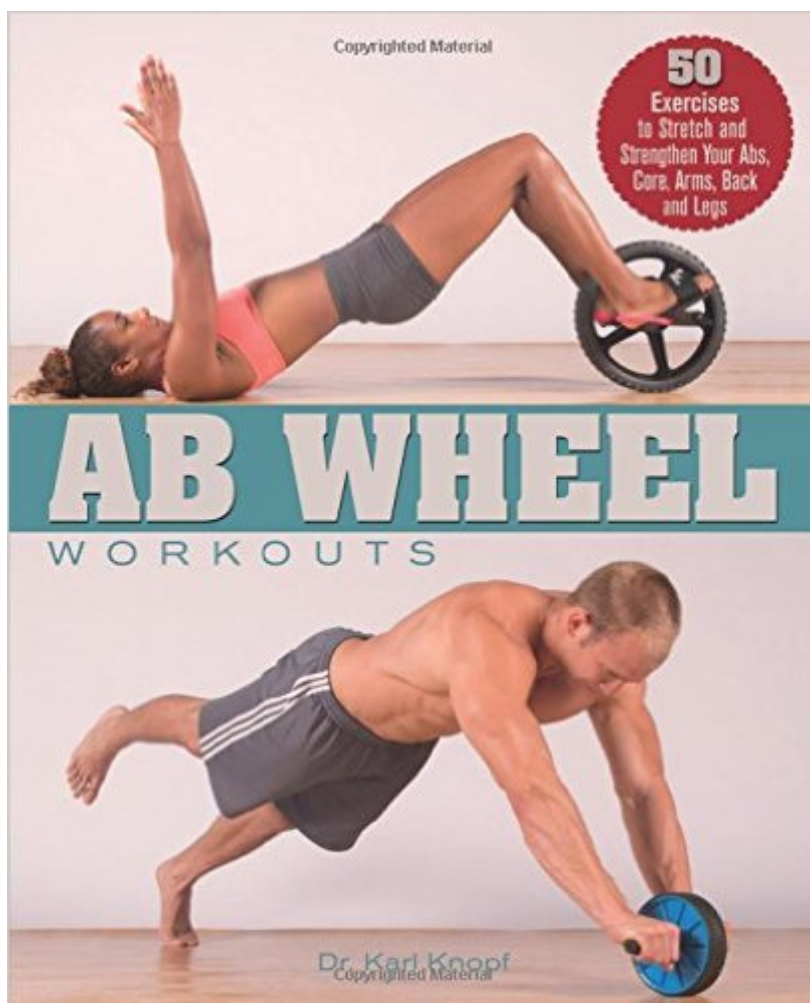


The book was found

# Ab Wheel Workouts: 50 Exercises To Stretch And Strengthen Your Abs, Core, Arms, Back And Legs



## Synopsis

**SUPERCHARGE YOUR CORE WORKOUT** Follow the program in this book and achieve the ripped, rock-hard abs you've always wanted. The highly effective exercises in *Ab Wheel Workouts* unleash the full potential of this simple, compact piece of equipment for intense muscle building and fast fat burning. With this book and an ab wheel, you'll rapidly develop a strong, lean physique, including:

- Sculpted Abs
- Improved Posture
- Toned Upper Body
- Greater Athleticism

Packed with hundreds of step-by-step photos, clearly explained exercises and six progressive training programs, *Ab Wheel Workouts* will have you rolling your way to a six-pack in no time.

## Book Information

Paperback: 144 pages

Publisher: Ulysses Press (October 22, 2013)

Language: English

ISBN-10: 1612432336

ISBN-13: 978-1612432335

Product Dimensions: 7.5 x 0.2 x 9.2 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (29 customer reviews)

Best Sellers Rank: #91,153 in Books (See Top 100 in Books) #19 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Ab Workouts](#)

## Customer Reviews

I've been a big fan of ab wheel for a long time and consider it to be the greatest and cheapest device to target your entire core. It took me some time to go from kneeling rollout to full standing rollout. That's the extend of what I do with the ab wheel. So I was pleasantly surprised and excited to see a whole book dedicated to ab wheel workouts. Unfortunately, I was not too thrilled with the book. Among the 50 or so ab wheel exercises they had, most of them don't even need the ab wheel. Several examples:

1. Doing crunches with the ab wheel strapped to feet doesn't make it difficult.
2. Lying down on your back and lifting your hands above your head while strapping on the ab wheel is quite unnecessary.
3. Lying completely on the floor, face down and rolling the ab wheel from the tip of your head up is downright silly and offer practically zero resistance.
4. Lying completely on the floor, face down and lifting your legs does not require any assistance from the ab wheel.

There were many examples such as above. Also, a number of them are not even exercises

... they're just simple stretches without the ab wheel. I think the cover photo has the two out of five or so most useful exercises with the ab wheel. I wouldn't recommend this book to anyone, not even beginners. Sorry.

Great tone to this book. As usual, not a "sales pitch" for the AB Wheel but a balanced, sensible look at this particular piece of equipment. Photos are very instructive, the "listen to your body", "take time to build up your regimen," "enjoy your workout" approach is great for the less athletic among us. Just the right amount of "muscle group" talk as it relates to the ab wheel, and the 10 exercise sets seem manageable.

After reading Dr Knopf's latest book, I realize that you can take an exercise that has been around for along time and see how they re invent themselves every 20 years or so. Dr Knopf presents the wheel in an interesting , professional and motivating manner. The exercises are easy and all muscle groups are used in the many exercise that are in this new book. I would highly recommend this book for anyone who is into training or personal training. You will be motivated after reading this fine exercise book. Ron Oburn retired Dean of Physical Education and Athletics. Foothill College

I found this book very insightful. I recently began a training routine in which my personal trainer and I are using an Ab Wheel. These workouts are easy to follow and for someone who has had a history of back injury, I'm always looking for new techniques that help my lower grow strength. Great information!

A simple well written book outlining safety and basic exercise concepts. The photos were large and descriptive. A great book for the beginner and expert alike!

I've always thought the ab wheel was a terrific workout tool. But I didn't know how many ways you could use it to strengthen your core until I read this book by Dr. Karl Knopf. You'll learn 50 exercises designed to strengthen your core, abs, arms, back and legs. You can't ask more from an inexpensive exercise tool than that. If you're looking for a way to kick start your core workouts, I highly recommend this book. - Susanna K. Hutcheson Health & Fitness Researcher

Comprehensive, well written and illustrated reference book. It includes warm-up, stretches, program suggestions and warns the reader about how to perform the exercises safely and with good

form/precision. The amount of variety of exercises is amazing and surpasses any other book I have read on the subject. The author takes you from beginner to advanced in one book. I have utilized some of these workouts at Ohlone College where I perform injury rehabilitation and performance optimization with a variety of teams. Great book to have in your arsenal of exercises for the Ab Wheel.

This book is very detailed with various exercises for all body parts. The exercises are challenging. I would recommend this product to anyone

[Download to continue reading...](#)

Ab Wheel Workouts: 50 Exercises to Stretch and Strengthen Your Abs, Core, Arms, Back and Legs  
How to Get Abs: More Fantastic Exercises That Will Help You Flatten Your Stomach and Reveal Those Sexy Abs (Health, Flat Abs, How to Get Abs, How to Get Abs Fast Book 2)  
Abs and Core: The Suspension Abs Solution: 4 Simple Suspension Workouts That Will Help You Get Sexy Abs  
An Athletic Physique Shed Stubborn Fat Perform It Anywhere In 15 Minutes Or Less 7 Weeks to 100 Push-Ups: Strengthen and Sculpt Your Arms, Abs, Chest, Back and Glutes by Training to do 100 Consecutive Push- 7 Weeks to 50 Pull-Ups: Strengthen and Sculpt Your Arms, Shoulders, Back, and Abs by Training to Do 50 Consecutive Pull-Ups 7 Weeks to 100 Push-Ups: Strengthen and Sculpt Your Arms, Abs, Chest, Back and Glutes by Training to do 100 Consecutive Push-Ups 7 Weeks to 300 Sit-Ups: Strengthen and Sculpt Your Abs, Back, Core and Obliques by Training to Do 300 Consecutive Sit-Ups  
Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training)  
17 Minute Workouts For Your Butt & Thighs: Fast & Effective Sculpting Exercises for Shapely Hip & Sexy Legs (Fit Expert Series)  
17 Minute Workouts for your Butt & Thighs - Fast & Effective Sculpting Exercises for Shapely Hip & Sexy Legs (Fit Expert Series Book 14)  
Swim Workouts for Triathletes: Practical Workouts to Build Speed, Strength, and Endurance (Workouts in a Binder)  
Abs: The Ultimate Six Pack Abs Guidebook: Get Shredded Fast - Step By Step Guide, Easy Recipes And Workouts  
Superhero Six-Pack: the Complete Bodyweight Training Program to Ripped Abs and a Powerful Core: (Calisthenics Exercises for Getting Shredded and Developing Extreme Core Strength)  
The Genius of Flexibility: The Smart Way to Stretch and Strengthen Your Body  
1 Minute Core: Strengthen Your Core In Only 1 Minute?  
Get In Shape With Exercise Ball Training: The 30 Best Exercise Ball Workouts For Sexy Abs And A Slim Body At Home (Get In Shape Workout Routines and Exercises Book 2)  
HOW TO GET ABS: FLAT STOMACH EXERCISES (Flat Abs Book 1)  
Stretch and Strengthen Shape February 2011

Marisa Miller on Cover, Sexting, Flat Abs Tight Tush Killer Legs, Love Your Body & Yourself,  
Drug-Free Headache Cure, 10 Minute Tone-Up - 3 Total Body Moves The 15-Minute Standing Abs  
Workout Plan: Ten Simple Core Exercises to Firm, Tone, and Tighten Your Midsection

[Dmca](#)