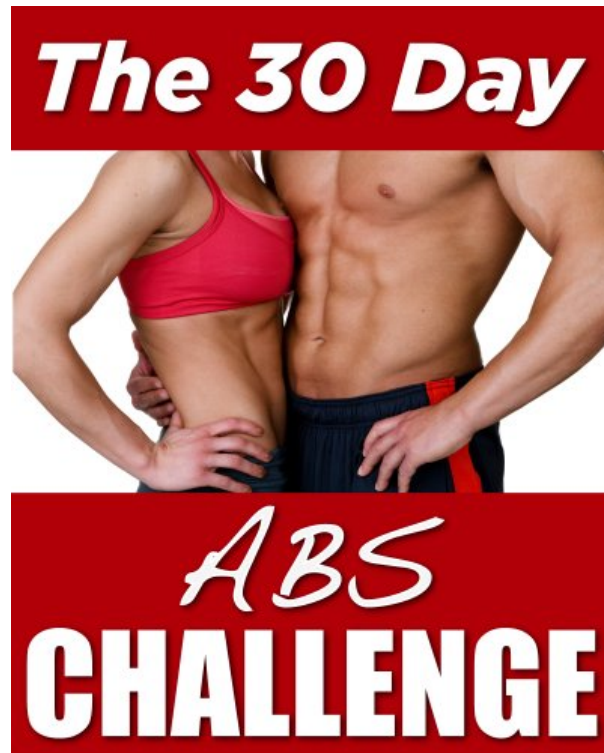


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The 30 Day Abs Challenge (Workout Program)
A Workout Program Focusing on Ab and Core Exercises

Performed by Arnel Ricafranca
Part of the Workout Series line of eBooks
Part of "The Workout Nation" community

When performing any athletic movement such as throwing a football, swinging a golf club, or performing a roundhouse kick, the power is generated from your core and travels to your extremities.

The 30 Day Abs Challenge focuses on the fundamentals of power generation and core stability without the use of any equipment.

These core based workouts strengthen your entire midline and core for an overall increase in any athletic performance. As a result this program will help you develop a nice set of abs.

This book provides 30 days of abdominally focused workouts that can be performed by themselves or in conjunction to your daily workout routine for advance users.

- Published on: 2013-12-25
- Released on: 2013-12-25
- Format: Kindle eBook

Most helpful customer reviews

4 of 4 people found the following review helpful.

Surprised at the information provided.

By Amber Nicole Wilson

I'm not sure why the author doesn't charge for this. The correct postural alignment photos and descriptions are on point! I am recommending this to my friends. It was an easy read and super easy to follow with the day by day instructions. I am very pleased with this!

3 of 3 people found the following review helpful.

A Good Abs Challenge !

By Dr. Joseph S. Maresca

Ricafranca's "30 Day Abs Challenge" is well illustrated with the torso positioned strategically for each exercise. There are red arrows pointing to the body part which needs to be flexed properly.

The author illustrates the plank, the bicycle, kick, reverse crunch and the spider plank. These exercises require repeated performance- that's why the author has developed them for a 30 day period These types of

exercises are important to maintain good spinal flexion in both the young and old.

A strength of the presentation is that the exercises are well developed and illustrated so that a prospective athlete can perform the steps without the assistance of another person. Overall, this book would make a wonderful purchase for anyone contemplating a serious abs program.

3 of 3 people found the following review helpful.

+ Great Exercises - Good Illustrations

By Bassocantor

This is a great idea. Everybody likes to try to firm up their ab muscles. This books has good exercises, but the thing I really liked was the numerous photos showing how exactly to do each exercise. Without that, it might have been a little tricky.

Nicely done - recommend!

See all 67 customer reviews...

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