

Forum:[Hack Forums](#)

Thread: [?? ? ? \[\\$10\] Get Abs Sitting at your Computer in 2 weeks! \[Updated\]\[Foolproof\]? ? ? ?](#)

Neal Caffrey - October 5, 2012, 5:20 am

Title: Abs in 2 weeks!

Author: Neal Caffrey

Pages: 2

Description: In this eBook, I will be teaching you how to get more Prominent Abs in 2 weeks sitting at a computer. It's profoundly easy, and anyone can do it.

No purchase of equipment is required!

Payment Options: PayPal, LR, Bitcoins, AlertPay, Zynga Poker Chips, Amazon Giftcards

Copies Available: Unlimited

Copies sold: 34

Resale Rights: \$40

Price: \$10

Reviews:Spoiler ([Click to View](#))

2 Have been removed, as they were not official Reviews.

(Oct 5, 2012 05:30 PM)David Wrote: [\[CITE\]](#) Vouch! In the ebook stands cleary what you need to do to get abs, I am going to do this for 2 weeks and see what I will get from this method! It is easy to do, even for noobs.

David (Oct 5, 2012 05:56 AM)The Dark Knight Wrote: [\[CITE\]](#) He sent me a review copy...

This eBook will show you how to strengthen your abs, no doubt, you will get results.

I recommend this eBook.

Note: You should do these exercises in combination with cardio exercise to improve results.

(Dec 29, 2012 09:04 PM)boy-0 Wrote: [\[CITE\]](#) After using this method for only a few weeks, I've lost 7 pounds (And I'm far from overweight) and I've noticed a ton more definition in my abs (still a two pack or so, but it's getting there. I'm pleasantly surprised since I haven't been thinking about the method as much as I should have) I'm just pissed I didn't think of this method :) Vouch 100% and its worth every lent.

Please PM me for my payment details.

Post here before you PM me, so I know your eligible to post in the marketplace.

Want it for free?

Refer 2 people and I'll send it to you for free!

LolZ Gym - October 5, 2012, 5:24 am

Vouch for this guy !

He's legitimate, GLWS !

Neal Caffrey - October 5, 2012, 5:27 am

Thanks very much, I appreciate it <3
Hope to get this up and running (:

.Blank - October 5, 2012, 5:27 am

It's impossible to get abs from simply sitting at your computer.
I'm not trying to sales trash but how could this be possible?

Neal Caffrey - October 5, 2012, 5:30 am

(Oct 5, 2012 05:27 AM)The Dark Knight Wrote: [\[CITE\]](#) It's impossible to get abs from simply sitting at your computer.

I'm not trying to sales trash but how could this be possible?

Buy my eBook and find out ;)

I used it on myself, and it works fantastically.

Although you won't get the Abs that the movies stars have.

I've given out 1 Review copy, waiting for a review now.

.Blank - October 5, 2012, 5:33 am

(Oct 5, 2012 05:30 AM)Neal Caffrey Wrote: [\[CITE\]](#) Buy my eBook and find out ;)

I used it on myself, and it works fantastically.

Although you won't get the Abs that the movies stars have.

I've given out 1 Review copy, waiting for a review now.

If you could not give me a copy, but briefly describe the method (in PM), I would be grateful. I see no way that this could be possible.

Unless you had a treadmill + situp bench next to your computer

Geld - October 5, 2012, 5:36 am

I PMed you about the vouch copy, would be awesome if it works ;)

Neal Caffrey - October 5, 2012, 5:37 am

(Oct 5, 2012 05:33 AM)The Dark Knight Wrote: [\[CITE\]](#) If you could not give me a copy, but briefly describe the method (in PM), I would be grateful. I see no way that this could be possible.

Unless you had a treadmill + situp bench next to your computer

Nah bro, ever heard of the AbStrecher pro? (:

But in all seriousness, i'll give you an rough idea.

.Blank - October 5, 2012, 5:38 am

(Oct 5, 2012 05:37 AM)Neal Caffrey Wrote: [\[CITE\]](#) Nah bro, ever heard of the AbStrecher pro? (:

But in all seriousness, i'll give you an rough idea.

Thanks.

I'm just very sceptic about eBooks like this.

Neal Caffrey - October 5, 2012, 5:42 am

All the review copies have been given out now.

Waiting for the reviews (:

Geld - October 5, 2012, 5:46 am

Looks good, making a review in a couple of hours since I am on my phone right now.

David

Neal Caffrey - October 5, 2012, 5:53 am

(Oct 5, 2012 05:46 AM)David Wrote: [\[CITE\]](#) Looks good, making a review in a couple of hours since I am on my phone right now.

David

Not a problem, thanks for the update again.

.Blank - October 5, 2012, 5:56 am

He sent me a review copy...

This eBook will show you how to strengthen your abs, no doubt, you will get results.

I recommend this eBook.

Note: You should do these exercises in combination with cardio exercise to improve results.

EXPLICIT CONTENT - October 5, 2012, 6:00 am

Vouch to Neal Caffrey! A great and a legit guy!

Review of the ebook (Ratings on a scale of 1-5)

Great ebook, easy to read, follow, inspirational.

I really suggest this ebook. It will not instantly give you rock hard abs but this will improve your abs for sure after a little time and effort.

Quality of the ebook, information: 4.5/5

Quality of this ebook is great, it's done nicely and it includes absolutely everything that something like this needs!

Seller talks about his own experience with it, it's a great inspiration. I am impressed!

Ease of Use: 5/5

This ebook was really easy to read, includes a video, really easy to follow the steps. Only takes inspiration and dedication!

Layout: 4.5/5

It was easy to read, all is properly put together, has sections which makes it alot easier to read. Should have some more colours in it and a few pictures but isn't really necessary because you can do everything in this ebook just without them.

Grammar: 5/5

I did not find any grammar mistakes, good job!

Originality: 4/5

Well I have never seen a guide like this and I never knew if this method would work but I have thought about it.

I don't think anybody else has written an ebook about it and I am glad someone did. Good job writer!

Thanks,

Erki

EvilQB - October 5, 2012, 11:32 am

Vouch for Neal, HQ member, will teach you to work dem abs.

Geld - October 5, 2012, 5:30 pm

Vouch! In the ebook stands clearly what you need to do to get abs, I am going to do this for 2 weeks and see what I will get from this method! It is easy to do, even for noobs.

David

organic - October 5, 2012, 6:38 pm

This title is so misleading. You can't get abs in 2 weeks from sitting at your computer. What if I was 500lbs? Would you tell me I can get it then?

Neal Caffrey - October 5, 2012, 6:43 pm

(Oct 5, 2012 06:38 PM)luminate Wrote: [\[CITE\]](#) This title is so misleading. You can't get abs in 2 weeks from sitting at your computer. What if I was 500lbs? Would you tell me I can get it then? If your willing to work hard enough for it, I'll still say its possible.

organic - October 5, 2012, 6:45 pm

(Oct 5, 2012 06:43 PM)Neal Caffrey Wrote: [\[CITE\]](#) If your willing to work hard enough for it, I'll still say its possible.

lol no, I could workout everyday as much as I can and lose weight through cardio but I still would never get abs showing. I for sure wouldn't abs showing at 500lbs by sitting at my computer for two weeks. I haven't seen the guide but the title is just so off. Maybe if I was already skinny or something I would get to see the abs but not if I was already obese. At least not in two weeks.

Neal Caffrey - October 5, 2012, 6:46 pm

(Oct 5, 2012 06:45 PM)luminate Wrote: [\[CITE\]](#) lol no, I could workout everyday as much as I can and lose weight through cardio but I still would never get abs showing. I for sure wouldn't abs showing at 500lbs by sitting at my computer for two weeks. I haven't seen the guide but the title is just so off. Maybe if I was already skinny or something I would get to see the abs but not if I was already obese. At least not in two weeks. Well most people aren't 500lbs are they? This is a general title.

organic - October 5, 2012, 6:51 pm

(Oct 5, 2012 06:46 PM)Neal Caffrey Wrote: [\[CITE\]](#) Well most people aren't 500lbs are they? This is a general title.

Yeah even still. Let's say your 200lbs and 5'6, or lets even say you just have a big belly. You don't lose all the fat on your stomach to the point your abs are showing in two weeks by sitting at your computer. You go out and do HIIT or any sort of cardio. But if people are desperate enough to think they can get abs showing in two weeks by sitting at the computer by all means go buy this guide. Everyone has abs already anyways, most people just want to get the layer of fat off of them if you didn't know.

Neal Caffrey - October 5, 2012, 6:57 pm

(Oct 5, 2012 06:51 PM)luminate Wrote: [\[CITE\]](#) Yeah even still. Let's say your 200lbs and 5'6, or lets even say you just have a big belly. You don't lose all the fat on your stomach to the point your abs are showing in two weeks by sitting at your computer. You go out and do HIIT or any sort of cardio. But if people are desperate enough to think they can get abs showing in two weeks by sitting at the computer by all means go buy this guide. Everyone has abs already anyways, most people just want to get the layer of fat off of them if you didn't know.

Yes, I'm aware of what they are. Of course, if you're want to get Rock hard Abs and huge biceps, you're not going get them sitting at a computer. This is just a method to get them more prominent.

Sketches - October 5, 2012, 7:12 pm

Vouch for Neal Caffrey. Legit seller, and does business's smoothly. All his other methods work too,

so I'm sure this one will as well :).

greenlolypops - October 5, 2012, 7:36 pm

Vouch for Neal Caffrey, great ebook. Would definitely help get abs and it's pretty easy to do!

Neal Caffrey - October 5, 2012, 7:41 pm

(Oct 5, 2012 07:36 PM)greenlolypops Wrote: [\[CITE\]](#) Vouch for Neal Caffrey, great ebook. Would definitely help get abs and it's pretty easy to do!

Thanks for being on of the first to purchase (:
Could you keep us updated on your progress?

MooCowOinks - October 5, 2012, 7:42 pm

Didn't I review this like a month ago? If I didn't I somehow got a copy.

Neal Caffrey - October 5, 2012, 7:47 pm

(Oct 5, 2012 07:42 PM)MooCowOinks Wrote: [\[CITE\]](#) Didn't I review this like a month ago? If I didn't I somehow got a copy.

I wrote this yesterday...
And posted the thread yesterday o.O
You're probably thinking of someone else.. (:

Harry Dresden - October 5, 2012, 9:31 pm

I'll admit, I was skeptical in the beginning.

But after buying a copy and reading it, I can tell each and every one of you this actually has a more than 85% chance of working if you stick to it.

Neal Caffrey - October 6, 2012, 1:41 am

(Oct 5, 2012 09:31 PM)Harry Dresden Wrote: [\[CITE\]](#) I'll admit, I was skeptical in the beginning.

But after buying a copy and reading it, I can tell each and every one of you this actually has a more than 85% chance of working if you stick to it.

You're welcome (:
It's a lot simpler that it seems, isn't it?

Mister Nyan - October 6, 2012, 2:01 am

Hello! My name is Mister Nyan and I will be reviewing your e-book today! Please keep in mind that this is my strict opinion on this e-book and may vary depending on the reader. In no way does this review vouch for the seller or the validity of the e-book contents. All e-book sales are at your own risk. Let's begin!

=====

Title: [? ? ? \[\\$5\] Get Abs Sitting at your Computer in 2 weeks! \[Reviewed\]\[Vouched\]? ? ? ?](#)

Price: \$5

Pages: 2

Author: [Neal Caffrey](#)

Reviewer: [Mister Nyan](#)

Average Rating: 8 / 10

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[img]

Quality of information in the eBook was very good as it really does represent something you never actually thought of. The author explains the method correctly and simply.

[img]

Compared to many other guides which promise abs and then rush you into world of fitness this guide is very simple and will yield great results.

[img]<http://img840.imageshack.us/img840/8773/layout8.png>[/img]

Kinda bad layout since it is too simple, but it does suit the thematics of the e-book, so not really a flaw..

[img]<http://img827.imageshack.us/img827/5131/grammar8.png>[/img]

I spotted a few grammatical errors, missing punctuations but that's it. Reader should have no trouble reading it.

[img]<http://img846.imageshack.us/img846/1675/originality8.png>[/img]

I have seen approach like this before, but never in any eBooks. The part which deals with simplicity of this "workout" is quite unique and I think it's good for everyone to follow.

[img]<http://i367.photobucket.com/albums/oo119/mistahellfire/notes.png>[/img]

The more you work the bigger your abs will be principle works here.

Good luck with sales!

Neal Caffrey - October 6, 2012, 3:32 am

Thanks for the review, I appreciate it (:

7zS2 - October 6, 2012, 6:06 am

Vouch for Neal Caffrey! Very legitimate and smart fellow! Definitely deal with him! GLWS

Neal Caffrey - October 6, 2012, 6:25 am

Thanks for the vouch Fine, I appreciate your support (:

Sejskaler - October 6, 2012, 6:34 am

Vouch, I did just get the ebook.

If you know a little about it, you can guess it, but it is worth buying anyways, I can guarantee for this method :)

SIM-1096442 - October 6, 2012, 7:17 am

Big Vouch for my guy Neal Caffrey very HQ and legit user

La Manifesto - October 6, 2012, 7:28 am

I would really like to buy this but you haven't responded to my message..

Neal Caffrey - October 6, 2012, 7:46 am

(Oct 6, 2012 07:28 AM)Eisenhower Wrote: [\[CITE\]](#) I would really like to buy this but you haven't responded to my message..

My apologies, I must have missed your PM.

Sent you another one just now.

La Manifesto - October 6, 2012, 3:27 pm

Just got the method, looks pretty nice! I will post my review in about 2 weeks and see how it goes :D

Neal Caffrey - October 6, 2012, 5:01 pm

Thank you for your opinion.

I hope I made the right choice.

PostgreSQL - October 6, 2012, 5:41 pm

i want to buy, can you pm me pls i will buy

WishBone - October 6, 2012, 6:07 pm

Neal is legit so this eBook should pretty much be the same. Based on the reviews included on the first post, this seems to have a unique method. I'm very skeptical when it comes to sweet deals like this but I do trust some of the reviews.

Neal Caffrey - October 6, 2012, 6:10 pm

Thank you for your input, I appreciate your support (:

Sketches - October 6, 2012, 11:13 pm

Just bought this.. method works! A HQ eBook from a HQ member. Wouldn't expect less. :)

Neal Caffrey - October 7, 2012, 2:56 am

Sales are still up, buy your copy now!

tres - October 7, 2012, 3:52 am

Can we see a timestamped picture of your abs? Thanks.

Neal Caffrey - October 7, 2012, 1:02 pm

Sure, I'll upload it web I get home.

tres - October 8, 2012, 6:28 am

Sorry but I really don't see any abs in the picture (<https://i.imgur.com/68K41.png>)? Maybe it's just the angle?

Invicta - October 8, 2012, 1:25 pm

Paid and got it in like 5 seconds.

Going to try this out!

Neal Caffrey - October 8, 2012, 9:46 pm

(Oct 8, 2012 01:25 PM)Ass Pirate Wrote: [\[CITE\]](#) Paid and got it in like 5 seconds.

Going to try this out!
Thanks and good luck!

Still selling this (:

RedTopp - October 9, 2012, 12:46 am

sounds very good, good luck to all buyers :)

Syndicate - October 9, 2012, 12:50 am

Sounds like a easy deal! What are the requirements of getting these "abs"? Flat stomach? Can you do this even if the buyer has a belly.

Neal Caffrey - October 9, 2012, 12:58 am

(Oct 9, 2012 12:50 AM)???s??? Wrote: [\[CITE\]](#) Sounds like a easy deal! What are the requirements of getting these "abs"? Flat stomach? Can you do this even if the buyer has a belly.

Yes you can, although it'll take longer.

If you want to get rid of it fast, you can do my method along with cardio.

Existing - October 9, 2012, 2:57 pm

I'm very tempted to buy it, since I've been told I've got a 6 pack waiting to come through. ;) But how long per day does it take, to get them in 2 weeks? Could we do it longer and get them quicker? Thanks.

La Manifesto - October 9, 2012, 3:38 pm

It's been 2 days and I can already feel them better. All I need to do is some cardio and I will be one sexy mofo!

lamgonenow - October 9, 2012, 8:06 pm

Very interested, will buy this week!

Neal Caffrey - October 9, 2012, 10:08 pm

(Oct 9, 2012 03:38 PM)Eisenhower Wrote: [\[CITE\]](#) It's been 2 days and I can already feel them better. All I need to do is some cardio and I will be one sexy mofo!

Thanks for posting back your results, appreciate it (:

.Infinity. - October 10, 2012, 9:42 pm

It doesn't look like you have abs in the picture. At all ?

Neal Caffrey - October 10, 2012, 10:54 pm

(Oct 10, 2012 09:42 PM).Infinity. Wrote: [\[CITE\]](#) It doesn't look like you have abs in the picture. At all ?

I didn't say you would get rock hard and (:

Imnot a body builder. I just use it and get medium.

I could take a picture and blank my face etc.

Fresh - October 10, 2012, 10:55 pm

are you sure this works, im 5'6 345, doubt i will get abs in a week

Neal Caffrey - October 10, 2012, 10:59 pm

(Oct 10, 2012 10:55 PM)Fresh Prince Wrote: [\[CITE\]](#) are you sure this works, im 5'6 345, doubt i will get abs in a week

The more effect you put, the more you get out of it.

People are posting back now, with positive results. (:

Mr.MK - October 11, 2012, 8:23 am

vouch for Neal, legit user, this ebook is legit als, as i tested it and it works!

Its worth buying, get it now!!!

soeasy - October 11, 2012, 8:51 am

Vouch for Neal Caffrey.

Hq and smart member. ?

Neal Caffrey - October 11, 2012, 11:28 pm

(Oct 11, 2012 08:23 AM)Ixam Wrote: [\[CITE\]](#) vouch for Neal, legit user, this ebook is legit als, as i tested it and it works!

Its worth buying, get it now!!!

Thanks for the vouch (:

Means a lot coming from you ;D

aciid - October 12, 2012, 4:34 am

Whoever thinks they can get abs in 2 weeks is a fool

.. to have visible abs you need to work out at least months and need less than 10% (or was it 5%) body fat.

I'm no expert but even I know your average guy won't be able to jump into this because working out for a few hours after not doing anything for the past month will give you savage muscle pains and you'll have to wait for them to rebuild before you can work out again.. Which can easily take 2-5 days depending on how bad it is.. personal experience

Neal Caffrey - October 12, 2012, 4:53 am

(Oct 12, 2012 04:34 AM)aciid Wrote: [\[CITE\]](#) Whoever thinks they can get abs in 2 weeks is a fool

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I'm no expert but even I know your average guy won't be able to jump into this because working out for a few hours after not doing anything for the past month will give you savage muscle pains and you'll have to wait for them to rebuild before you can work out again.. Which can easily take 2-5 days depending on how bad it is.. personal experience

And yet people have started posting back results.

It DOES depend on your size, but if you're determined enough, it'll still get results -.-

You're like the 5th person to doubt this now.

All the others were provided copies to prove its legitimate.

Derp.

Still up for Grabs if anyone is interested (:

Astronome - October 13, 2012, 3:27 am

Vouch for Neal, just bought the ebook and it is great.

Will post a pic of my abs in 2 weeks.

Neal Caffrey - October 13, 2012, 6:04 am

(Oct 13, 2012 03:27 AM)Curious Wrote: [\[CITE\]](#) Vouch for Neal, just bought the ebook and it is great.

Will post a pic of my abs in 2 weeks.

Thanks, I appreciate it (:

Still selling this!

farish - October 13, 2012, 4:57 pm

Looks pretty good..

Will buy after i save some money..

Ways - October 13, 2012, 6:41 pm

What if you have a lot of belly fat over the abs, lol.

Neal Caffrey - October 13, 2012, 8:28 pm

(Oct 13, 2012 06:41 PM)Enezi Wrote: [\[CITE\]](#) What if you have a lot of belly fat over the abs, lol.

Then you'll have to work harder to burn the fat. :3

It'll still work c:

Kid's - October 13, 2012, 8:41 pm

Bought this ebook.Waiting for it now.

PostgreSQL - October 13, 2012, 10:30 pm

well i bought this, and as stupid as this ebook is,

Yes you will get the results you want if you actually do what it says to do in the ebook.

Chrona - October 13, 2012, 10:33 pm

Step 1: Turn on your computer

Step 2: Find something to do while on your computer

Step 3: Don't eat

See results in less than 2 weeks!

Neal Caffrey - October 13, 2012, 10:40 pm

(Oct 13, 2012 10:33 PM)Chrona Wrote: [\[CITE\]](#) Step 1: Turn on your computer

Step 2: Find something to do while on your computer

Step 3: Don't eat

See results in less than 2 weeks!

You'll lose fat, not gain Abs if you do that.

LOL.

Big Chuck - October 13, 2012, 11:30 pm

If it is possible to send a giftcard to someone else by using giftcard money you have redeemed, send me a message. I'll purchase this.

superior oath - October 13, 2012, 11:39 pm

Gonna PM you now. Just posting as requested in OP

Just bought and waiting for my eBook!

Neal Caffrey - October 14, 2012, 12:01 am

Just sent it to you.

Thanks for your purchase!

superior oath - October 14, 2012, 12:06 am

This is actually pretty fucking awesome! This will work! Damn thanks :D

H?cker - October 14, 2012, 1:36 am

Sigh another bad e-book, I really don't care what you say but this is a really bad e-book and I'll explain why now.

Everyone has a "6 pack" you just have body fat over it so it is not visible. Muscle is denser than fat so it will be more easily visible if there is more muscle. You said your "workout" works for people with a belly. I don't know what you consider a belly but it will not work for people that are simply fat. So guys if you want visible abdominal muscles then get down to 6-10% body fat. To do that, find out your TDEE (google it) and eat at a -250 calorie deficient everyday and do cardio. Make sure you hit your macro nutrients (the fats, carbohydrates and protein you need daily). When eating at a calorie deficient it's normal to lose some muscle (not a lot) so make sure you hit your macro's.

Tip: It's 1g of protein per 1lb you weigh.

If you guys need any help, feel free to PM me.

@Neal

inb4saletrashing, I'm not I'm just telling people the truth.
inb4hate
inb4-3

Neal Caffrey - October 14, 2012, 2:01 am

(Oct 14, 2012 01:36 AM)_bool Wrote: [\[CITE\]](#) Sigh another bad e-book, I really don't care what you say but this is a really bad e-book and I'll explain why now.

Everyone has a "6 pack" you just have body fat over it so it is not visible. Muscle is denser than fat so it will be more easily visible if there is more muscle. You said your "workout" works for people with a belly. I don't know what you consider a belly but it will not work for people that are simply fat. So guys if you want visible abdominal muscles then get down to 6-10% body fat. To do that, find out your TDEE (google it) and eat at a -250 calorie deficient everyday and do cardio. Make sure you hit your macro nutrients (the fats, carbohydrates and protein you need daily). When eating at a calorie deficient it's normal to lose some muscle (not a lot) so make sure you hit your macro's.

Tip: It's 1g of protein per 1lb you weigh.

If you guys need any help, feel free to PM me.

@Neal

inb4saletrashing, I'm not I'm just telling people the truth.
inb4hate
inb4-3

That's your opinion.

If you haven't noticed, every single skeptic who has posted here has been turned as soon as a review copy was provided to them.

And working hard enough at this WILL get you more prominent Abdominal muscles.

And funnily enough, people have been posting back, stating good results.

So have a nice day (:

nattzor - October 14, 2012, 5:28 am

(Oct 13, 2012 10:40 PM)Neal Caffrey Wrote: [\[CITE\]](#) You'll lose fat, not gain Abs if you do that. LOL.

And you need to lose fat to get abs. Basic human physiology shows that there are fat over the muscles, the less fat you have, the more obvious the muscles will show.

Fraud Detective - October 14, 2012, 8:54 am

Will this require any investment on equipment? If so can you tell me an average? Thanks :)

VIRUZ™ - October 14, 2012, 12:00 pm

In this eBook, I will be teaching you how to get more Prominent Abs in 2 weeks sitting at a computer. It's profoundly easy, and anyone can do it.

I had my own ideas on how this would work :L

(Oct 14, 2012 05:28 AM)nattzor Wrote: [\[CITE\]](#) And you need to lose fat to get abs. Basic human physiology shows that there are fat over the muscles, the less fat you have, the more obvious the muscles will show. Agreed, I'm very slim and I do not much at all, and have abs.

Cyba - October 14, 2012, 12:02 pm

I vouch for this, it's completely legit and it's working.

Here is my results for a couple of weeks!!

Spoiler ([Click to View](#))

Thanks a lot bro!

Regards,
Cyba.

JustBusiness - October 14, 2012, 12:22 pm

Leaked on another forum. Still, GLWS.

Neal Caffrey - October 14, 2012, 1:33 pm

(Oct 14, 2012 12:02 PM)Cyba Wrote: ([CITE](#)) I vouch for this, it's completely legit and it's working.

Here is my results for a couple of weeks!!

Spoiler ([Click to View](#))

Thanks a lot bro!

Regards,
Cyba.Thanks for the update cyba!
Glad to hear (:

Skys - October 15, 2012, 4:25 am

Tempting but knowing caffrey he will disappear to a secret island with my money.. Jokes, will consider buying it.

Neal Caffrey - October 15, 2012, 5:10 am

(Oct 15, 2012 04:25 AM)Skys Wrote: ([CITE](#)) Tempting but knowing caffrey he will disappear to a secret island with my money.. Jokes, will consider buying it.

Haha, I see what you did there ;)

But I came back D:

Arty - October 15, 2012, 3:22 pm

Going to buy a copy, will PM you shortly.

Neal Caffrey - October 15, 2012, 3:33 pm

Alright, just hit me up when you're ready (:

Break - October 16, 2012, 4:58 am

Vouch for Neal Caffrey he is legit, and he will not disappoint.

Maze - October 16, 2012, 5:30 am

Could we see a picture of your body Neal?

Apologies if already linked, not really keen on scanning through 9pages at 1130pm at night.

Maze

Psyduck - October 16, 2012, 7:08 pm

This is not worth \$5
Its literally 2 pages long...

Neal Caffrey - October 16, 2012, 9:33 pm

(Oct 16, 2012 07:08 PM)Icy. Wrote: [\[CITE\]](#) This is not worth \$5
Its literally 2 pages long...
Did you buy the ebook?
Have you read it?

SeaJay - October 17, 2012, 12:53 am

just saying but this is leaked over internet and iknow were just saying

Neal Caffrey - October 17, 2012, 12:55 am

(Oct 17, 2012 12:53 AM)JordanRcoole Wrote: [\[CITE\]](#) just saying but this is leaked over internet and iknow were just saying
I'm aware of that, that's why I've updated it a little bit.

SeaJay - October 17, 2012, 1:14 am

ohhh ats good :) everything is getting leaked :(

Neal Caffrey - October 17, 2012, 1:15 am

(Oct 17, 2012 01:14 AM)JordanRcoole Wrote: [\[CITE\]](#) ohhh ats good :) everything is getting leaked :(
My released version of this eBook will be premium, and it'll make it hard as fuck/pointless to leak.

Psyduck - October 17, 2012, 7:17 am

(Oct 17, 2012 01:15 AM)Neal Caffrey Wrote: [\[CITE\]](#) My released version of this eBook will be premium, and it'll make it hard as fuck/pointless to leak.
I will admit, I read the leaked version.
But come one, \$5?
Im not saying its bad or nothing but its not worth \$5 imo, I knew these methods before.
Its just an isometric workout.
It does work though.

DukeFreed - October 18, 2012, 12:23 am

Very good :) , Wish you success sir ... I vouch for this legit guy

Neal Caffrey - October 18, 2012, 12:25 am

(Oct 17, 2012 07:17 AM)Icy. Wrote: [\[CITE\]](#) Im not saying its bad or nothing but its not worth \$5 imo, I knew these methods before.
Of course you have.
Everyone who reads the eBook "knew" of this method "before".

Dollaz - October 19, 2012, 10:50 pm

I am interested in this Ebook but sadly I can not pay :/

Neal Caffrey - October 20, 2012, 12:27 am

Haha, maybe another time then (:
Thanks anyway :3

Herp_ - October 20, 2012, 3:20 pm

Vouch for Neal & his methods! His ebooks are legit.

Neal Caffrey - October 20, 2012, 7:05 pm

Thank you for the vouch Glazed, I appreciate it (:

Neal Caffrey - October 21, 2012, 11:55 pm

Still selling this ebook if anyone is interested.

Neal Caffrey - October 23, 2012, 3:25 am

Still selling this amazing ebook!
Closing sales in 2 weeks or so!

Neal Caffrey - October 23, 2012, 3:26 am

Still selling this amazing ebook!
Closing sales in 2 weeks or so!

Neal Caffrey - October 23, 2012, 3:28 am

Still selling this amazing ebook!
Closing sales in 2 weeks or so!

Neal Caffrey - October 23, 2012, 3:36 am

Still selling this amazing ebook!
Closing sales in 2 weeks or so!

Neal Caffrey - October 24, 2012, 11:59 pm

eBook has been submitted for Review in the Premium sellers section! (:

Neal Caffrey - October 26, 2012, 9:11 pm

Just sold another copy of this eBook.
Still up for grabs c:

TheRippingGhost - October 27, 2012, 3:49 am

Pming you right now :) hoping we can work out a deal

Neal Caffrey - October 27, 2012, 4:08 am

Thanks for that (:
Just sold another copy!

TheRippingGhost - October 27, 2012, 4:13 am

Bought seems good ... Legit seller will be oming you with some questions though ;)

Neal Caffrey - October 27, 2012, 5:08 am

(Oct 27, 2012 04:13 AM)TheRippingGhost Wrote: [\[CITE\]](#) Bought seems good ... Legit seller will be oming you with some questions though ;)
Glad to have assisted you with your problems :D

Positive - October 27, 2012, 11:39 pm

Vouch for the eBook. He gave it to me to try while I get the money.
Thanks again man!

Neal Caffrey - October 28, 2012, 2:52 am

You're very welcome Positive (:
Enjoy!

XeX Menu - October 28, 2012, 2:52 am

Seems like a nice ebook, good luck with your sales bro.

Neal Caffrey - October 28, 2012, 12:57 pm

(Oct 28, 2012 11:39 AM)Proelium Wrote: [\[CITE\]](#) This is obviously not a working method. If this was possible, we would not have 500 pound 12 year olds on here looking for this ebook. Any purchase you get is just some dumb ass kid wanting to look cool in school. It is impossible to get abs in 2 weeks while sitting at your computer. Bottom line, end of story, say no more, good bye.

Tired of explaining.

Read the whole fucking thread, you aren't the first one.

Neal Caffrey - October 29, 2012, 12:57 pm

Still selling this ebook if anyone wants it! (:

Neal Caffrey - October 30, 2012, 10:30 pm

This eBook is still up for grabs.

I'm lowering it to 4\$, since I'm in need of cash (:

emil44 - October 31, 2012, 12:19 pm

Would like to buy this :) PM you now

Seems like I can't pm you :S 34char

Jeff Seid - October 31, 2012, 2:39 pm

I dont know, but if your fat. You've got to burn that fat at first before you even can get started at core training for your abs.

So I dont think this method works for everyone here. You atleast need a fat percentage of 5-10%.. Right? :O

Big Chuck - November 3, 2012, 11:21 pm

I want this but I only have an online pre-paid visa. Let me know if we can work something out.

Hollow™ - November 8, 2012, 8:24 pm

Wish to purchase this, but you are banned for vacation. Please PM me when your back. Thanks.

Neal Caffrey - November 14, 2012, 2:46 am

Just messaged you

Thanks for your interest!

Neal Caffrey - November 16, 2012, 12:36 am

I have implemented Autobuy for this eBook

Enjoy!

Neal Caffrey - November 19, 2012, 1:31 am

Still up for grabs, if you do buy it, please post a quick review!

wokitoki - November 19, 2012, 11:53 am

I would buy it, but first I want to see results(yeah,sounds gay, but I want a proof)

Neal Caffrey - November 19, 2012, 2:06 pm

Look in the thread, there are heaps of buyers posting about successful stories (:

Olympia - November 21, 2012, 4:56 am

Why are you selling a book to get abs on Hack Forums?

You must be so desperate for money.

Neal Caffrey - November 21, 2012, 11:38 am

Posting to unbug the thread.
Ebook still for sale!

Unacknowledged - November 21, 2012, 7:06 pm

Could you briefly explain to me this method? It seems nearly impeccable for this to be possible ?

Neal Caffrey - November 21, 2012, 8:04 pm

I believe you mean "Impossible"?
And If I explained the method, there would be no point in buying the book. o_O

wokitoki - November 22, 2012, 12:46 am

you can say to your friends to write a review, thats the why I want pics.

Advice - November 22, 2012, 2:07 am

Can you show any proof this works whatsoever?

Your last picture: <https://i.imgur.com/68K41.png>

Doesn't really show any abs?

h?cker22 - November 22, 2012, 10:15 pm

Looks like a great package, only 5\$ can't go wrong. :)

Dav`` - November 29, 2012, 7:36 am

I'm currently bulking and I'm about 14% bodyfat. So you're telling me I can lose 4% of bodyfat in two weeks? Can you guarantee it?

Fintastic - November 29, 2012, 11:25 am

You don't even have abs, if you want abs you don't get those by sitting at computer, ppl should google p90x abs and they will get abs in 3 weeks..

Neal Caffrey - December 7, 2012, 12:37 am

Autobuy has been removed.
Too many people charging back.

Azubu - December 9, 2012, 8:55 pm

If its only going to take you two weeks to get abs by sitting on a chair, its going to be a shit load of work.

The only way to prove it is to buy it yourself.

Delysid - December 10, 2012, 4:22 am

Yeah abs for 2 weeks are not possible, even though you work them all day. Sorry bro but I don't buy your story, because it requires a lot of healthy nutrition along with working out abdominal muscles. But hey, you may have found a new way, so good luck to you anyway!

Crypto™ - December 29, 2012, 8:04 pm

After using this method for only a few weeks, I've lost 7 pounds (And I'm far from overweight) and I've noticed a ton more definition in my abs (still a two pack or so, but it's getting there. I'm pleasantly surprised since I haven't been thinking about the method as much as I should have) I'm just pissed I didn't think of this method :) Vouch 100% and its worth every lent.

Ronnie Coleman - January 1, 2013, 9:04 am

Vouch for this, surprised at how many sales you got! :D

Gillte - January 9, 2013, 9:53 am

I will buy this. Ill send you a pm right now.

Neal Caffrey - January 9, 2013, 2:19 pm

The last copy of the 5\$ eBook has been sold.

I'm now selling a newer version, with improved results, tips and tricks, and why it works.

Baller12 - January 10, 2013, 3:25 pm

Damn, I was just about to buy it and then I saw it wasn't \$5 anymore.)=

serg06 - January 12, 2013, 7:16 pm

There's really only one vouch where someone actually tried it, so - not sure.

Does this work while lying down? I prefer to lie on my bed and support myself on my elbows while using my laptop.

Do you mind giving me a review copy? I can write a much better review than that other dude.

There's really only one vouch where someone actually tried it, so - not sure.

Does this work while lying down? I prefer to lie on my bed and support myself on my elbows while using my laptop.

Do you mind giving me a review copy? I can write you a much better review than the other dude.

Max ?? - January 14, 2013, 9:20 am

You're**

I love you white collar~

Also shoot me a PM so I can purchase this:3

xy0 - January 19, 2013, 11:18 am

lol @ you lazy kids. abs are made in the kitchen

Herbert - January 25, 2013, 3:51 am

10\$ is way to overpriced, wouldn't go over 2\$ for workouts, but thats just me.

best of luck,

Herbert.

powerbk2 - January 28, 2013, 6:40 am

Hello, may I have this :D? I have reffered 2 people, check my profile. (if thats what you ment by refer 2 people)

Polandspring - February 1, 2013, 2:19 pm

Lol its impossible to get abs in 2 weeks unless you bust your ass everyday and have a perfect diet.. this shit is so fucking stupid lmao..

if shit like this were true everyone would have the best physique and we would all look like fitness models

GazPromz - February 2, 2013, 6:46 am

Geez, you do know that to see your abs all you have to do is get your body fat % down to roughly 8-10% there is no magical ab workout that can do this until you lower your body fat to around this :/

Izary - February 26, 2013, 2:01 pm

I'm fatty as fuck so i just sitting here browsing HF and get abs? Impossible?

Neal Caffrey - November 30, 2013, 3:10 am

I've decided to re-open sales, let me know if you're interested :)

Neal Caffrey - December 1, 2013, 5:06 pm

This is still for sale, let me know ;)

Neal Caffrey - December 5, 2013, 4:00 pm

Still for sale, let me know if you want to purchase a copy ;)

Nimbus. - December 6, 2013, 4:59 pm

question can i still eat mc donalds and pizza?

Neal Caffrey - December 6, 2013, 6:59 pm

(Dec 6, 2013 05:59 PM)M?st Wrote: [\[CITE\]](#) question can i still eat mc donalds and pizza?

Yeah, but it might slow it down a bit

Areico - December 11, 2013, 5:52 pm

idk wtf this shit is, but legit atleast not. OFMG abs are shown by fat%, to get abs, you need to get ur fat% down to 8-12 % depending how much muscle u have on the abs, even without working out u can get abs if ur rly skinny. NOTHING can promise abs in 2 weeks, since it all depends on how fat u are. and u need to get down to 8-12.

even if u work out, u wont get abs, if ur fat, since the bellyfat is the last fat u have on ur body, and is hidden under it. so unless ur skinny "ripped" u wont rly see much difference

Neal Caffrey - December 11, 2013, 6:02 pm

Still for sale.

Posting to unglitch the thread (:

ThatBroseph - December 11, 2013, 6:16 pm

Neal, how long is this ebook going to be for sale? If I ever get my books off the ground, I'd love to purchase! Thanks

Neal Caffrey - December 11, 2013, 6:30 pm

Don't plan on closing it, it's gets me quite a few sales :)