSCLEMAN**

By Robert Kennedy  
and Dwayne Hines II

# **Six-Pack Abs**

# **in 60 Days**

*The Easy Way to  
a New, Slimmer Midsection*

# Sixpack Abs In 60 Days The Easy Way To A New Slimmer Midsection

**R Bogdan**



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