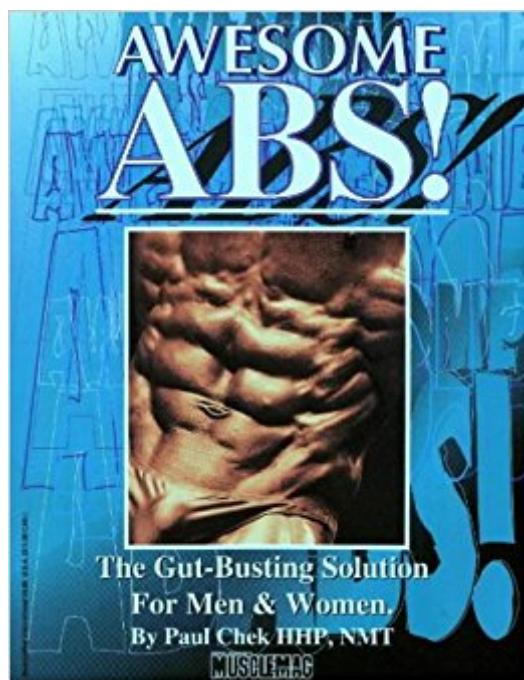


The book was found

# Awesome Abs: The Gut Busting Selection For Men & Women



## **Synopsis**

This is an easy-to-read wonderfully illustrated book, packed with awe-inspiring photographs of some of the best-known` bodybuilders.

## **Book Information**

Paperback: 47 pages

Publisher: Robert Kennedy (December 1, 1997)

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Product Dimensions: 7.9 x 0.1 x 10.1 inches

Shipping Weight: 3.2 ounces

Average Customer Review: 3.8 out of 5 stars 18 customer reviews

Best Sellers Rank: #846,780 in Books (See Top 100 in Books) #80 in Books > Health, Fitness & Dieting > Exercise & Fitness > Ab Workouts #574 in Books > Health, Fitness & Dieting > Alternative Medicine > Massage #802 in Books > Health, Fitness & Dieting > Men's Health

## **Customer Reviews**

Paul Chek, HHP, NMT

I love Paul Chek. He has a way of describing things in such a way that it's easy for any person to understand. Even though this book was not very big, it did have useful tests to see what condition your abs are and had suggestions on how to perform the essential ab exercises and in what order. Because of the information provided, I now know how to do reverse crunches correctly and discovered that my lower abdominal muscles are weak. I've become more conscious of keeping my core stable.

Though the book is a bit old, the information is really good. It is repeated in his other book How to move eat and be healthy. Paul Chek is the best in this field, my opinion.... His parasympathetic exercises helped me get stronger.

Hi this is G suresh kumar from chennai,india. im a physiotherapist, a amercian council on exercise certified personal trainer(ACE-PT), and certified strength and conditioning specialist(CSCS) from the National strength and conditioning association(NSCA) working as a fitness trainer in primal patterns-

holistic fitness studio by basu in chennai. This by far the best Abs training book i ever read, here paul clearly explains the actions of the musculature of the abs and convinces you to follow his methods of teaching with inspiring pictures of the some great abs you will see. many standard text mislead me to keep the back straight while doing the abs exs but paul opened my eyes on the subject. please visit [...] to see more

The book is good, and really details the proper way to train your core. It is focused on training your lower abs so that they will adequately compensate for antagonizing muscles. Proper training of the abdominal muscles will result in better posture, less exposure to injury and better definition of the core muscles. It's critical to strengthen your core since it must stabilize you in almost all body movements. This book is a great step in learning how to do this. The diet info at the end is a little out-dated, and based on low fat intake. After reading this section, I would recommend skipping it and instead following the advice for diet and nutrition found in Paul Chek's latest book Eat, Move, and Be Healthy.

I think this book has some interesting anatomy information and it has some value; but not as practical as I would like. I suppose it's worth the few dollars I bought it used for, but I am glad I did not pay retail.

Excellent book on developing great abs. Get rid of the pictures of the steroid freaks and lose the crappy nutrition advice and this short book would be a 5 star rating.

If you want to know how to properly develop,not just your "six pack", but abdominal muscles,as a very important component of core muscles,without any fancy machines, but using your common sense and properly firing right muscles at a right time, this book for you. You need to have some knowledge in human anatomy. Don't be mislead by photographs,you have to have 4-6% fat to see your abdominal muscles as you see on photographs. One digit number of fat not healthy for most people.

I wished I had not bought this book. All the pictures were of overly built body builders who probably were on steroids.

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ABS: The Ultimate Guide on How to Gain Six Pack Abs Fast (Abs Exercise- Abs Bible- Abs Diet for

Men- Abs Diet for Women- Abs after 40 - Abs over 40) Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) Awesome Abs: The Gut Busting Selection for Men & Women Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout Routines, Workout Books, Workout Plan, Abs Workout, Abs Training) (Bodybuilding Series) Captain Awesome 4 Books in 1! No. 2: Captain Awesome to the Rescue, Captain Awesome vs. Nacho Cheese Man, Captain Awesome and the New Kid, Captain Awesome vs. the Spooky, Scary House Resistant Starch: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut Book 1) What Men Won't Tell You: Women's Guide to Understanding Men (How to read their minds, what men want, why men cheat, why men won't commit, why men lose interest, how to avoid rejection from men) The New Rules of Lifting for Abs: A Myth-Busting Fitness Plan for Men and Women who Want a Strong Core and a Pain- Free Back Is It Leaky Gut or Leaky Gut Syndrome: Clean Gut, Allergies, Fatty Liver, Autoimmune Diseases, Fibromyalgia, Multiple Sclerosis, Autism, ... & More (Digestive Wellness) (Volume 2) IS IT LEAKY GUT OR LEAKY GUT SYNDROME: Clean Gut, Allergies, Fatty Liver, Autoimmune Diseases, Fibromyalgia, Multiple Sclerosis, Autism, Psoriasis, Diabetes, ... & More (Digestive Wellness Book 2) Man Walks into a Bar: Over 6,000 of the Most Hilarious Jokes, Funniest Insults and Gut-Busting One-Liners The New Abs Diet for Women: The 6-Week Plan to Flatten Your Belly and Firm Up Your Body for Life (The Abs Diet) The Abs Diet 6-Minute Meals for 6-Pack Abs: More Than 150 Great-Tasting Recipes to Melt Away Fat! Ultra HD Abs Workout: The Ultimate Guide to Getting Ultra-Abs The New Abs Diet: The 6-Week Plan to Flatten Your Stomach and Keep You Lean for Life (The Abs Diet) The Skinny NUTRiBULLET Lean Body Abs Workout Plan: Calorie counted smoothies with 15 minute workouts for great abs Six Pack Abs 365 - How To Get And Keep Your Six Pack Abs All Year Long Simple Six Pack Abs Strategy: 5 Easy Ways To Get Ripped Abs in 6 Weeks The New Abs Diet Cookbook: Hundreds of Powerfood Meals That Will Flatten Your Stomach and Keep You Lean for Life! (The Abs Diet) Get Ripped Abs: A Comprehensive Guide to the Best Way to Get Ripped Fast! Be a Sexy Beast by Summer! (Bodybuilding, Ab Workouts, How to loose belly fat, How to get abs)

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