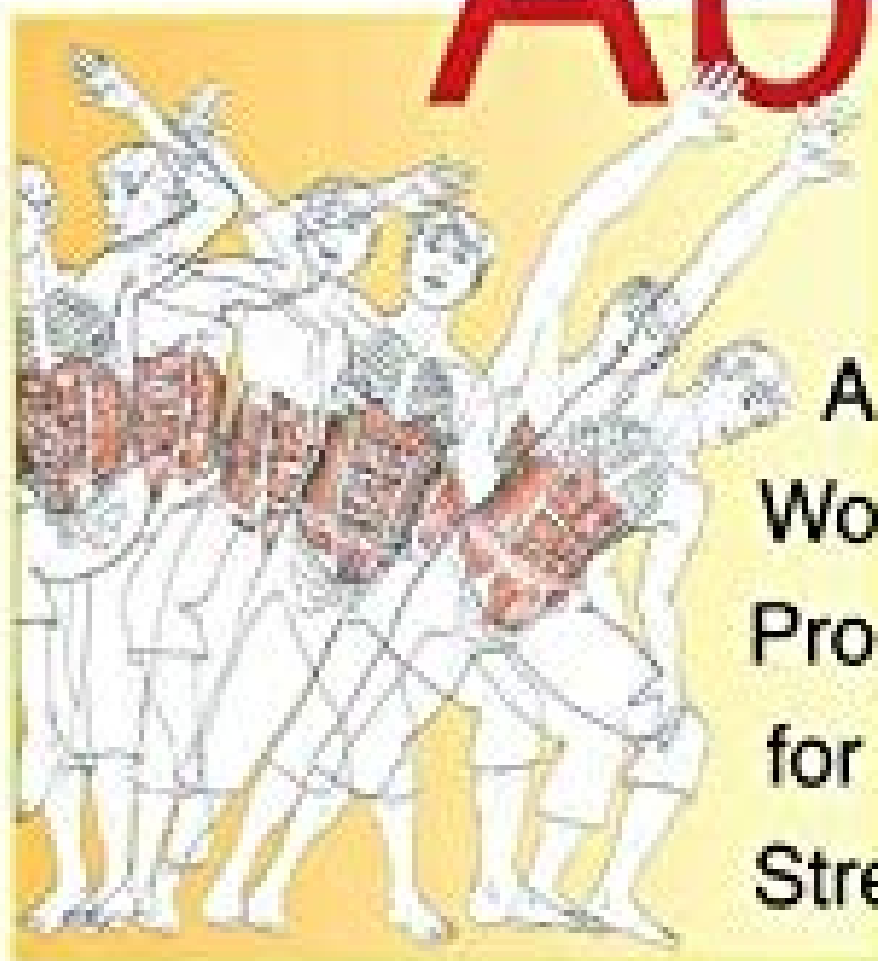


NO-RISK Abs



A Safe
Workout
Program
for Core
Strength

Blandine Calais-Germain

*Author of
the classic*

Anatomy of Movement

Blandine Calais-Germain

No-Risk Abs: A Safe Workout Program for Core Strength



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An illustrated information to the anatomy of the abdominal muscles and how exactly to tone them successfully without damage • Presents the 16 most reliable and safest abdominal exercises for great ab muscles • Offers tips to get rid of belly fat--both superficial extra fat and deeper visceral excess fat Presenting a fresh type of abdominal workout program designed with the body' Reveals how common stomach exercises, such as for example crunches, can damage the backbone, pelvic ground, diaphragm, and internal organs •s anatomical associations at heart, Blandine Calais-Germain reveals the 6 underlying principles for functioning the abs efficiently, 7 exercises to get you ready, and the 16 most reliable and safest abdominal exercises for a flat belly. Exploring this often misunderstood region of your body in her trademark anatomical style, Calais-Germain information the muscular structures that make up the ab muscles, revealing that strength only is not the sole element in a flat abdomen. Pointing out that abdominal exercises are not without risk, she evaluations the most common abdominal exercises, such as for example crunches and leg lifts, and explains how to prevent problems for the neck, spine, pelvic ground, diaphragm, prostate, and organs as well as how exactly to protect these vital structures with appropriate stomach work. Including ideas to get rid of belly fat--both superficial extra fat and deeper visceral fat--this book reveals how to get great abs, lose pounds, gain power, and build your core all without hurting yourself.



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It's a must for instructors. It can help one to be more aware of ... Therefore, I must admire this important and carefully made resource.. It has not caused any discomfort to me. Plenty of clients understand how to harden the ab muscles and destroy along the spine. It really is obviously secure and is most likely effective. Read this book Read this book especially if you are a instructor or client w.You may know of Blandine's other book, Anatomy of Movement. back issues. That is a brilliant publication that finally addresses the indegent training of abdominal muscles and the possible effects of this teaching. The "crunch" is usually poor use of the abs particularly when the abdominal muscles are utilized incorrectly and is certainly compressing the disks. I've not however completed all of the exercises.I recommend this book as new method of a safe stomach workout. great exercises The exercises complement others that I have learned over the years, the physical principles are explained well, and the exercises are SAFE, which includes been missing from some of the classes I've taken. Five Stars Ideal for beginners - easy to follow Very great book. Some typing errors. Much less outstanding as various other books by the author, but it's a fantastic work. Some typing mistakes though.It's a great way to better understand the anatomy of your stomach, how to proceed to correctly exercise them and what not to do.so good. Four Stars Good book, very important info for pros such as trainers. WOW! I finally found the documentation that supports my beliefs.This matches nicely with No-Risk Pilates. Here is a publication that addresses the whys and hows to improve training. Everyone needs to read and implement this! I am not really particularly interested in the facts of abdominal anatomy. I haven't gone back to the method I exercised since reading.A must for yoga teachers and personal trainers- we must provide the shift in considering "core" strengthLike: anatomy, experiential exercisesDislike: exercises offered still emphasized the "core" concept, Let me see more of a whole body concept. Three Stars Gift to wife. They're not really what I expect. Can't say it highly enough!. It helps one to be more aware of the average person ab muscles..we'll see@ GREAT BOOK A GREAT BOOK ABOUT DOING AB WORK FOR Ladies WITHOUT HURTING YOURSELF AND STRENGTHENING THE PELVIC FLOOR TO HELP WITH INCONTINENCE. A guide to working intelligently w/abs not really obsessively A instruction to getting out of the fitness paradigm that over emphasizes abs. For the most part, I don't really care why it works---as very long as it works.. (Check out her other books too; women read "The Female Pelvis." Requires Patience Although the abs are very important, it is very difficult to find good protocols for their proper training. This book is great in the sense that it explains the anatomy involved quite carefully, but in an accessible way. It explains at length why the most common training methods can be quite disadvantageous and also quite dangerous. Right here, the danger is not some imagined problem but practical, meaningful threat of injury. Finally, it shows a very creditable and effective

approach to training the abdominal muscles. The downside is that my impression is normally that one must discover an instructor, but I am uncertain what more the instructor would need to offer. So far, so excellent. Psychologically, I simply hate this book---actually, I hate it. I gave it 4 stars, not because it's my favorite book, but because It changed me. I want to be told how to proceed and how exactly to do it very succinctly. A must for everyone. So, I find that I must give more tolerance than I really want to provide in understanding the initial two thirds of the publication, explaining the anatomy and the drawbacks of wrong form. This is a necessary, but (for me) unpalatable learning. Finally, it requires some patience to understand the true exercise protocols..



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