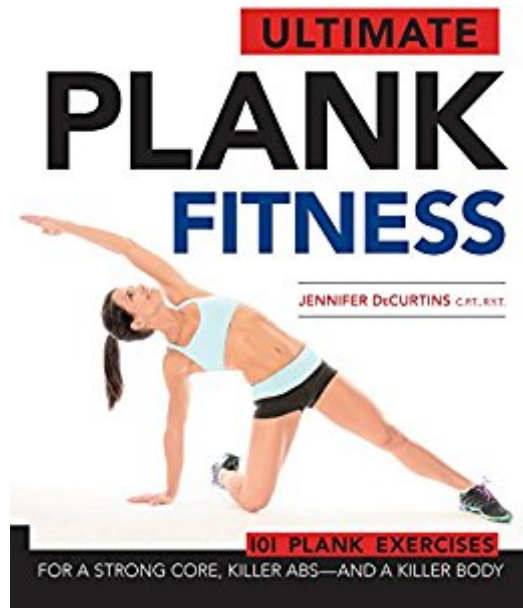


The book was found

Ultimate Plank Fitness: For A Strong Core, Killer Abs - And A Killer Body



Synopsis

A safe, challenging, and effective method of core conditioning, planking is one of the best ways to get fit and toned. Variations of planks are used across many fitness domains including traditional group exercise, personal training, home workouts, yoga, pilates, barre, CrossFit and more. Not only are planks perfect for crafting six-pack abs, they also target shoulders, pectorals, biceps, triceps, glutes, quads, and hamstrings. They increase the heart rate, offer calorie-busting cardio exercise, and create healthy muscle tone. Ultimate Plank Fitness features 100 different variations of planks that can be used to customize your workout. Easily increase the difficulty of your core strengthening exercises by adding stability balls, gliders, and weights. Each exercise includes a step-by-step photo demonstration, points of performance, where to engage, along with common faults to detect ways to improve your fitness. Finally, CrossFit coach, personal trainer, and fitness instructor, Jennifer DeCurtins provides you with ten 5-minute workouts incorporating several planks that you can use to target trouble areas and build strength. With countless variations of the exercise, ranging from traditional planks to side plank variations and planks using external weights or unstable surfaces, your entire workout can be programmed around the plank! Work your way to a healthy core with Ultimate Plank Fitness.

Book Information

File Size: 10953 KB

Print Length: 160 pages

Publisher: Fair Winds Press; 1 edition (February 18, 2015)

Publication Date: February 18, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B00TVQILT6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #260,381 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #18

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Ab Workouts

#47 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Aerobics

Customer Reviews

This is a fabulous book for all levels. Jen walks you through each pose step by step and also offers modifications. You can do these exercises anywhere with little to no equipment. You can randomly flip to a page and spice up any workout by adding in some of the different planks. I highly recommend this book!!!

Amazing book! Easy descriptions of the different plank poses with beautiful pictures demonstrating each plank. Highly recommended for anyone wanting to tone their entire body without having to purchase a lot of equipment or go to a gym.

Very clear instructions and great pictures that demonstrate the poses. Great for anyone in the fitness industry who need ideas spicing their routines up or for the individual just wanting to get a good works. Love this book!

The pictures are convenient to follow. Even though there are many such pictures online , this book provides easy access of direction . The workout plan on the back provides a systematic guideline for people with different goals.

Ultimate plank fitness is a great book for all levels. It walks you through every plank and is so easy to do at home or when your traveling and don't have a lot of resources. It's challenging yet can be used for the basics as well. Jen is an amazing instructor and I look forward to more from this author.

I love this book! Who would have thought there were over 101 plank exercises you can do? This book is really easy to follow and has wonderful pictures. I love that it also includes modifications to every move. I was also happy to find that there were exercises that used no equipment, to others that included items like the BOSU Trainer, Stability Ball, Medicine Ball, Hand Weights, and Gliders (Slides). This book is perfect for everyone! Just be warned, you are going to be sore in all the right places ;)

Great book for beginners and advanced athletes alike. Excercises are very well illustrated. I like that it gives you tips for keeping proper form and the benefits of each excercise. This book is the total

package!

Plank fitness is the wave of the future. I love this book, makes it very simple to follow and great for core strength! Very helpful for my yoga practice and for my friends who are more into high intensity workouts. A MUST HAVE;-)

[Download to continue reading...](#)

Ultimate Plank Fitness: For a Strong Core, Killer Abs - and a Killer Body 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) 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 Shape February 2011 Marisa Miller on Cover, Sexting, Flat Abs Tight Tush Killer Legs, Love Your Body & Yourself, Drug-Free Headache Cure, 10 Minute Tone-Up - 3 Total Body Moves Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) 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) Abs: The Ultimate Six Pack Abs Guidebook: Get Shredded Fast - Step By Step Guide, Easy Recipes And Workouts Superhero Six-Pack: the Complete Bodyweight Training Program to Ripped Abs and a Powerful Core: (Calisthenics Exercises for Getting Shredded and Developing Extreme Core Strength) The Jennifer Nicole Lee Fitness Model Diet: JNL's Super Fitness Model Secrets To A Sexy, Strong, Sleek Physique BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) Ideal Protein Cookbook - The Ultimate Guide in Protein for Fitness Health and Wellness: The Ultimate Guide in Protein for Fitness Health and Wellness ROAR:Â How to Match Your Food and Fitness to Your Female Physiology for Optimum Performance, Great Health, and a Strong, Lean Body for Life 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! Fitness After 40: Your Strong Body at 40, 50, 60, and Beyond HOW TO GET ABS: FLAT STOMACH EXERCISES (Flat Abs Book 1) Pilates for Men: Build a Strong, Powerful Core and Body from Beginner to Advanced Pilates Six Pack Exercise Bundle: Learn How to Exercise Correctly Today - Intro to Pilates - Beginner Six Pack

Exercises (Ultimate Mind Body Fitness - Strengthen,Tone and Heal Your Body) Strong Legs,Ripped
Stomach: The No B.S. Path to Six Pack Abs (Bodybuilding Guide) The Abs Diet Ultimate Nutrition
Handbook: Your Reference Guide to Thousands of Foods, and How Each One Shapes Your Body

[Dmca](#)