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The Men's Health Big Book: Getting Abs: Get A Flat, Ripped Stomach And Your Strongest Body Ever--in Four Weeks



Synopsis

The essential diet and fitness guide to lean, ripped abs-including a results-driven 4-week program to lose weight, strengthen your core, and chisel your entire body. Call it a spare tire, muffin top, or paunch. Men and women consistently cite their belly as their biggest problem area-and it is often the toughest final pounds to lose. Not anymore! Whether readers' eating habits have been affected by stress, their bodies have changed with age, or they're constantly doing crunches without results, it's time to blast belly fat the right way. Using the comprehensive, week-by-week eating and exercise plan, readers can lose up to 20 pounds in 6 weeks-and keep it off, forever. The Men's Health Big Book: Getting Abs special features include:- Quick effective routines that replace boring, painful crunches - Manly (and healthy) recipes that take less than 15 minutes to prepare!- Hundreds of tips on how to emphasize muscle definition and six-pack abs! Including a step-by-step, 4-week eating and exercise plan, easy-to-prepare recipes, and hundreds of exercises, The Men's Health Big Book of Abs by Adam Bornstein and the editors of Men's Health is the ultimate guide to a leaner, fitter, sexier body.

Book Information

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Customer Reviews

ADAM BORNSTEIN is the editorial director of [Livestrong.com](#), and former fitness editor at Men's Health. He co-authored the bestselling *The IMPACT! Body Plan*, *The Men's Health Diet*, and has been featured on *Good Morning America*, *The Early Show*, and *E!'s The Daily 10*. He lives in Los Angeles.

"Men's Health Getting Abs" is a complex book addressing a complicated important topic - flat, 6 pack abds. If you are looking for a quick fix, go elsewhere. If you really want flat, sculpted abs the information in this book, if applied over months will give you flat 6 pack abds and an overall greatly improved body, health, and appearance. Though well written and well edited, this is not an easy read. The program is complicated and the route is sinuous. There are many bad habits, much bad information that need to be overcome. There are too many get fit quick schemes out there competing for the dollars. This is not one of them. Adam Bornstein does show how diet, exercise, and life style choices intertwine to either make us obese, or lean and trim. Adam Bornstein gives us the information to achieve optimal health, fitness and appearance. It just requires dedicated changes in diet, life style, and exercise habits to achieve. Adam Bornstein spends lots of pages dispelling exercise and diet myths, and replacing them with solid information. He spends lots of time directing the reader to multiple diet approaches, even addressing the current no gluten fad with both admonitions as to dangers and advice as how to avoid gluten. The exercise pages are well written with excellent pictures. Included are numerous hints as to proper form and technique that will take months to properly digest and apply. There are many programmed workout suggestions though out the book, making the application of the concepts and the exercises easier. There are even many more programmed workout plans at the end of the book. At first I was surprised to see the non core exercise sections. Then I realized Adam Bornstein is directing us to the only way to achieve and maintain flat six pack abds - total balanced life style, diet and exercise changes in our lives. This book is much more about total health and real fitness than just about abs. My only complaint about the book is the get-fit-quick promise on the cover. There is no way the average computer jockey, couch potato is going to get a "flat, ripped, stomach" in four weeks. It's a marketing gimmick. It's an insult to the quality of the book hidden behind the cover. Adam Bornstein dispells it in the book.

Hired a personal trainer at a local gym to help get me started. I bought this for the nutritional guide; however, everything in the book is what the trainer also showed me. If you follow the book or even close, you'll see results.

I picked up this book thinking it would just be some quick exercises, I was pleasantly surprised it is a full length guide on how to live a healthy, stress-free, fun, active life! Good for guys 16-66 Comes with recipes, what to eat, what work-outs to do, how often to do them this book is great, i love it!

This is a great book! If you are able to diligently follow the workouts and the diet guidelines, it does

work! You can truly get into shape, may be not exactly like the guy in the picture, but close to! You just have to keep repeating the workouts!

A great buy. It has background information about the foods and work outs. I really like the different workouts routines and the different foods and smoothies.

I bought this for my boyfriend and he loved it! He has picked it up to re-read it and use the workouts inside several times.

The book is in a Very good shape

very good book.

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avoid rejection from men) Calisthenics: 30 Minutes to Ripped - Get Your Dream Body Fast With Body Weight Exercises and Calisthenics (Calisthenics, Body Weight Training, Bodyweight Strength) Superhero Six-Pack: the Complete Bodyweight Training Program to Ripped Abs and a Powerful Core: (Calisthenics Exercises for Getting Shredded and Developing Extreme Core Strength) Pilates for a Flat Stomach: Perfect Abs in Just 15 Minutes a Day Pilates: 20 Minute Workouts for Strength, Weight Loss, and Flexibility. Improve Your Performance, Strengthen Your Core Muscles, and Change Your Body for Life. (Work out, Flat Stomach, Weight loss) Stomach Pain Relief at Last: Natural Remedies for Ulcers, Heartburn, Gastritis, Gas and Bloating Symptoms Associated with an H. pylori Infection: Stomach Health The New Abs Diet for Women: ã ã The 6-Week Plan to Flatten Your Belly and Firm Up Your Body for Life (The Abs Diet) Paleo Diet Cookbook: The Ultimate Paleo Masterclass Cookbook To Impeccable Health (Rapid Weight Loss, Strongest Energy, Lose Up To 30 Pounds in 4 weeks, Build Muscle, Paleo, Paleo Diet)

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