



ABS! 50 of the Best core exercises to strengthen, tone, and flatten your belly.

Howard VanEs

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Are you ready for a stronger, sleeker, slimmer belly? If so, then this book is for you!

Introductory special - includes a free bonus audio (see below).

Experience 50 of the very best ab and stomach exercises from Yoga, Pilates and other fitness modalities. They have been carefully selected for their ability to produce quick results and are fun to do. ABS! Goes well beyond old fashioned crunches and sit-up so you can have an extremely effective abs workout.

Whether your belly is on the soft side or you're a high level athlete, you'll find a great variety of ab exercises that will target all four major groups of abdominal muscles, categorized by easy, moderate and challenging – so it is great for all levels of fitness.

This book doesn't make extreme promises like getting ripped abs in 6 days, doesn't recommend crazy diets that you're dying to get off of in a week, and there isn't a lot of technical mumbo-jumbo! When you purchase this book you will get highly effective ab and stomach exercises that will help you strengthen, tone and get a flat belly – in a healthy way.

Benefits of ab and stomach exercises:

- Prevent / reduce back problems & pain
- Get a slim, strong, sexy, belly.
- Improve energy
- Enhance athletic performance
- Better posture
- Improve digestion
- Prevents hernias
- And more!

Chapters include: 50 of the best exercises for your abs with photos and clear instructions, discussion of the many benefits of core exercises, overview of anatomy and more!

Get a FREE BONUS audio “Yoga for a strong core” workout when you order this book; a \$9.95 value. A download link is provided on the about the author page in the book.

ABS! is written by yoga and fitness expert Howard VanEs, author of 5 yoga/fitness books including

”Ageless Beauty & Timeless Strength” and “Beginning Yoga: A Practice Manual.”

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James Shaw:

Have you spare time for the day? What do you do when you have far more or little spare time? Yep, you can choose the suitable activity regarding spend your time. Any person spent their particular spare time to take a stroll, shopping, or went to the Mall. How about open or maybe read a book eligible ABS! 50 of the Best core exercises to strengthen, tone, and flatten your belly.? Maybe it is to become best activity for you. You know beside you can spend your time using your favorite's book, you can better than before. Do you agree with its opinion or you have various other opinion?

Cynthia Medina:

The book ABS! 50 of the Best core exercises to strengthen, tone, and flatten your belly. will bring one to the new experience of reading a book. The author style to elucidate the idea is very unique. In the event you try to find new book to see, this book very appropriate to you. The book ABS! 50 of the Best core exercises to strengthen, tone, and flatten your belly. is much recommended to you to study. You can also get the e-book through the official web site, so you can quickly to read the book.

Steven Barraza:

In this particular era which is the greater man or woman or who has ability to do something more are more important than other. Do you want to become among it? It is just simple solution to have that. What you must do is just spending your time almost no but quite enough to experience a look at some books. On the list of books in the top checklist in your reading list will be ABS! 50 of the Best core exercises to strengthen, tone, and flatten your belly.. This book that is qualified as The Hungry Slopes can get you closer in turning out to be precious person. By looking up and review this e-book you can get many advantages.

Corey Mason:

What is your hobby? Have you heard in which question when you got pupils? We believe that that problem was given by teacher to the students. Many kinds of hobby, Everybody has different hobby. And you also know that little person just like reading or as studying become their hobby. You have to know that reading is very important along with book as to be the point. Book is important thing to add you knowledge, except your own personal teacher or lecturer. You find good news or update about something by book. Different categories of books that can you choose to use be your object. One of them is niagra ABS! 50 of the Best core exercises to strengthen, tone, and flatten your belly..

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