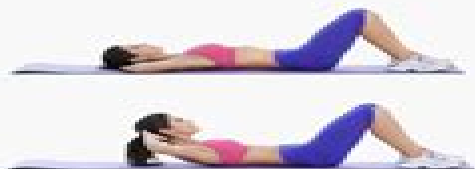


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10 CRUNCHES



10 BICYCLE CRUNCHES



10 MOUNTAIN CLIMBERS



10 SIDE V-UPS (PER SIDE)



10 DYNAMIC PLANKS



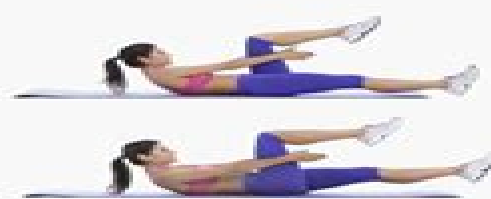
10 KNEE TOUCHES



10 TOE TOUCHES



10 LEG LIFTS



10 CRUNCH CLAPS

SETS LEVEL I 2 SETS LEVEL II 3 SETS LEVEL III 4 SETS **REST BETWEEN SETS** UP TO 1MIN

Abs Exercise Picture

Erika Dillman



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Abdominal Exercises Bible Anthony Anholt, 2013-06-13 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 The Little Abs Workout Book Erika Dillman, 2009-12-19 The newest little book in the enormously popular series delivers a fun and effective workout to achieve tight and toned abs without doing crunches Who doesn't dream of having better posture greater overall strength and less lower back pain not to mention a tighter more toned stomach THE LITTLE ABS WORKOUT BOOK presents more than 25 exercises and challenging workout combinations that fit into a busy schedule and effectively help strengthen the core muscles leaving readers with the flat abs they've always wanted Complete with easy to follow instructions and illustrations THE LITTLE ABS WORKOUT BOOK is an essential pocket guide to a firm strong sexy stomach *Exercise Samples* Anthony Anholt, 2015-02-15 Physically Mentally and Emotionally The Benefits Of Natural Bodyweight Exercises Are Immense Get A Taste Of The Power Of Natural Exercise With This Sampler Pack My name is Anthony Anholt and I believe in the benefits of regular exercise However not just any exercise system but natural bodyweight exercises that can be done anywhere at anytime This book contains complete sample exercise routines from three of my best selling fitness books This will allow you to try them out so that you can experience the immense benefits yourself What are some of the benefits you will receive when you engage in a program of regular exercise beyond a fit and muscular body Let me count the ways Reduce stress and anxiety It is a fact that the stronger you are the better you will be able to manage mental stress and anxiety Improve self confidence Improving your physical fitness will boost your self esteem and body image You will become more dynamic and

people will notice you Improved productivity Research has shown that workers who take the time to exercise are more productive and have more energy than their more sedentary peers Improved relaxation Exercise can help regulate the bodies sleep cycles and make it easier for you to catch those needed zzzzzz s Reverse the aging process Someone once said that we don t stop exercising when we get old we get old when we stop exercising If you want to stay youthful you need to start taking care of yourself now What I love about bodyweight exercises is that anyone can do them and benefit from them If you are an individual who hasn t exercised in a long time you will be able to take it slow and steady If on the other hand you are extremely fit you will still be able to find exercises here that will challenge you With bodyweight exercises you are truly only limited by your own imagination But don t take my word for it Try my book of sample exercises and experience the transformation yourself A new you awaits

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workbook provides the very best fat burning workouts Containing numerous fitness regimens this book provides the step by step instructions necessary to effectively shed fat and to get into optimal shape In addition this collection buttresses the workouts with comprehensive meal plans that ensure readers maximize fat loss while also increasing energy levels and maintaining overall health

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