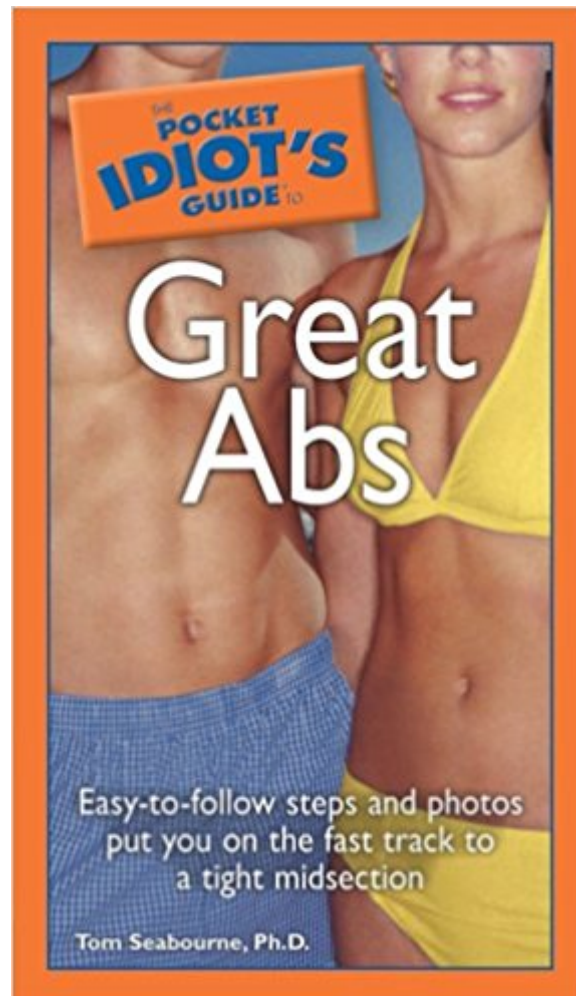




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The Pocket Idiot's Guide To Great Abs



Synopsis

The concise, easy, and complete guide for tight abs. Written by an expert personal trainer and award-winning athlete, this guide covers everything readers will need to get amazing abs. Fully illustrated with dozens of photos, this complete program for getting in shape includes: exercise principles that prepare for a safe, effective workout; targeted exercises for problem areas; exercises for home, work, or the gym; and a workout plan that puts individual exercises to work.

Book Information

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Average Customer Review: 4.6 out of 5 stars 3 customer reviews

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Customer Reviews

Tim Seabourne was voted one of the top three educators of 2005 by the American Council on Exercise. Winner of the bicycle Race Across America Open West, he was the Sports Illustrated Athlete of the Month, Men's Fitness magazine's Sportsman of the Month, and Men's Exercise magazine's Mr. Fitness. He's the author of The Pocket Idiot's Guide to a Great Upper Body and The Pocket Idiot's Guide to Great Buns and Thighs.

Good book, a little short, but overall very informative. The illustrations were very helpful. I recommend this to all those who are serious about reducing their mid section and getting better looking abs. It worked for me.

when i ordered it, it arrived on time and has great ideas, i wont even need to go to the gym on my "no gym" days.

I already had one for myself so this was a gift. The product was in great condition so that worked out well. I would highly recommend this book to anyone, it's more than worth the money. The seller was prompt & as I said before the book was in great condition.

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