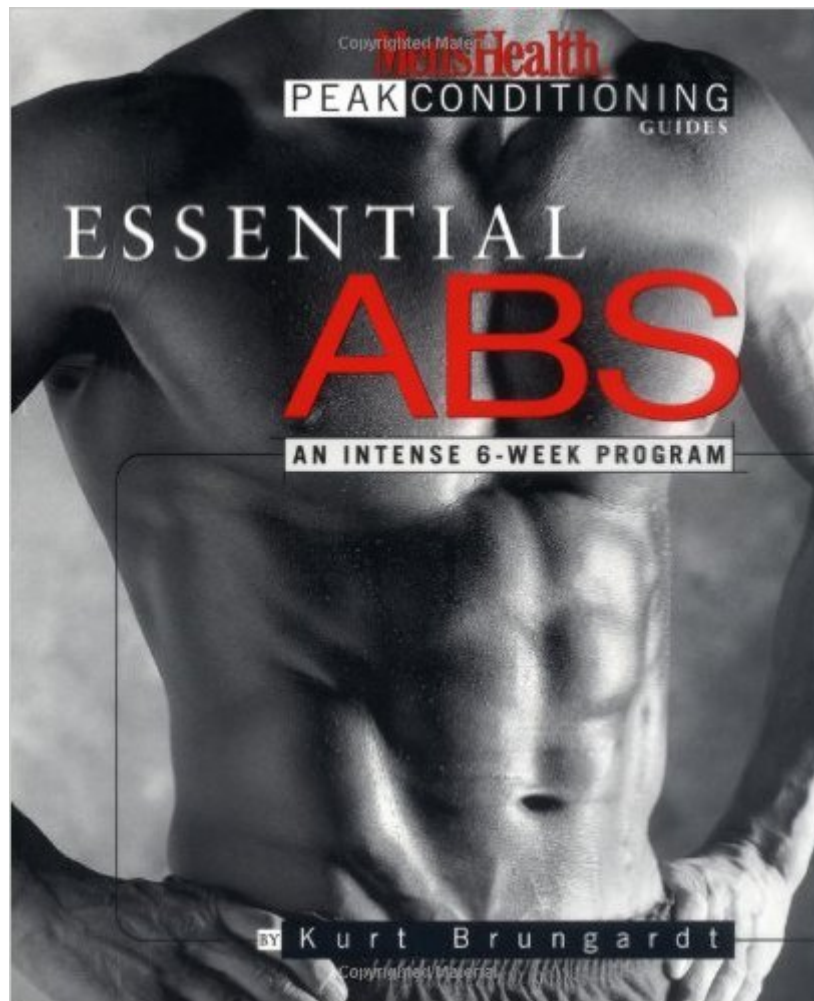


The book was found

Essential Abs: An Intense 6-Week Program (Men's Health Peak Conditioning Guides)



Synopsis

A six-pack of muscles or a six-pack of beer? For the average guy, wasting money on an impossible workout book for abs just isn't worth it. But in *Essential Abs*, ab master Kurt Brungardt has created a simple routine that will bring maximum results-- fast. His step-by-step, 6-week program shows you how to make ab exercises more effective by integrating them into a quick total-body workout. Whether you're a couch potato or a fitness fanatic, Brungardt helps you fine-tune your techniques for rock-hard abs in no time.

YOU'LL LEARN:

- * The 11 commandments of self-improvement
- * How much water you really need
- * How to drop those lame excuses and get motivated
- * The best ab exercises for sports
- * Modifications that eliminate neck strain

Book Information

Series: Men's Health Peak Conditioning Guides

Paperback: 144 pages

Publisher: Rodale Books (May 18, 2001)

Language: English

ISBN-10: 1579542921

ISBN-13: 978-1579542924

Product Dimensions: 7.3 x 0.4 x 9.1 inches

Shipping Weight: 8.5 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (19 customer reviews)

Best Sellers Rank: #93,693 in Books (See Top 100 in Books) [#23 in Books > Health, Fitness & Dieting > Exercise & Fitness > Ab Workouts](#) [#165 in Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training](#) [#3610 in Books > Sports & Outdoors](#)

Customer Reviews

I purchased about 10 books from [Amazon](#) on abs in order to compare them. This one is a rather simplistic book. It's like an enlarged Men's Health magazine article. If all you want is a book that tells you exactly what to do for a specific time period, you'll be better off with *The Body Sculpting Bible for Abs*, which has more information as well as a DVD. Here's my conclusion from comparing books...If You Want to Trim Your Waistline: You can't trim your waistline without losing fat, and you can't lose fat around your waist without losing it everywhere (focusing on a muscle group like the abdominal muscles doesn't burn fat in that location, just a little bit of fat from everywhere on the body). So, if you want to trim your waistline, skip the ab workout books and go with a good, proven overall weight loss and fitness book like Bill Phillips' *Body for Life*. The *Abs Diet* is a similar program, but like all the

Men's Health publications, it advertises a 6-week transformation, which is just a little unrealistic. Plan on more like 12-24 weeks to see really noticeable changes if you are fat. If You Want Sculpted Six-Pack Abs: If you are overweight at all, see above--you can't get a six pack while you're overweight, and you can't lose abdominal fat by doing an ab workout, so go for overall fitness. However, if you are already lean, see below. If You Want to Strengthen or Build Your Ab Muscles: If you're trying to improve for work, play, or rehab, you might consider the following books: The Body Sculpting Bible for Abs Deluxe DVD Edition contains decently up-to-date information and tells you exactly what to do and when to do it, based on a six-week fitness course.

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