



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

By Blandine Calais-Germain

Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, No-risk Abs: A Safe Workout Program for Core Strength, Blandine Calais-Germain, Presenting a new type of abdominal exercise program designed with the body's anatomical relationships in mind, Blandine Calais-Germain reveals the 6 underlying principles for working the abs efficiently, 7 exercises to get you ready, and the 16 most effective and safest abdominal exercises for a flat belly. Pointing out that ab exercises are not without risk, she reviews the most common abdominal exercises, such as crunches and leg lifts, and explains how to avoid injury to the neck, lower back, pelvic floor, diaphragm, prostate, and internal organs as well as how to protect these vital structures with appropriate abdominal work.

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