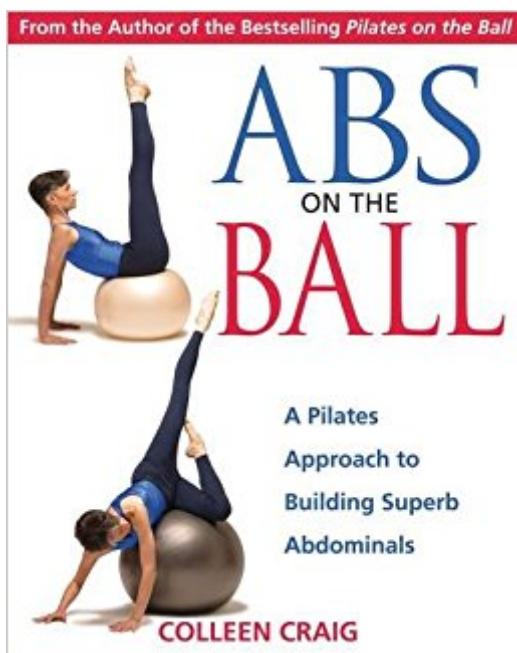


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# Abs On The Ball: A Pilates Approach To Building Superb Abdominals



## Synopsis

Innovative abdominal exercises to help tone the abdomen, improve posture, and build a strong back using the Swiss exercise ball. Offers a 10-minute and 20-minute workout for all levels of fitness. Shows how the mobility of the ball targets underutilized muscles. Shows how traditional sit-ups and "ab" machines limit how much abdominal muscles can be trained and also aggravate lower back pain and neck tension. The exercise ball has long been recommended by doctors, physical therapists, and Olympic coaches for people suffering from back pain. Now Colleen Craig, author of the bestselling book *Pilates on the Ball*, reveals why the exercise ball is unmatched as a tool for building superb abdominal strength. She presents a selection of over 80 innovative exercises, including some of the key powerhouse-builders from the Pilates Method, all of which she has adapted specifically to the ball. Craig shows how traditional sit-ups and "ab" machines actually limit the degree to which abdominal muscles can be trained and can even aggravate lower back pain and neck tension. In contrast, the very mobility of the ball targets underutilized muscles, recruiting both deep and superficial abdominal muscle fibers to enhance results. *Abs on the Ball* includes exercises for all ability levels that show how to properly use the breath and how to activate the correct muscles during a workout--from the core exercises of the Waterfall, Oblique Curls, and Full Abdominal Curls to the more advanced Side Twist Plank, the Teaser, and Backward Crunch. The author also offers a 10- and 20-minute workout designed not only to build the abdominal core, but also to strengthen and train deep muscles in the back and hip in order to soothe lower back pain and increase overall body strength, balance, and coordination.

## Book Information

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## Customer Reviews

Craig preempts reader doubts about the need for her latest fitness-on-the-ball book with a first chapter called "Why Another Book on Abdominal Conditioning?" Here, she explains the drawbacks of some traditional abdominal conditioning methods, the implications of recent research, the benefits of the Joseph H. Pilates method of core strengthening and the ways that an exercise ball enhances an abdominal workout. Then Craig takes the reader from the fundamentals of Pilates-based abdominal work on a ball (from breathing to body parts) and on to basic, intermediate and advanced exercises. The book concludes with a series of 15 and 30-minute workouts incorporating moves described in previous chapters. Black-and-white photos clearly illustrate how each exercise should be done, making this book appropriate even for those with a limited fitness vocabulary. 150 b&w illustrations. Copyright 2003 Reed Business Information, Inc.

"Ms. Craig offers a refreshing approach to abdominal training while using some of the very effective and popular Pilates techniques." (Susannah Kent, Vitality Magazine, June 2003)" . . . brings a fresh element to fitness training that will complement basic exercise collections in both public and academic libraries." (Deborah Anne Broocker, Library Journal, May 1, 2003)"Abs on the Ball gives the fitness world an easy-to-follow program to strengthen abdominal muscles effectively and safely." (R. John Allcorn, New Age Retailer, September 2003, Vol. 17 No. 5)

Fun workout book. Shows you lots of different ways to use the ball. I would recommend to anyone getting started with the ball.

I was a little disappointed. I expected more.

I bought a used copy and it came in great condition!! I have utilized a lot of these exercises. But I haven't used all of them so, its great getting new ideas!!

a really good book of inspiration, no matter what shape one is in presently.

I like this book. Lots of core movements. You have to have different size physioballs though. Stretches you out. Feel aligned.

this is an absolutely challenging workout if you enjoy a pilates workout. i found the workout and the results to be most enjoyable. the instructor so thorough and good that i just ordered another dvd pilates workout by her. you won't be sorry.

The exercises in this book are great--I noticed a difference just from doing the beginner exercises. You'll need more than the large ball to take full advantage of the book; you'll also need 1 or 2 smaller "gymnic overballs."

After only a few reps, I can feel the work! I like how it builds on moves I am familiar with and has some new ones in there.

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Abs on the Ball: A Pilates Approach to Building Superb Abdominals ABS: The Ultimate Guide on How to Gain Six Pack Abs Fast (Abs Exercise- Abs Bible- Abs Diet for Men- Abs Diet for Women- Abs after 40 - Abs over 40) Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout Routines, Workout Books, Workout Plan, Abs Workout, Abs Training) (Bodybuilding Series) Pilates and Lifestyle with Foreword by Julian Clary: Pilates (flat abs, help back pain), lose weight, manage stress, quit smoking PeeWee Pilates: Pilates for the Postpartum Mother and Her Baby Pilates for a Flat Stomach: Perfect Abs in Just 15 Minutes a Day Aerial Physique FIT: Gain the strength of a cirque performer, the legs of a ballet dancer and the abs of a Pilates pro Six-Week Bikini Countdown: Tone your butt, abs, and thighs fast combining Pilates with select strength and cardio interval training workouts The Abs Diet 6-Minute Meals for 6-Pack Abs: More Than 150 Great-Tasting Recipes to Melt Away Fat! Ultra HD Abs Workout: The Ultimate Guide to Getting Ultra-Abs The New Abs Diet for Women: The 6-Week Plan to Flatten Your Belly and Firm Up Your Body for Life (The Abs Diet) The New Abs Diet: The 6-Week Plan to Flatten Your Stomach and Keep You Lean for Life (The Abs Diet) The Skinny NUTRiBULLET Lean Body Abs Workout Plan: Calorie counted smoothies with 15 minute workouts for great abs Six Pack Abs 365 - How To Get And Keep Your Six Pack Abs All Year Long Simple Six Pack Abs Strategy: 5 Easy Ways To Get Ripped Abs in 6 Weeks The New Abs Diet Cookbook: Hundreds of Powerfood Meals That Will Flatten Your Stomach and Keep You Lean for Life! (The Abs Diet) Get Ripped Abs: A Comprehensive Guide to the Best Way to Get Ripped Fast! Be a Sexy Beast by Summer! (Bodybuilding, Ab Workouts, How to loose belly fat, How to get abs) Abs Bible: 37 Six-Pack Secrets for Weight Loss and Ripped Abs: Bodybuilding Series, Book 3 Pimsleur Approach Spanish Level 1:

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