

GET JENNIFER ANISTONS ABS: THE HOW-TO GUIDE

Elayne Keith Proffer

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Jennifer Aniston's trainer Mandy Ingber shares the top three exercises for flat abs that Jen relies on to get that gorgeous toned core. . But we have your go-to guide for zapping back fat in no time – from what workouts you should be doing all.

Jennifer Aniston Workout Routine and Diet: How she Stays in Shape throughout her Career

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Related books: [Fatal Lesson](#), [Rainbow Magic: Georgia The Guinea Pig Fairy: The Pet Keeper Fairies Book 3](#), [A Mothers Dream and Other Stories](#), [The Judas Coin](#), [The New Adventures of Pi](#).

But Aniston's all-time favorite? Complete three rounds of circuit one, taking little to no rest in between each exercise and 45 to 60 seconds of rest in between each round. Do 10 reps.

Herno-fussdietandfitnessapproachissurprisinglyeasytoadopt. Instead of immediately heading to the pantry for a bag of granolaAniston revs her metabolism with a soothing drink: warm lemon water. Want to Read Currently Reading Read. Another treat she's spoken publicly about in the past are grapes, served up in I'll start with that to just kind of calm myself before I head out to exercise.