



## Best AB Exercises: Abdominal Workout Routine for Core Strength and a Flat Stomach (Paperback)

By Patrick Barrett

Createspace, United States, 2012. Paperback. Book Condition: New. 208 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Best Ab Exercises is not like most abdominal workout books out there--in fact, it does not contain a single traditional crunch or sit-up type exercise. Indeed, the weakness in many workout routines that target your core is that a lot of those exercises work your stomach in near isolation. This is nothing like the way your abdomen and lower back operate in real life. In a real-life situation, your core muscles work with other major muscle groups to provide stability and control for your whole body. That means that in your workouts, it's important to have your stomach and your back working together with those other muscle groups for optimal results. That's what makes Best Ab Exercises different. The exercises you will learn in this book engage the major muscle groups in your upper or lower body (or both, depending on the specific exercise) while simultaneously working your core. The result is a more complete and effective ab routine that burns more fat, builds more muscle, and actually makes you stronger. And let's not forget...

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