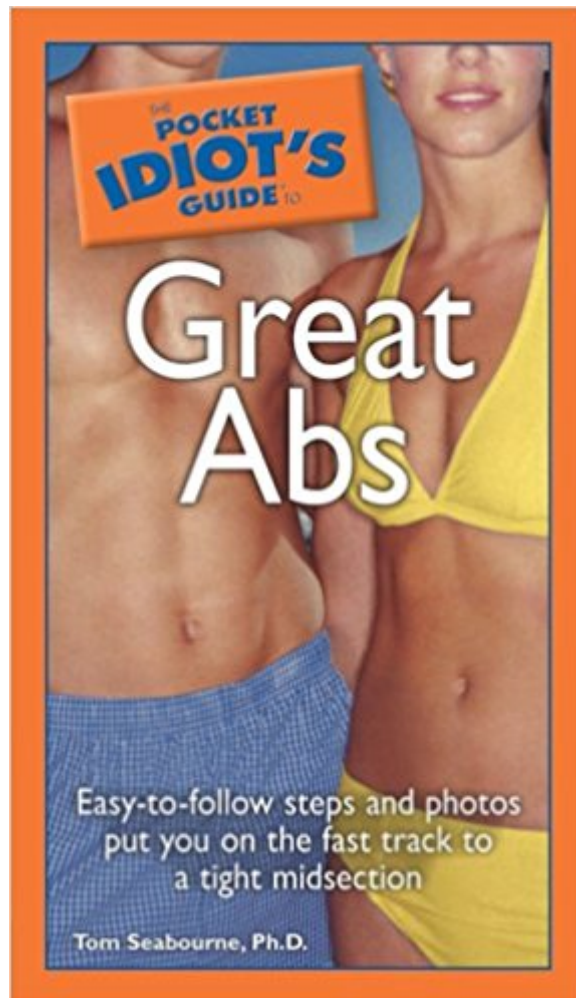




Ebook Directory
the best source of ebook

The book was found

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

Series: The Pocket Idiot's Guide

Paperback: 160 pages

Publisher: Alpha (January 3, 2006)

Language: English

ISBN-10: 1592574416

ISBN-13: 978-1592574414

Product Dimensions: 4.4 x 0.4 x 7.2 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

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

Best Sellers Rank: #767,749 in Books (See Top 100 in Books) #75 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Ab Workouts](#)

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.

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

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) 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) The Pocket Idiot's Guide to Great Abs The Abs Diet 6-Minute Meals for 6-Pack Abs: More Than 150 Great-Tasting Recipes to Melt Away Fat! The Skinny NUTRiBULLET Lean Body Abs Workout Plan: Calorie counted smoothies with 15 minute workouts for great abs Complete Idiot's Guide to Looking Great for Teens (The Complete Idiot's Guide) Ultra HD Abs Workout: The Ultimate Guide to Getting Ultra-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) 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 New Abs Diet:~ ~ The 6-Week Plan to Flatten Your Stomach and Keep You Lean for Life (The Abs Diet) 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) Abs Bible: 37 Six-Pack Secrets for Weight Loss and Ripped Abs: Bodybuilding Series, Book 3 Complete Idiot's Guide to Submarines (The Complete Idiot's Guide) Complete Idiot's Guide to Beatles (The Complete Idiot's Guide) Complete Idiot's Guide to Dinosaurs (The Complete Idiot's Guide) The Complete Idiot's Travel Guide to Hawaii (Complete Idiot's Guide) The Complete Idiot's Guide to World Religions, 4th Edition (Idiot's Guides) The Complete Idiot's Guide to Plant-Based Nutrition (Idiot's Guides)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)