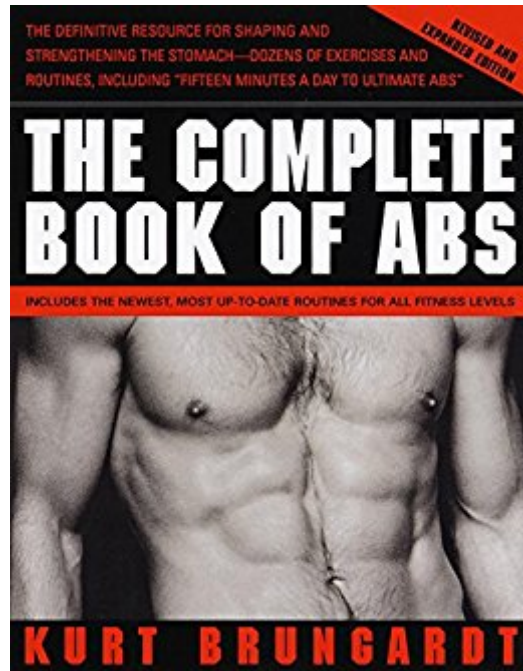


The book was found

The Complete Book Of Abs: Revised And Expanded Edition



Synopsis

Anyone who works out knows that abdominal exercises have progressed light-years beyond the basic sit-up. In fact, a whole new generation of ab exercises and machines have advanced abdominal workouts to new levels of sophistication, designed for maximum efficiency to provide the trim, toned midsection that everyone wants. But how do you put the exercises together into a routine for your specific physique and needs? The Complete Book of Abs shows you how.

 The first ab book for everyone--from beginners to fitness professionals

 More than one hundred ab exercises--from traditional crunches and sit-ups to such cutting-edge techniques as corkscrews and hanging knee raises--drawn from diverse sources, including gymnastics, yoga, and the martial arts

 Includes the "Fifteen Minutes a Day to Ultimate Abs" system, which will take you from an undeveloped stomach to a rippled washboard look in six months

 Dozens of favorite and new routines from America's foremost coaches, trainers, and bodybuilders

 How to be your own personal trainer and put together your own routines

 The most up-to-date information on diet and nutrition, including a personal template to maximize diet-exercise efficiency

Already a fitness classic, The Complete Book of Abs, is the definitive guide for abdominal toning and strengthening. No one who's serious about working out should be without it.

Book Information

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Customer Reviews

I purchased about 10 books from on abs in order to compare them. This one has quite a bit of information, good lay-out and organization, and is well-written for this type of book. My conclusions on how it compares with the other books follow...If You Want to Trim Your Waistline: You can't trim your waistline without losing fat, and you can't lose fat around your waist without losing it everywhere (focusing on a muscle group like the abdominal muscles doesn't burn fat in that location, just a little bit of fat from everywhere on the body). So, if you want to trim your waistline, skip the ab workout books and go with a good, proven overall weight loss and fitness book like Bill Phillips' Body for Life. The Abs Diet is a similar program, but like all the Men's Health publications, it advertises a 6-week transformation, which is just a little unrealistic. Plan on more like 12-24 weeks to see really noticeable changes if you are fat.If You Want Sculpted Six-Pack Abs: If you are overweight at all, see above--you can't get a six pack while you're overweight, and you can't lose abdominal fat by doing an ab workout, so go for overall fitness. However, if you are already lean, see below.If You Want to Strengthen or Build Your Ab Muscles: If you're trying to improve for work, play, or rehab, you might consider the following books: The Body Sculpting Bible for Abs Deluxe DVD Edition contains decently up-to-date information and tells you exactly what to do and when to do it, based on a six-week fitness course. If you're looking for a similar book with more information, you can choose from The Complete Book of Abs or The Complete Book of Core Training.

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