

The Abdominal Exercise Bible: Ab Exercises For Core Strength And A Flat Belly

By Anthony Anholt

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Discover How To Transform Your Body With The Best Core Exercises On The Planet

By nature, men are nearly alike; by practice, they get to be wide apart. - Confucius

Nothing screams health, youth and vitality more than possessing a tight and toned mid-section. Late night television is filled with gimmicks and creams that will supposedly help you achieve this ideal. Gyms are filled with people performing crunches along with other exercises in an attempt to acquire that elusive 6-pack. Are you one of them?
If so The Abdominal Exercises Bible: Ab Exercises For Core Strength And A Flat Belly can help you. Within its pages you will find a simple yet complete program containing the best stomach exercises on the planet. This program is designed for all ages and fitness levels. If you are a senior citizen looking to get back in shape you will find gentle yet effective abdominal exercises that will work for you. On the other hand even if you are a superior athlete you will find core exercises that will challenge you. This book is for everyone who desires a sexy and toned mid-section.
Of course there are many other benefits that you will gain when you follow the Abdominal Exercises Bible. These include:

- Help to reduce or even eliminate lower back pain
- Improve your energy levels
- Improve your athletic performance - your power originates from your core
- Improve your breathing
- Improve your posture
- Increase your muscle mass
- Lose belly fat
- Enhance your overall looks
- Help prevent hernias
- Help stabilize your body and protect your joints

Beyond appearance the core training you will experience in *The Abdominal Exercise Bible* will make you a stronger, healthier, more magnetic you. Order this book now and start transforming your body today.

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The Abdominal Exercise Bible: Ab Exercises For Core Strength And A Flat Belly By Anthony Anholt Bibliography

- Sales Rank: #1608865 in Books
- Published on: 2013-06-13
- Original language: English
- Number of items: 1

- Dimensions: 9.00" h x .30" w x 6.00" l, .41 pounds
- Binding: Paperback
- 132 pages

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Editorial Review

Review
Loved the explanations the pictures and the way exercises were presented. Easy to follow and fit to your level. Great book!

- Anti Comcast (Amazon Verified Purchase)

I really enjoyed the fresh perspective this book provided! There are TONS of Ab books and info out there but, this simple, well laid out book had a lot of unique ideas that I found very helpful. I especially like the Tai Chi exercise!
Well worth your time to grab this book and put the info to use!

- Geoff Greig (Amazon Verified Purchase)

From the Author
Hi,

My name is Anthony Anholt and I firmly believe that each of us is filled with untapped potential. As such I am constantly on the lookout for ways to improve myself from the inside out, both mentally and physically. I believe in using natural, time proven methods to do this as opposed to phony workout gimmicks, products, or drugs. I firmly believe that God has endowed us with the innate ability and talent to be the best we can be. All we need to do is uncover it.

If you could kick the person in the pants responsible for most of you trouble, you wouldn't sit for a month - Theodore Roosevelt

If you are willing to put in the work (and yes, there will be work. That is the price life charges for improvement, no exceptions) and have a strong desire to be more than you presently are, I think my books can help you. I look forward to beginning this journey with you.

Sincerely,

Anthony Anholt

About the Author
Anthony Anholt has been interested and involved in athletics and fitness for his entire life. His specialty is “gym less” workouts, or exercise systems that do not require any kind of special equipment. He is also interested in enhancing performance in all sports, but particularly basketball. This is his third book.

Users Review

From reader reviews:

Edna Brooks:

Do you have favorite book? Should you have, what is your favorite's book? Reserve is very important thing for us to be aware of everything in the world. Each publication has different aim or perhaps goal; it means that guide has different type. Some people feel enjoy to spend their a chance to read a book. They may be reading whatever they get because their hobby is actually reading a book. How about the person who don't like studying a book? Sometime, person feel need book whenever they found difficult problem as well as exercise. Well, probably you will need this The Abdominal Exercise Bible: Ab Exercises For Core Strength And A Flat Belly.

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Louise Fulghum:

With this era which is the greater man or woman or who has ability in doing something more are more precious than other. Do you want to become one among it? It is just simple method to have that. What you need to do is just spending your time little but quite enough to have a look at some books. One of several books in the top checklist in your reading list will be The Abdominal Exercise Bible: Ab Exercises For Core Strength And A Flat Belly. This book that is qualified as The Hungry Hills can get you closer in becoming precious person. By looking upward and review this guide you can get many advantages.

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