

# Fighter Abs 2.0 Review - Can Andrew Raposo's New Program Burn Fat & Develop Abs In Just 28 Days?

*Fighter Abs 2.0, the new ab workout system from Andrew Raposo has caught the attention of Josh Houghton from TrustworthyFitness.com to perform a in-depth review*

COLUMBUS, GEORGIA, USA, August 21, 2015 /EINPresswire.com/ -- [Fighter Abs 2.0](#) is a 3 phase fat-burning, ab workout system from Andrew Raposo which claims to help individuals target lower belly fat and melt 3 inches off of the waist in 28 days without making changes to diet. These claims have people wondering if this is possible. It's for these reasons that online fitness product reviewer Josh Houghton of TrustworthyFitness.com has decided to take a deeper look at [Fighter Abs 2.0](#).

"The purpose of this [Fighter Abs 2.0 review](#) is to determine if the claims made by Andrew Raposo's are legit. The author claims that in just 28 days an individual can lose 3 inches and get six pack abs without any equipment, any changes to the diet and working out for just 15 minutes a day. I've reviewed a lot of fitness and workout programs and at first this screamed false, but as I conducted my Fighter Abs 2.0 review I started to change my mind and opinion on this fat-burning & ab workout program. The review can be found on my website here, but in the meantime I want to provide an overview," reports Houghton.

Fighter Abs 2.0 is the creation of North America Muay Thai champion and two times gold medalist in boxing, Andrew Raposo. According to Raposo, one of the main reasons most individuals fail to get a flat stomach or even six-pack abs is because they have been training their abs the wrong way. It's a common belief among many fitness professionals that diet is the most important factor in achieving these results, but according to Raposo this is just flat out wrong. Traditional ab exercises such as crunches, planks, cardio and high rep ab exercises do more damage than good and typically leave the individual with back and neck pains and barely any reduction in belly fat.

The key, according to Fighter Abs 2.0 author Andrew Raposo is specific exercises and movements which are the exact same ones used by professional fighters, athletes, celebrities and boxers. This is where the name, Fighter Abs comes from.

"The 28 day workout system which is for men and women focuses on using shorter, more intense workouts which more of a carry over affect than longer, drawn out workouts. This leads to better results in a much faster time and the entire program only requires a commitment of 15 minutes a day which is great for those who live a busy lifestyle. All of the workouts can be done from home without any equipment and the movements can be modified to fit an individuals current level of fitness," states Houghton.



Fighter Abs 2.0

"During my Fighter Abs 2.0 review and going through the material I realized that Andrew went into far more detail than other ab workout/training programs I've reviewed in the past. Andrew background as a professional fighter is an advantage in my opinion as he spent years training and conditioning his body and that same experience and knowledge is present through the Fighter Abs 2.0 program. The 3 phase formula he uses within this program is what makes it so effective. His program is also presented in a progressive manner which allows users to start at a beginner state, move toward intermediate and eventually progress to Advanced," says Houghton.

Fighter Abs 2.0 is broken down into 3 phases which are The Foundation Phase which ignites the individuals metabolism to allow the body to burn fat at a much more effective and faster rate. The Ab Revealing phase is where individuals will start to see belly fat melt away which allows them to start to see their abs. The Final Perfection phase is the third and final one and this is where the workouts target the lower belly fat and where users begin more advanced ab shredding movements.

The Fighter Abs 2.0 system is a complete system which provides individuals with all the tools they need to succeed. When an individual purchases the program they will receive the following items. Done for you video coaching which is the backbone of the entire program. These are step by step, detailed follow-along videos where Andrew Raposo walks you through every step. Individuals will get beginner, intermediate and advanced workouts. Individuals will also receive a 12 Week Blueprint and a Exercise Guide as well.

In addition to the main components users also get access to 5 free bonuses which help to round out the program. These bonuses include the Get Mobility Like A Fighter 2.0 instructional videos which help to increase mobility and flexibility. Also included are the Get Mobility Like A Fighter 2.0 4-Week Blueprint, Exercise Manual, 7-Day Rapid Fat Loss Accelerator Guide and the Mindset Solution manual.

Andrew Raposo is even offering a 100% 60-day money back guarantee for anyone who feels it's not a great fit for them. So there is no risk in giving it a go for a few weeks to see if it's a good fit. This is a solid ab workout programs and a bonus is that it actually helps to burn fat and develop your abs.

For people interested in learning more about Fighter Abs 2.0, click here:<http://trustworthyfitness.com/go/fighter-abs-2-0-pr/>

To read a detailed Fighter Abs 2.0 review please visit:<http://trustworthyfitness.com/fighter-abs-2-0-review/>

Press release courtesy of Online PR Media: <http://bit.ly/1NzSntv>

Josh Houghton  
TrustworthyFitness.com  
706-225-9258  
email us here

---

This press release can be viewed online at: <http://www.einpresswire.com>

Disclaimer: If you have any questions regarding information in this press release please contact the company listed in the press release. Please do not contact EIN Presswire. We will be unable to assist you with your inquiry. EIN Presswire disclaims any content contained in these releases.

© 1995-2018 IPD Group, Inc. All Right Reserved.