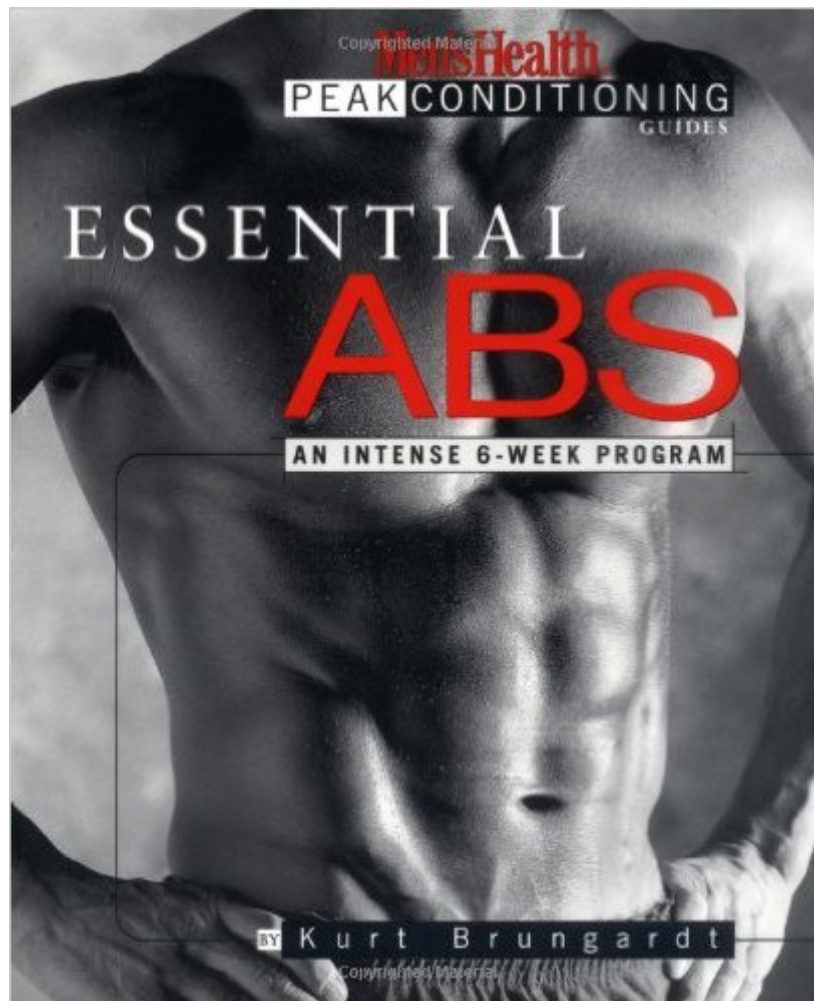


The book was found

# 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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Essential Abs: An Intense 6-Week Program (Men's Health Peak Conditioning Guides) How to Get Abs: More Fantastic Exercises That Will Help You Flatten Your Stomach and Reveal Those Sexy Abs (Health, Flat Abs, How to Get Abs, How to Get Abs Fast Book 2) Week-by-Week Homework for Building Reading Comprehension & Fluency: Grade 1 (Week-by-Week Homework For Building Reading Comprehension and Fluency) Abs and Core: The Suspension Abs Solution: 4 Simple Suspension Workouts That Will Help You Get Sexy Abs An Athletic Physique Shed Stubborn Fat Perform It Anywhere In 15 Minutes Or Less The New Abs Diet for Women:Â The 6-Week Plan to Flatten Your Belly and Firm Up Your Body for Life (The Abs Diet) The All-New Atkins Advantage: The 12-Week Low-Carb Program to Lose Weight, Achieve Peak Fitness and Health, and Maximize Your Willpower to Reach Life Goals ESSENTIAL OILS: Aromatherapy, Essential Oils For Beginners, And Essential Oil Recipes To Improve Your Health (Medicinal Herbs) (Essential oil recipes, ... Aromatherapy and essential oils Book 1) EROTICA: BRUTE FORCE, 24 STORIES, GANGS & MENAGES, MASSIVE MEN (NO PROTECTION), FAST PACED AND INTENSE Abs: The Ultimate Six Pack Abs Guidebook: Get Shredded Fast - Step By Step Guide, Easy Recipes And Workouts HOW TO GET ABS: FLAT STOMACH EXERCISES (Flat Abs Book 1) Complete Conditioning for Swimming (Complete Conditioning for Sports Series) Complete Conditioning for Hockey (Complete Conditioning for Sports Series) Complete Conditioning for Soccer, Enhanced Edition (Complete Conditioning for Sports) Complete Conditioning for Volleyball (Complete Conditioning for Sports Series) The Power Of Intermittent Fasting: Discover Effortless Abs Diet giving you greater Mental toughness, quick Fat Loss and no Cardio, enabling Lean Muscle-Building!: Abs workout for lean belly included! Conditioning For Racquet Sports: Tennis, Racquetball, Handball, Squash, Platform Tennis, Jai Alai (Dr. Fred Hatfield's Sport Specific Conditioning Series) Essential Oils: 50 Essential Oil Dog & Cat Recipes From My Essential Oil Private Collection: Proven Essential Oil Recipes That Work! (Essential Oil Pet Private Collection Book 1) Essential Oils:

Ultimate Essential Oils Guide and 89 Powerful Essential Oil Recipes! (2nd Edition) - How to Use Essential Oils for Aromatherapy and Healthy ... Loss, Essential Oil Recipes, Aromatherapy)  
Triathlete Magazine's Essential Week-by-Week Training Guide: Plans, Scheduling Tips, and Workout Goals for Triathletes of All Levels The New Green Smoothie Diet Solution: Nature's Fast Lane for Peak Health (Green Smoothie Guides Book 1)

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