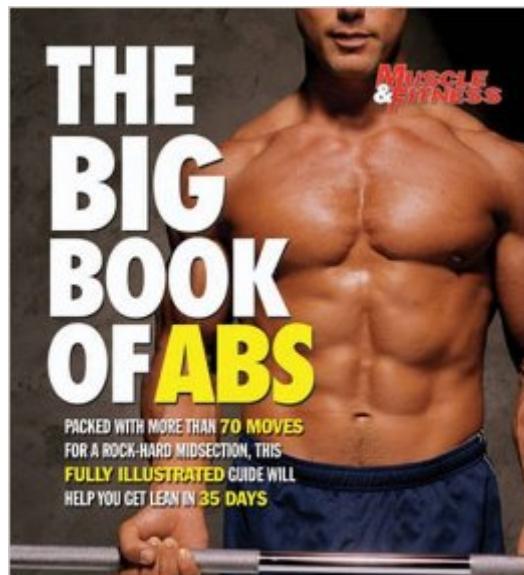


The book was found

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 get "and stay" 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 "six-pack." • 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 one'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

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Product Dimensions: 0.5 x 8.8 x 9.5 inches

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (7 customer reviews)

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

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