



The Complete Book of Abs: Revised and Expanded Edition

Kurt Brungardt

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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.

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