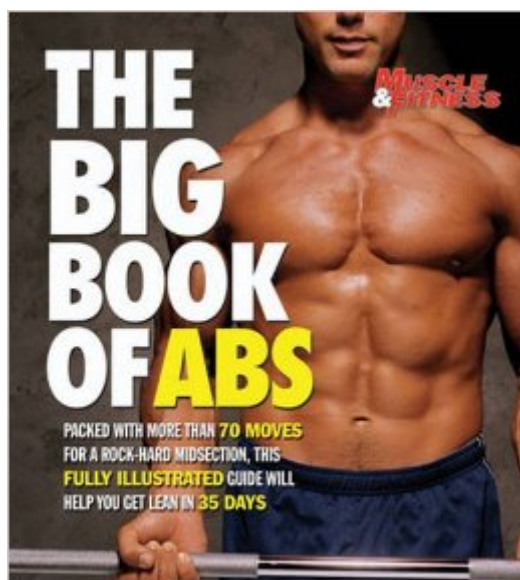


The book was found

The Big Book Of Abs



Synopsis

In this guidebook to health, the editors of Muscle & Fitness magazine provide a five week plan as well as tips and strategies to getâ and stayâ motivated in obtaining well defined and toned abs. There are more than 70 workout routines presented with full-color photos to guide readers in the best possible way to achieve the goal of that tight â six-pack.â • Throughout all the fitness routines there are informative tips and fast facts to make sure readers are performing the exercise in the safest and most effective manner. Additionally, to complete the workout program, instruction in nutrition to ensure oneâ™s body is getting the proper mix of protein or carbohydrates just when it needs them is included.

Book Information

Paperback: 192 pages

Publisher: Triumph Books (October 1, 2007)

Language: English

ISBN-10: 1600780318

ISBN-13: 978-1600780318

Product Dimensions: 0.5 x 8.8 x 9.5 inches

Shipping Weight: 1.8 pounds

Average Customer Review: 4.4 out of 5 starsÂ Â See all reviewsÂ (7 customer reviews)

Best Sellers Rank: #1,402,821 in Books (See Top 100 in Books) #154 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Ab Workouts #1372 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training #7311 inÂ Books > Health, Fitness & Dieting > Nutrition

Customer Reviews

this book has about 70 exercises and can help for someone who wants more 'diversity' in their ab routine BUT i would recommend the complete book of abs which has more exercises and gives you a routine that doesn't take too much time and gives you the results you want. this book also has alot of advertisements in it

I really like this book. Every page is in color and they show you exactly what to do and what to eat to get the abs you want. I thought this book was only for men, but it's also for women. They have photos of women doing some exercises and also profiles on women body builders. This book is kinda like "The Abs Diet" but with more photos and explanations. My copy of this book has no advertisements.

A great book for the man who wants to add a significant abs routine to his workout but also wants to keep it varied and fresh. Get this book - which is the perfect size for the gym - and bring it to your workouts; you'll see results. One could effectuate a routine for the home from this book as well.

I've brought five ab workout books on . This is my favorite. They have over 70 different ab exercises. I take the book with me to the gym. I do the basic exercises such as the crunch, slant board sit up, reverse slant board sit up, the ab roller, sit up with 25 pound barbell on my stomach, leg lifts every day. I also like to add a few different ones from the book. All the pictures are in color. I'm trying to get nice 6 packs abs for the summer of 2013 so I can walk down the beach board walk with no shirt on and show off. I'll be 60 on June 3rd so this is my birthday present to myself.

[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 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! The Big Book of Abs Big Book of Marbles (Everett Grist's Big Book of Marbles) Big Book of Garden Designs (Big Book of) Alcoholics Anonymous - Big Book: Big Book 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) The Complete Book of Abs for Women: The Definitive Guide for Women Who Want to Get into the Ultimate Shape The Complete Book of Abs: Revised and Expanded Edition The Ultimate Body Book: 4 Weeks to Your Best Abs, Butt, Thighs, and More! My Big Rescue Book (My Big Board Books) Big Book of Bible Games #1 (Big Books) Understanding Cloud, IoT and Big data (Cloud, IoT & Big Data: Basic To AWS SA Professional Book 1) The Big Book of Real Helicopters "How They Work * What They Do * Where They Fly" (Big Treasure Books) The Big Fish...out of water (The Big Fish Tails Book 2) Jumbo Jumble: A Big Book for Big Fans (Jumbles)

[Dmca](#)