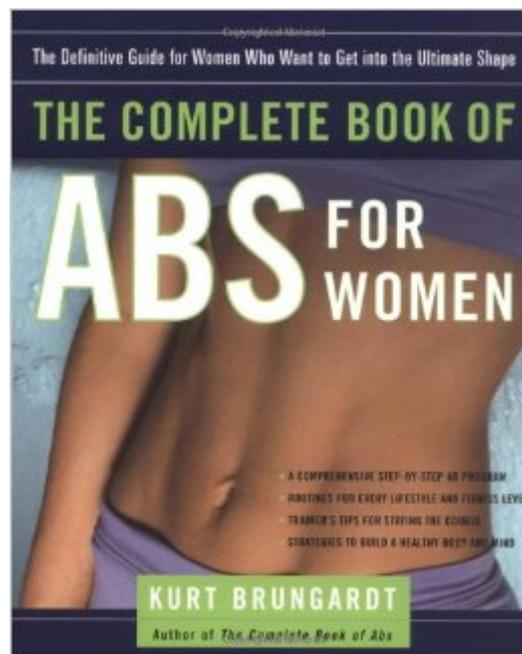


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The Complete Book Of Abs For Women: The Definitive Guide For Women Who Want To Get Into The Ultimate Shape



Synopsis

THE FIRST AB-WORKOUT BOOK CREATED EXCLUSIVELY FOR WOMENâFROM THE AUTHOR OF THE MONUMENTAL BESTSELLER THE COMPLETE BOOK OF ABS After the phenomenal success of *The Complete Book of Abs*, Kurt Brungardt now targets the particular needs of women with a workout bible for every stage of life. Fully illustrated and written in a clear, conversational style, *The Complete Book of Abs for Women* maps the road to a trim and toned stomach, slender hips, and a healthy state of mind. Inside youâll discover:

- Ab basics: the key concepts, techniques, and principles of abdominal training that are essential for achieving the best results
- A sustainable nine-week ab regimenâdivided into three fitness levelsâto strengthen and tone your abs, lower back, and deep-core muscles
- Strategies for enhancing both body and mind, from self-image and nutrition to relaxation and performance
- A complete wellness program that includes stretching, cardio workouts, and weight training
- Workouts tailored for busy working women and for exercising with a partner, plus age-specific routines for girls, teenagers, and women over fifty
- A special section on safe exercises for pregnant womenâand a program for mothers who wish to get back into swimsuit shape after pregnancy
- routines for every lifestyle: from Pilates- and yoga-based workouts to gym super-setsâeven an easy ab office workout that can be done at your desk
- exercises that target specific areas: lower abs, upper abs, and obliques

With a wide variety of routines, nearly 100 exercises, anatomical illustrations, and more than 300 photos, *The Complete Book of Abs for Women* is destined to become another Kurt Brungardt classic in the field of health and fitness.

Book Information

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Customer Reviews

I am a personal trainer (in training), and have built up quite the library of fitness books. I have tons of classics, from the Body for Life series to the Body Sculpting Bible to Sound Mind, Sound Body, and after a while, such books get repetitive. It is common knowledge that all training books have to cover all the same principles - anatomy, physiology, nutrition, relaxation, goal-setting - but this book is the only one that has done it in a way that caught my attention and did not put me to sleep! Of course, I love reading about fitness and nutrition, but I have read about it so many times from so many books/magazines I was afraid I was in for a huge bore - a book that would "tell" clients what to do, and insist that their way was "the" way. Kurt Brungart managed to relay all necessary information about muscle anatomy, training, nutrition, pregnancy training, goal-setting and relaxation in a wonderful, delightful way that truly talks to you, not down at you. The book is full of wonderful photographs with the most amazing models, and has the most comprehensive list of abdominal workouts and routines (from yoga, pilates, youth, teen and sport training routines) that I have ever seen - and trust me, I have seen many. I thought I had seen everything! Kurt doesn't forget that ab training alone is nothing - he includes a progressive total body weight training, stretching and cardio routine that, when put together with the ab system, is the best, safest, and most comprehensive nine-week program I have ever encountered. Despite its title, it is a *complete* book in every sense of the word, and is very fun and easy to read, without missing any unnecessary information.

Definitely, this book is neither complete nor definitive on abdominal exercise. It is written by a trainer who knows a lot about exercise combinations, but has limited means to analyze or explain them. Before you get to the zest of the book in chapters 18 thru 22, you will go through plenty of common information that the author gathered from newspapers and magazines yet failed to connect them properly. The author squeezes the anatomy of abdominal muscles just to show his familiarity with science and never attempted to use functional anatomy to explain any of the so many exercises listed in the book. Instead, each exercise is allotted one page, with two or three photographs, accompanied by few sentences of the start position, the move, and a hint from the trainer. Even the book's display of muscle anatomy is flawed. It describes the Transversus abdominis as running under the rectus and the obliques, all around the abdomen. The fact is that the Transversus barely sneaks under the rectus, high in the abdomen. Most of the center of the abdomen is supported only by the rectus and the aponeurosis of the other muscles. There is a figure in the book that enforces that flawed explanation too. Moreover, the author never explains how and when the internal oblique differs from the external oblique, in strengthening. The biggest flaw in the book is improvising lower

and upper abdominal regions based on the rectus abdominis alone. The categorization of exercises based on lower and upper abdominals is flawed and confusing. That is because the rectus simply pulls the chest to the pelvis in the center of the body and works out the same way whether the chest or the pelvis moves against resistance.

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