



ABS! 50 of the Best core exercises to strengthen, tone, and flatten your belly.

Howard VanEs

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Are you ready for a stronger, sleeker, slimmer belly? If so, then this book is for you!

Introductory special - includes a free bonus audio (see below).

Experience 50 of the very best ab and stomach exercises from Yoga, Pilates and other fitness modalities. They have been carefully selected for their ability to produce quick results and are fun to do. ABS! Goes well beyond old fashioned crunches and sit-up so you can have an extremely effective abs workout.

Whether your belly is on the soft side or you're a high level athlete, you'll find a great variety of ab exercises that will target all four major groups of abdominal muscles, categorized by easy, moderate and challenging – so it is great for all levels of fitness.

This book doesn't make extreme promises like getting ripped abs in 6 days, doesn't recommend crazy diets that you're dying to get off of in a week, and there isn't a lot of technical mumbo-jumbo! When you purchase this book you will get highly effective ab and stomach exercises that will help you strengthen, tone and get a flat belly – in a healthy way.

Benefits of ab and stomach exercises:

- Prevent / reduce back problems & pain
- Get a slim, strong, sexy, belly.
- Improve energy
- Enhance athletic performance
- Better posture
- Improve digestion
- Prevents hernias
- And more!

Chapters include: 50 of the best exercises for your abs with photos and clear instructions, discussion of the many benefits of core exercises, overview of anatomy and more!

Get a **FREE BONUS** audio “Yoga for a strong core” workout when you order this book; a \$9.95 value. A download link is provided on the about the author page in the book.

ABS! is written by yoga and fitness expert Howard VanEs, author of 5 yoga/fitness books including "Ageless Beauty & Timeless Strength" and "Beginning Yoga: A Practice Manual."

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