

SUGGESTED INTERVIEW QUESTIONS FOR



SCOTT HAYWARD

Author of "Absession...America's Guide to Ultimate 6 pack Abs"

1. What compelled you to write "Absession...America's Guide to Ultimate 6 pack Abs"?
2. In your opinion, what is the reason behind the obesity epidemic in America?
3. Does everyone have the potential to have a six pack or is it just impossible for some people to achieve?
4. What advice would you give to a person that wanted to jump on the latest fad diet?
5. If a woman lifts weights will she get musclebound?
6. What Ab exercise is the best for really targeting the six pack muscles?
7. Do those rubberized Ab belts work?
8. Why can't I just stop eating, or eat very little?
9. Normally, how long does it take for someone to see a difference?
10. With all the thousands of people you have helped over the years, who was your favorite client to train?

To schedule an interview please contact

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