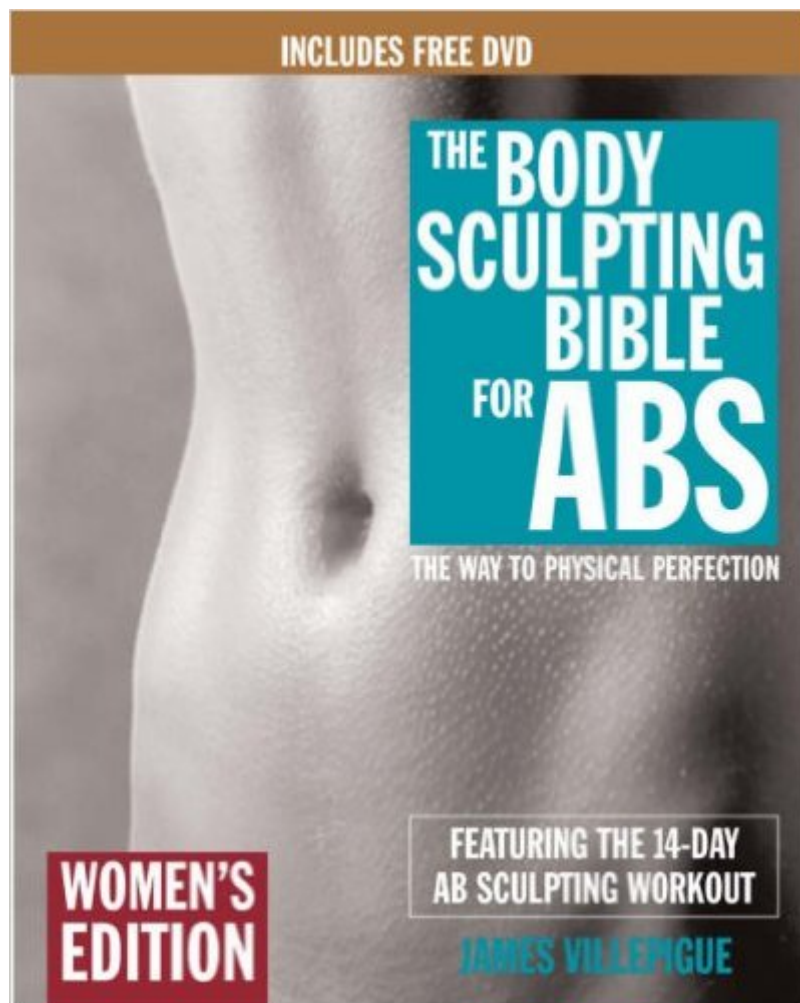


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The Body Sculpting Bible For Abs: Women's Edition, Deluxe Edition: The Way To Physical Perfection (Includes DVD)



Synopsis

The Body Sculpting Bible for Abs: Women's Edition Includes Free DVD The follow-along DVD designed to help every woman get that toned and slender waistline. The Body Sculpting Bible for Abs: Women's Edition shows women how to get the abs she wants...and her man desires. The abdominal muscles, stomach, and waistline are targeted in this unique book and DVD combo, featuring the best exercises, the best nutrition plan, and the best training schedule out there. The invigorating 14-day program includes a follow-along DVD to jumpstart the break-in workout. Combining traditional and trendy exercises, this book uses the periodization principle to teach a quick, easy way to burn body fat and create a slender but toned waist. Inside you'll find: a just-for-women features like a focus on reducing body fat and motivation techniques a dozens of specially selected abdominal exercises, from traditional crunches to stability and medicine balls a an all-new 30-minute follow-along DVD to keep you motivated The Body Sculpting Bible for Abs: Women's Edition has everything that made the original editions so popular, without the gimmicks, diet pills, or gadgets.

Book Information

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Customer Reviews

I've been doing the Body Sculpting Bible for Women for awhile now and I was looking for a way to improve my abs as well. Now I alternate between days when I do this ab workout and days when I do the original Body Sculpting Bible for Women workout. Both are excellent books! Equipment Needed: A lot of people have been complaining about various equipment that you need. 1. You do

need a balance ball, I got one off of .com for \$14, they're also available at stores like Walmart and Target, fairly cheaply. 2. You'll probably also want to get either a Weighted Ball or Medicine Ball, although you can replace many of the weighted ball activities with a free weight. I got a 10lb weighed ball off of for \$10. 3. There is some gym equipment that the book suggests you use, in many cases you can do simple substitutions. For example, in the case of a barbell, I use free weights. There's also something used called an "ab original", it's a sort of sling attached to a pull up bar that you can dangle from while doing leg lifts. In this case, I simply hung from a pull up bar with my hands and did the leg lifts. Whenever there are moves that you can't do because either it is too difficult or you don't have the proper equipment you can simply browse through the many listings of exercise and choose a substitute. Keep in mind this book is for people who are serious about exercise and about their abs. If all you're willing to do is a handful of sit ups, then you probably shouldn't buy this book and should just get down on the floor and go ahead with those sit ups. All in all I felt that this book has an excellent and thorough collection of ab and back exercises.

I've been an avid fan of the Body Sculpting series of books for over a year now, and recently picked up this book -- The Body Sculpting Bible for Abs." Villepigue does a fantastic job of levelling with the reader and giving you the necessary information to really sculpt your abs. There are no gimmicks in this book, just pure, sensible advice on what needs to be done to get a six-pack. That being said, the book is a little shorter than I would have liked. Since I follow the workout routines in the original Bodysculpting Bible, I would have liked to see the Abs book tie in more with those routines. Instead, it offers you completely independent 14-day workouts. It's up to the reader to tie those in with any other workout program they are already on. I would have also liked to see a larger section on diet. In my experience, sculpting the perfect abs is 90% diet and 10% exercise. Instead, the majority of this book is dedicated to illustrating new and interesting ab workout techniques using the floor, Swiss ball, and medicine ball. All interesting stuff, but only a few pages are dedicated to diet advice and recommendations. This is still a wonderful reference to have around, and I would highly recommend it to anyone looking to seriously chisel out those abs!

For people who have the equipment and the physique necessary to complete these exercises as prescribed, they might work. Here are the obstacles that arose for me (age 56, abdominal muscles injured during pregnancies, overweight, former gymnast): In the VERY FIRST workout grouping, called the "break-in" workout, there were two problems: First, you're supposed to do a "slow sit-up." I just plain am not able to do this. The authors state in their instructions for the "slow sit-up" that

"having to use momentum to get your body going is an indication of an abdominal weakness that needs to be corrected." Huh? Corrected how? Surgically? If the "slow sit-up" is nearly the first exercise in the regimen, how are we supposed to correct the weakness? Second, you need a Swiss ball. That isn't SO bad, but could be a barrier for some people. Then, in the second "break-in" workout, you are supposed to do an exercise while dangling from gym equipment. Well, I belong to a gym, and it DOESN'T HAVE that type of equipment! I can't get to the gym very often, because it is not nearby and so forth, but even so -- the equipment is not available! What if I lived in rural Montana or somewhere? No gyms in the vast mountainlands. . . The main model used in this book looks as though she just walked in from a Scandinavian brothel. This is a weird book, and is not for everyone. It seems not to be for me, and despite my physical challenges described above, I do lap swimming and other weight workouts.

I would definitely recommend this book. It presents a solid plan of action for building great abs. Since I have been using it, my midsection is already tighter and my six pack is starting to peek through. Dozens of exercises for home and gym. Great photos so its easy to follow. Detailed workouts for a routine that doesn't get boring. Very up to date. Even includes nutrition guidance. It's a great deal and belongs on any guy's shelf who wants to look his best. Recommended to all.

This is a really great book. The exercises are killer and there's a whole section on fitness balls (they call them Swiss balls in the book), which are really fun to use. I also liked the fact that they give you lower back exercises, too. Also, it's not too stupidly expensive, like some of the other workout books out there. I give it thumbs up.

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