



How Do I Get Abs

Victoria Johnson

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“How Do I Get Abs” Is the Answer to one of the most asked questions on the World Wide Web. Transforming Your Body and Restructuring Your Shape With Proper Technique is an Art. Your Body Is The Canvas. The exercises are foundational and functional for the body and must be practiced with awareness and intention mentally as well as physically. The greatest testaments to my program include an endocrinologist’s wife who had tried everything to regain her health after having two beautiful children, a CFO who lost twenty pounds, got a slim waist which restructured her body and reinvented her life; a professional Women’s WNBA player who lost weight and increased her speed; a surgeon with a bad back who recovered her feminine confidence and got stronger; and a budding artist who lost ten pounds and looked fabulous for her album cover and her wedding! I have been teaching this method for over ten years with overwhelming results - only now have I created a book that defines the program in detail including unique targeted exercises that use breath control. My How Do I Get Abs book is not just about a flat stomach - it’s about the health and function of the whole person. Each exercise flows smoothly from one to the other and works deep inside the muscle to help you develop maximum results. When it comes to abdominals you can do crunches and sit-ups for days, but if you perform them incorrectly, you will overdevelop your hip flexors, and that could cause severe muscle imbalance. This is why form and technique are vital in your abdominal program. In addition to creating a great looking set of abs for the beach, you will become stronger and be able to initiate more stability as you walk, move, and engage in sports, fitness, fun and play. This book is about the art of shaping, sculpting and designing your dream body, beginning with your abdominal workout. *Every form of movement in everyday life, dance and every sport recognizes how important it is to have strong abdominals for maximum performance. This guide is perfect for you regardless of your fitness level lifestyle sport, or performance level. You must have good posture, a strong core and healthy digestion to function optimally. *I’ve been fat, thin, anorexic as well as a dancer, sprinter, hurdler and jumper who participated in many other forms of athletic motion all my life - I was born moving and when I was obese, eating! *Dancers in the performing arts field, professional athletes, naturopaths and chiropractors, not to mention the traditional fitness population, have embraced these training principles that are a culmination of my years of experience and research. MEMO: This is NOT your typical fitness book. This is a comprehensive Mind and Body Makeover Guide. *You can’t get your body to move until you have made up your mind to do so. *These unique moves transform your body and restructure your shape with proper technique and postural alignment *How Do I Get Abs is a complete instructional guide to each exercise with photo demonstration of each move. The art of sculpting your midsection begins with a the right ab workout. Important and Fun Topics Covered: ----- *Program Movement Principles: Transform your Body - Restructure Your Shape The Art of Sculpting Your Midsection With A Great Ab Workout The 9 Principles of Movement for Abs *Fibs, Facts or Fairytales? Are You Getting the Real Truth: The “Real Truths” to Getting the Abs of Your Dreams! *Sexy Sculpted and Tight Emergency Plan: * It’s Time: The Key To Change Your Body Permanently Transformational Shift For Dealing With Dieting Training In The Zen Zone Mind and Body Makeover *Flat Abs Tips: Your Belly May Not Be As Fat As You Think How To Beat Bloating Sugar-Free, Gassed Out and Extreme Bloating 3 Secret Herbal Tea Remedies AND MUCH MUCH MORE!

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Kevin Miller:

A lot of people always spent their own free time to vacation or even go to the outside with them household or their friend. Did you know? Many a lot of people spent they free time just watching TV, as well as playing video games all day long. If you need to try to find a new activity here is look different you can read any book. It is really fun in your case. If you enjoy the book which you read you can spent all day every day to reading a book. The book How Do I Get Abs it doesn't matter what good to read. There are a lot of folks that recommended this book. They were enjoying reading this book. If you did not have enough space to develop this book you can buy the e-book. You can m0ore simply to read this book out of your smart phone. The price is not too costly but this book possesses high quality.

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