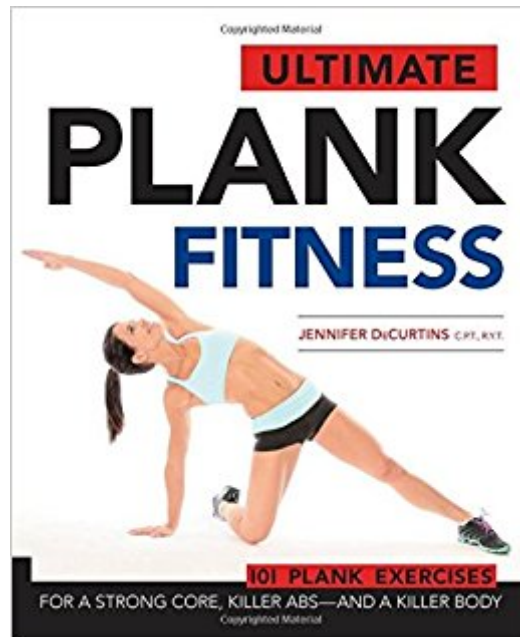


The book was found

Ultimate Plank Fitness: For A Strong Core, Killer Abs - And A Killer Body



Synopsis

A safe, challenging, and effective method of core conditioning, planking is one of the best ways to get fit and toned. Variations of planks are used across many fitness domains including traditional group exercise, personal training, home workouts, yoga, pilates, barre, CrossFit and plenty more! In no time, planks will craft:-Abs-Shoulders-Pectorals-Biceps-Triceps-Glutes-Quads-Hamstrings-Not to mention the fact that planking increases heart rate, offering calorie-busting cardio exercise, and creating healthy muscle tone. Ultimate Plank Fitness features 100 different variations of planks that can be used to customize your workout. Easily increase the difficulty of your core strengthening exercises by adding stability balls, gliders, and weights. Each exercise includes a step-by-step photo demonstration, points of performance, where to engage, along with common faults to detect ways to improve your fitness. Finally, CrossFit coach, personal trainer, and fitness instructor, Jennifer DeCurtins provides you with ten 5-minute workouts incorporating several planks that you can use to target trouble areas and build strength. With countless variations of the exercise, ranging from traditional planks to side plank variations and planks using external weights or unstable surfaces, your entire workout can be programmed around the plank! Work your way to a healthy core with Ultimate Plank Fitness.

Book Information

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Customer Reviews

Pulsing [View larger](#) Pulsing Plank Skill Level: Intermediate Modification : Can be performed on knees (to make it easier) Get ready to feel the fire in your gluteus with the pulsing plank. This variation of full plank requires the upper body to maintain static position while one leg lifts behind

you and performs small pulsing movements. Key Performance Points: Get into a full plank with a straight body position from your head to your heels with your shoulders stacked over your wrists. Lift one foot 6 inches (15 centimeters) off the floor and perform small pulses up and down. Repeat on the other side for one rep. Your feet should be apart "about the width of your hips" and square to the floor throughout the movement. Common Faults: - Sagging lower back - Butt and hips out of alignment with heel and head, especially on the working side - Shoulders more forward than your wrists Payoff: This plank will make you feel the fire in your butt.

Jennifer DeCurtins is a fitness instructor, personal trainer, yoga teacher and creator of the popular blog PeanutButterRunner. She also holds a 200-hour registered yoga teacher certification through Yoga Alliance and teaches hot yoga, power yoga, and vinyasa flow yoga at several studios in Charlotte, NC. Her classes often have 30-40 people in attendance and she was just named "Twitter Personality to Follow" by Charlotte Magazine in their "Best of the Best" awards. She has also served as a Lululemon Ambassador.

Good ideas. Good book

Ultimate plank fitness is a great book for all levels. It walks you through every plank and is so easy to do at home or when your traveling and don't have a lot of resources. It's challenging yet can be used for the basics as well. Jen is an amazing instructor and I look forward to more from this author.

good work out

love all the ideas this book has.

love it very helpful You can start as a beginner or pro. It walk you thru how to do each one

Great book! Fabulous Author!

This is a fabulous book for all levels. Jen walks you through each pose step by step and also offers modifications. You can do these exercises anywhere with little to no equipment. You can randomly flip to a page and spice up any workout by adding in some of the different planks. I highly recommend this book!!!

Amazing book! Easy descriptions of the different plank poses with beautiful pictures demonstrating each plank. Highly recommended for anyone wanting to tone their entire body without having to purchase a lot of equipment or go to a gym.

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