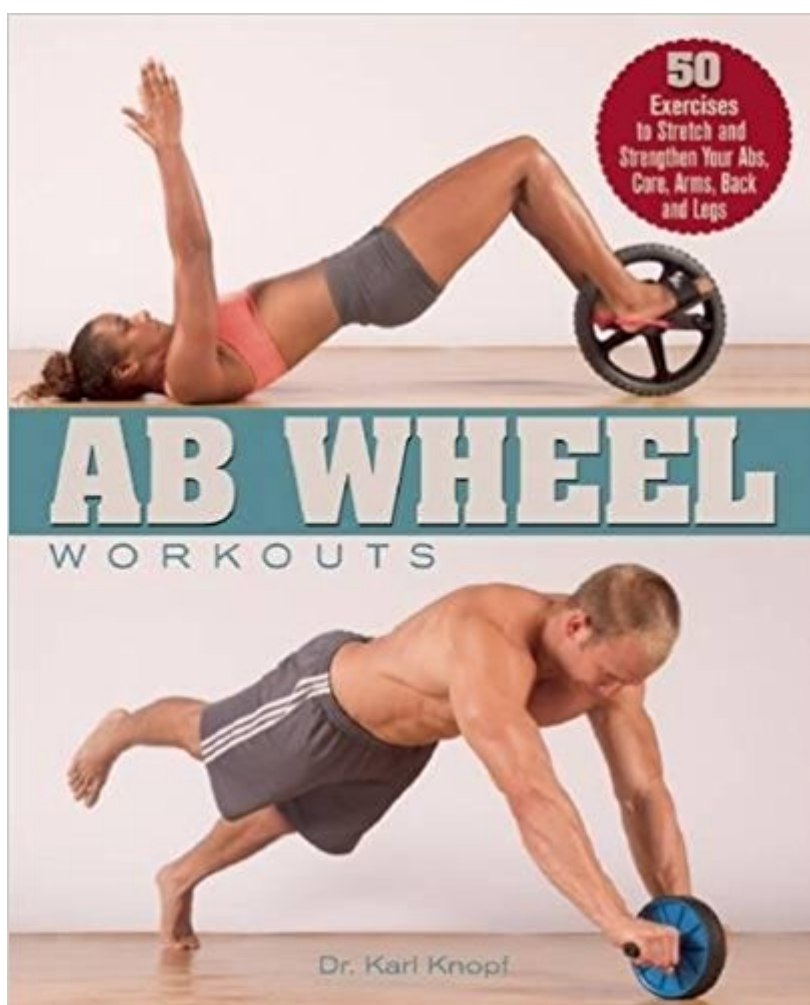


The book was found

# Ab Wheel Workouts: 50 Exercises To Stretch And Strengthen Your Abs, Core, Arms, Back And Legs



## Synopsis

**SUPERCHARGE YOUR CORE WORKOUT** Follow the program in this book and achieve the ripped, rock-hard abs you've always wanted. The highly effective exercises in **Ab Wheel Workouts** unleash the full potential of this simple, compact piece of equipment for intense muscle building and fast fat burning. With this book and an ab wheel, you'll rapidly develop a strong, lean physique, including:

- Sculpted Abs
- Improved Posture
- Toned Upper Body
- Greater Athleticism

Packed with hundreds of step-by-step photos, clearly explained exercises and six progressive training programs, **Ab Wheel Workouts** will have you rolling your way to a six-pack in no time.

## Book Information

Paperback: 144 pages

Publisher: Ulysses Press (October 22, 2013)

Language: English

ISBN-10: 1612432336

ISBN-13: 978-1612432335

Product Dimensions: 7.5 x 0.2 x 9.2 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 34 customer reviews

Best Sellers Rank: #633,824 in Books (See Top 100 in Books) #63 in Books > Health, Fitness & Dieting > Exercise & Fitness > Ab Workouts

## Customer Reviews

Foam Roller Workbook-Karl -Knopf-9781569759257-14.95-Ulysses Press-04/2011-18000-Healthy Hips Handbook-Karl-Knopf-9781569758199-14.95-Ulysses Press-11/2010-3000-Healthy Shoulder Handbook-Karl-Knopf-9781569758052-15.95-Ulysses Press-01/2010-2000-Stretching for 50+-Karl-Knopf-9781569754450-14.95-Ulysses Press-02/2005-19000-Total Sports Conditioning for Athletes 50+-Karl-Knopf-9781569756478-14.95-Ulysses Press-05/2008-300-Weights for 50+-Karl-Knopf-9781569755112-14.95-Ulysses Press-12/2005-4000-

Foam Roller Workbook|Karl |Knopf|9781569759257|14.95|Ulysses Press|04/2011|18000|Healthy Hips Handbook|Karl|Knopf|9781569758199|14.95|Ulysses Press|11/2010|3000|Healthy Shoulder Handbook|Karl|Knopf|9781569758052|15.95|Ulysses Press|01/2010|2000|Stretching for 50+|Karl|Knopf|9781569754450|14.95|Ulysses Press|02/2005|19000|Total Sports Conditioning for

Athletes 50+|Karl|Knopf|9781569756478|14.95|Ulysses Press|05/2008|300|Weights for 50+|Karl|Knopf|9781569755112|14.95|Ulysses Press|12/2005|4000|

I had the expectation that since a book was written about ab wheel exercises, there must have been ab wheel exercises out there beyond the standard guides included with ab wheels or from what could be found on the internet. My expectations were pretty unrealistic. However, the book does have value in that it incorporates the ab wheel into typical exercises. Sure, you don't need an ab wheel to do leg pressouts, pushups, or swimmers but if you already have the wheel out, use it for more resistance. You really don't need the abwheel strapped to your feet to do crunches but why not do some crunches while they're already strapped on?I don't really want to ding the book for not meeting my expectations but the more i think about, there really isn't that many exercises that are unique to the ab wheel. What the author does is expand on those exercises for a more comprehensive workout.Overall, a well-produced book with a clean design, quality photographs and easy to follow steps. However, 20/20 hindsight, I probably wouldn't have purchased book.

I've been a big fan of ab wheel for a long time and consider it to be the greatest and cheapest device to target your entire core.It took me some time to go from kneeling rollout to full standing rollout. That's the extend of what I do with the ab wheel. So I was pleasantly surprised and excited to see a whole book dedicated to ab wheel workouts.Unfortunately, I was not too thrilled with the book. Among the 50 or so ab wheel exercises they had, most of them don't even need the ab wheel. Several examples:1. Doing crunches with the ab wheel strapped to feet doesn't make it difficult.2. Lying down on your back and lifting your hands above your head while strapping on the ab wheel is quite unnecessary3. Lying completely on the floor, face down and rolling the ab wheel from the tip of your head up is downright silly and offer practically zero resistance4. Lying completely on the floor, face down and lifting your legs does not require any assistance from the ab wheel.There were many examples such as above. Also, a number of them are not even exercises ... they're just simple stretches without the ab wheel. I think the cover photo has the two out of five or so most useful exercises with the ab wheel.I wouldn't recommend this book to anyone, not even beginners. Sorry.

Great tone to this book. As usual, not a "sales pitch" for the AB Wheel but a balanced, sensible look at this particular piece of equipment. Photos are very instructive, the "listen to your body", "take time to build up your regimen," "enjoy your workout" approach is great for the less athletic among us.

Just the right amount of "muscle group" talk as it relates to the ab wheel, and the 10 exercise sets seem manageable.

Most of the information I already knew, but still had some info that I didn't know. Overall a good book to have in your fitness library.

Good explanation of how to do moves, was hoping for a little more pictures. Overall it's was just ok

Wasn't what I expected. Kind of basic information. I was looking for more of an advance level with more exercises to perform.

I purchased this book for my wife and she found that most of the exercises were too advanced for her. There were very few wheel exercises for beginners.

This book is very detailed with various exercises for all body parts. The exercises are challenging. I would recommend this product to anyone

[Download to continue reading...](#)

Ab Wheel Workouts: 50 Exercises to Stretch and Strengthen Your Abs, Core, Arms, Back and Legs  
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) Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) 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) 7 Weeks to 50 Pull-Ups: Strengthen and Sculpt Your Arms, Shoulders, Back, and Abs by Training to Do 50 Consecutive Pull-Ups 7 Weeks to 100 Push-Ups: Strengthen and Sculpt Your Arms, Abs, Chest, Back and Glutes by Training to do 100 Consecutive Push- ABS! 50 of the Best core exercises to strengthen, tone, and flatten your belly.

(Letsdoyoga.com Wellness Series) 7 Weeks to 300 Sit-Ups: Strengthen and Sculpt Your Abs, Back, Core and Obliques by Training to Do 300 Consecutive Sit-Ups Pilates: 20 Minute Workouts for Strength, Weight Loss, and Flexibility. Improve Your Performance, Strengthen Your Core Muscles, and Change Your Body for Life. (Work out, Flat Stomach, Weight loss) Swim Workouts for Triathletes: Practical Workouts to Build Speed, Strength, and Endurance (Workouts in a Binder) The Skinny NUTRiBULLET Lean Body Abs Workout Plan: Calorie counted smoothies with 15 minute

workouts for great abs 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) Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) Bodybuilding: Arm Bible: 39 Best Workouts For Bigger And Stronger Arms (Bodybuilding For Beginners, Weight Training, Weight Lifting, Bodybuilding Workouts) (Bodybuilding Series Book 2) Superhero Six-Pack: the Complete Bodyweight Training Program to Ripped Abs and a Powerful Core: (Calisthenics Exercises for Getting Shredded and Developing Extreme Core Strength) Medicine Ball Workouts: Strengthen Major and Supporting Muscle Groups for Increased Power, Coordination, and Core Stability Chair Yoga: Sit, Stretch, and Strengthen Your Way to a Happier, Healthier You The Genius of Flexibility: The Smart Way to Stretch and Strengthen Your Body Legs that Won't Quit : 30 Days to Slimmer Sexier thighs and Legs Attract Women: Unlock Her Legs: How to Effortlessly Attract Women and Become the Man Women Unlock Their Legs For (Dating Advice for Men to Attract Women)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)