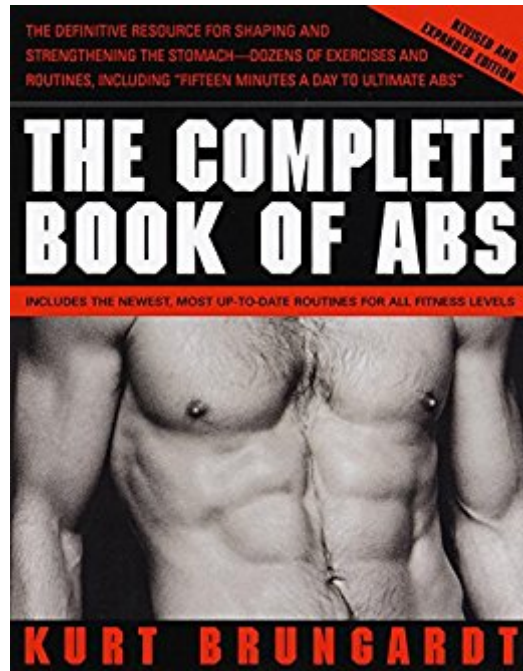


The book was found

# 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

File Size: 122829 KB

Print Length: 288 pages

Publisher: Villard; Rev and Expanded ed. edition (August 12, 2015)

Publication Date: August 12, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B011G3HFK2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #567,170 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #36

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Ab Workouts

#106 in Books > Health, Fitness & Dieting > Exercise & Fitness > Ab Workouts #449 in Kindle

## 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.

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

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 The Complete Book of Abs: Revised and Expanded Edition HOW TO GET ABS: FLAT STOMACH EXERCISES (Flat Abs Book 1) The New Abs Diet for Women:Â The 6-Week Plan to Flatten Your Belly and Firm Up Your Body for Life (The Abs Diet) Abs: The Ultimate Six Pack Abs Guidebook: Get Shredded Fast - Step By Step Guide, Easy Recipes And Workouts The Power Of Intermittent Fasting: Discover Effortless Abs Diet giving you greater Mental toughness,quick Fat Loss and no Cardio, enabling Lean Muscle-Building!: Abs workout for lean belly included! Solve Your Child's Sleep Problems: Revised Edition: New, Revised, and Expanded Edition Complete Book of Gourd Carving, Revised & Expanded: Ideas and Instructions for Fretwork, Relief, Chip Carving, and Other

Decorative Methods Dana Carpender's NEW Carb and Calorie Counter-Expanded, Revised, and Updated 4th Edition: Your Complete Guide to Total Carbs, Net Carbs, Calories, and More The Bicycling Guide to Complete Bicycle Maintenance and Repair: For Road and Mountain Bikes(Expanded and Revised 5th Edition) Kevin Zraly Windows on the World Complete Wine Course: Revised and Expanded Edition The Complete Book of Abs for Women: The Definitive Guide for Women Who Want to Get into the Ultimate Shape How to Blog a Book Revised and Expanded Edition: Write, Publish, and Promote Your Work One Post at a Time Better Note Taking Made Easy (Revised and Expanded Edition): 8 Simple Steps on How to Take Notes (Notes and More Book 1) 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 Multiple Sclerosis Diet Book: A Low-Fat Diet for the Treatment of M.S., Revised and Expanded Edition The Doctors Book of Home Remedies: Simple Doctor-Approved Self-Care Solutions for 146 of the Most Common Health Conditions, Revised and Expanded (The ... Library of Prevention Magazine Health Books) Best Plants for New Mexico Gardens and Landscapes: Keyed to Cities and Regions in New Mexico and Adjacent Areas, Revised and Expanded Edition A-Z Guide to Drug-Herb-Vitamin Interactions Revised and Expanded 2nd Edition: Improve Your Health and Avoid Side Effects When Using Common Medications and Natural Supplements Together

[Dmca](#)