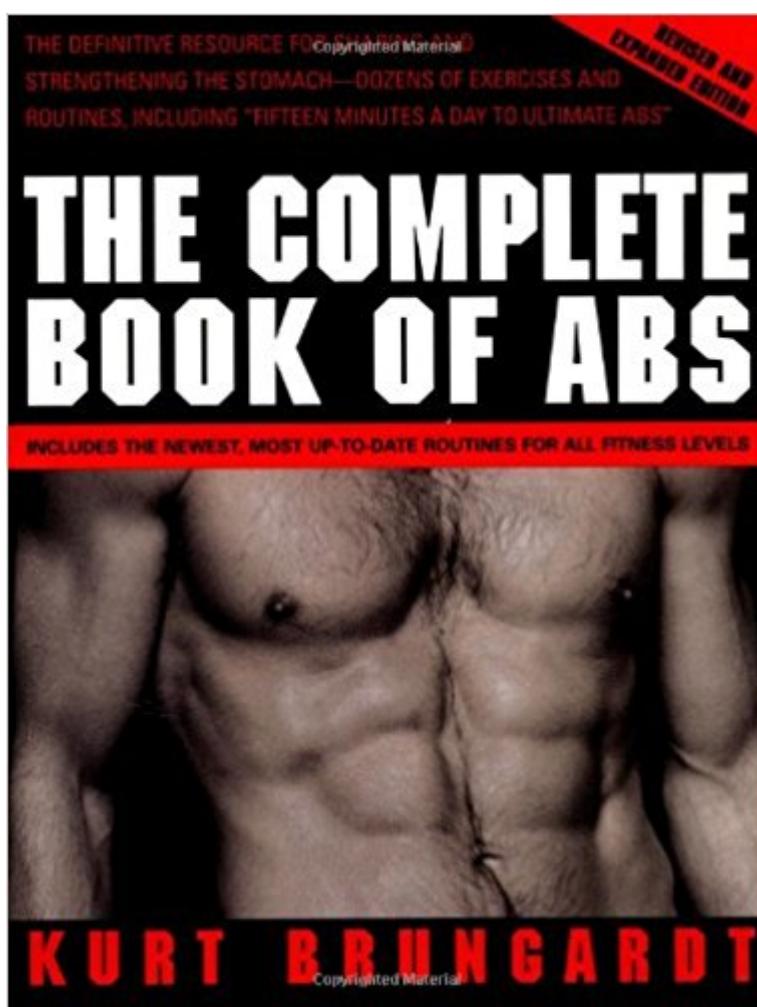


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# The Complete Book Of Abs: Revised And Expanded Edition



## Synopsis

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.

## Book Information

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## Customer Reviews

Kurt Brungardt was at the front end of the abdominal obsession. His Abs of Steel video was a bestseller, and the original Complete Book of Abs, published in 1993, was considered the bible of

midsection exercises for trainers and fitness enthusiasts. The obsession has only grown since then, manifested by dubious infomercial products, a burgeoning fitness-magazine industry promising readers great abs with almost no investment of time and effort, and (perhaps because of the shortcomings of the first two phenomena) a boom in the demand for legitimate nutritionists and personal trainers. Even Brungardt himself came out with a 1998 book, *3-Minute Abs*, to take advantage of the craze. With all that going on, it seems hard to believe that there's anything new to say about abdominal exercise. Indeed, this revised version of *The Complete Book of Abs* doesn't really try. There is a new prebeginner midsection routine, which leads into the more advanced exercise regimens described in the original book, and a handful of new exercises. But other than that, the expanded sections are in nutrition (several new pages of recipes) and total-body fitness (new photos demonstrating exercises for body parts other than abs). Still, the original package is a terrific deal: more than 100 exercises, numerous training routines, and lots of basic information about exercise and diet. Each abdominal exercise is rated for difficulty on a scale of 1 to 3 and how risky it is to the lower back. The routines are complete and thoughtfully compiled, and there's not a bit of advice in the entire book that isn't scientifically legitimate. That's why this book--in either edition--remains indispensable for those serious enough about fitness to need information that goes beyond the basics. --Lou Schuler END

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.

I really enjoyed this book and it is one that I have kept for years to be able to reference. There is a ton of information that a beginner getting into fitness can understand and learn about. This is one of the first books I bought when I started getting into fitness and it helped me by basically paving the way for my knowledge to be where it is today. It is not overly complicated and uses words that the regular person, who doesn't have a background in anatomy, can understand. I would definitely recommend this book. It covers everything from dieting/meal planning to working out to your daily life in general.

This is a great book. It gives you all the information you might need to develop strong abs and core. It answers questions such as how often you should work your abs. But it also shows you around 100 exercises from which you can develop your own workouts. It also offers routines for you. It shows you how to do each exercise. The routine section suggests how many exercises to do and how many reps and sets. No matter what your level, this book will work for you. One thing I especially like is that it gives exercises that are safe for people with lower back problems. Each exercise lists whether or not it is safe for those with bad backs. I can't think of anything that's been left out of the book and all of the information seems to be accurate. I did one of the ab workouts for those with a bad back. My abs are in good condition and I can't seem to find a workout that gives me the pump or burn. Well, good news. This one did. If you do the workouts as prescribed and according to your own level of ab fitness, you'll be pleased and rewarded.

Bought the book 20 years ago in high school. Wanting to tone up again, and couldn't find the book. Not surprised it is now digital, and still rated very highly. I recommend the digital version so you can tap on an exercise to see the demonstration photo. With the book, you end up doing a lot of flipping between the routine pages, and the demonstration pages.

**Key points:-** In this book there is still the belief that muscles, specially in the abdominal area, can be isolated with specific exercises; -It dedicates a whole chapter on using "the machines", which most fitness experts educated in the last ten years will disagree with; -Has "power nutrition recipes" along with the general nutritional and fitness advice; -It dedicates a chapter on how to take care of your lower back; -Because the rest of the body is also important, it dedicates seven pages to back, chest, arms, legs and shoulders; -It has more than a hundred pages of illustrated ab exercises, most of which you can do at home and even at the office. **Recommendation:** If you're already fit and just

need to push your abs a little bit further, buy it. If not, then buy a newer book on TOTAL BODY WORKOUTS (like those edited by Men's or Women's Health), abs are just a part of your body, and if you don't eat well and do regularly both aerobic exercises and weight-lifting (and I don't mean pressing 300 lbs.) you will never see your toes no matter how many abs you do. P.D.: It is indeed a fitness classic, a pretty good book in its time.

old pictures in black and white

This book is a good book. It offers many types of exercises; it gives a difficulty level and a risk level associated with the back, which helps people to determine if they can perform each exercise. For each exercise it explains well how to perform it plus it has trainer's tips. This book has many routines for every single level you want to achieve, for different week periods. It has a section on nutrition with sample menus, also. This book is very useful for men and women.

Top-notch book. Filled with practical and useful information on everything to do with the abs. I found it revealing that if you are just doing crunches you are wasting your time. The author explains how the abs are made up into 4 main muscle groups. To simplify - lower abs, upper abs, and 2x obliques. He then goes on to say that all these groups need to be worked to have great abs and also because working only 1 group can have negative effects. He then splits the exercises into 3 main groups: 1) Lower Abs 2) Obliques 3) Upper Abs. For each group he explains numerous exercises with excellent photos and practical information such as degree of difficulty and amount of danger to lower back. There is also a 4th group for combination exercises. There are so many exercises you will never run out. There are also sample workouts at different stages of experience. The diet section is nicely done too although a bit outdated (1992) in that it advocates high carb content without too much differentiation between types of carbs. That is only a minor negative though - this is the book if you want to firm your abs.

I was looking for a book that gave a variety of ab exercises and this book definitely has that. This book shows which abs are worked in each exercise, describes how to correctly perform the exercises and gives the possible affect the exercise can have on the back. There is also a good introduction on wellness and diet. I have been using it regularly to add diversity to my ab workout.

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