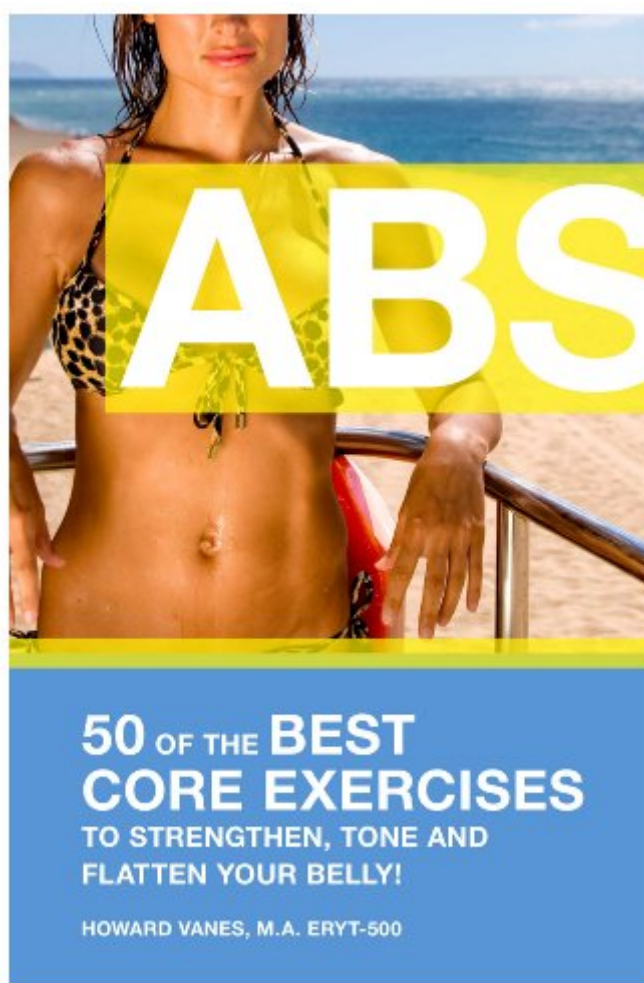


The book was found

ABS! 50 Of The Best Core Exercises To Strengthen, Tone, And Flatten Your Belly. (Letsdoyoga.com Wellness Series)



Synopsis

Are you ready for a stronger, sleeker, slimmer belly? If so, then this book is for you! Introductory special includes a free bonus audio (see below). Experience 50 of the very best ab and stomach exercises from Yoga, Pilates and other fitness modalities. They have been carefully selected for their ability to produce quick results and are fun to do. ABS! Goes well beyond old fashioned crunches and sit-up so you can have an extremely effective abs workout. Whether your belly is on the soft side or you're a high level athlete, you'll find a great variety of ab exercises that will target all four major groups of abdominal muscles, categorized by easy, moderate and challenging so it is great for all levels of fitness. This book doesn't make extreme promises like getting ripped abs in 6 days, doesn't recommend crazy diets that you're dying to get off of in a week, and there isn't a lot of technical mumbo-jumbo! When you purchase this book you will get highly effective ab and stomach exercises that will help you strengthen, tone and get a flat belly in a healthy way. Benefits of ab and stomach exercises:

- Prevent / reduce back problems & pain
- Get a slim, strong, sexy, belly.
- Improve energy
- Enhance athletic performance
- Better posture
- Improve digestion
- Prevents hernias
- And more!

Chapters include: 50 of the best exercises for your abs with photos and clear instructions, discussion of the many benefits of core exercises, overview of anatomy and more! Get a FREE BONUS audio "Yoga for a strong core" workout when you order this book; a \$9.95 value. A download link is provided on the about the author page in the book. ABS! is written by yoga and fitness expert Howard VanEs, author of 5 yoga/fitness books including "Ageless Beauty & Timeless Strength" and "Beginning Yoga: A Practice Manual."

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Customer Reviews

As I read this little gem, I kept upgrading my rating. It started off as 2-3 stars, then ended up at 5. I bet you will say the same thing. The first chapter discusses, in detail the numerous benefits of strengthening abs. For example: *Helps back issues*, *Improves athletic performance*, *Helps posture*, *Helps breathing*, *Helps stomach function*. Well, you get the idea; this first section discusses at least ten benefits. I'm sold! Succeeding chapters discuss anatomy of the abdominal muscles, and how people get "Six Packs." The author should be commended for telling the truth about six packs--you won't get them just from exercising. He points out that a very low level of body fat is required--far below what mere mortals have. But the best part is the EXTENSIVE list and discussion of those 50 exercises. The list is really impressive, and they have accompanying photos that really show the exercise nicely. I was impressed. At the rear of the book is a great linked-list of all the exercises discussed, grouped by category--easy, intermediate, and challenging. Really well done, highly recommend!

« A review by Chris Lawson

There are some good exercises in this book for abs. I thought the book was well written overall and the photos of each exercise are very good too. What I didn't like was that the moderate, easy and challenging exercises are mixed together in the routines. I thought it would have been much better to group them as easy, then moderate, then challenging. Don't really know why the author chose to do the presentation this way.

Last year I bought the Ageless Beauty, Timeless Strength book from this Author and loved it. That was loaded with great advice and wonderful exercises so I was pretty confident that this would do the same. Wow, talk about delivering; the number of ab exercises in this book is amazing. I have

been into fitness for 30+ years and have gotten caught into the rut of doing the same abdominal exercises over and over again. These illustrations make it very easy to see how the exercises should be done, along with clear instructions. What I particularly like is the addition of all the core exercises, which go beyond just the immediate abdominal area. If this book doesn't help you get a flat belly for the beach this year than nothing will guide and motivate you. Thanks Howard.

I've used this book for a while now and love the progression from easy to hard. I started having no experience with ab building and worked through the exercises (accompanied by really helpful pictures) and am well on my way to having a flat belly. This book has a diverse assortment of ab and stomach exercises that just when you think you're used to everything, the intensity kicks up a notch. Howard's take on ab work makes it easy for the novice to get involved and see transformation. I'd recommend this book for anyone looking for a well-rounded approach to toning their stomach and strengthening their core!

This book is amazing! I was new to the gym and i had trouble finding the right AB program. A friend recommended this book to help teach me the basics and I have never felt more confident. I use the information to make sure I'm in proper form at the gym and also to allow me to continue my exercises at home knowing I'm doing it the right way. If you are looking for a little extra guide to that six pack you want, buy this book!

This exercise text is a little hard core. It would be great for a thirty something that needs to have a youthful appearance on the beach. Youthful has escaped me but using some of these exercises has restored some flexibility and improved my posture and increased my mobility.

The combination of pictures and description makes each exercise easy to understand and replicate. No fluff - just solid information. A quick easy read with detailed information that can be immediately put to use.

Great book on why (!) in how you can get great abs. It includes all stages of workout (easy, medium, hard and cooling down), pictures and audio link. I love it:)

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