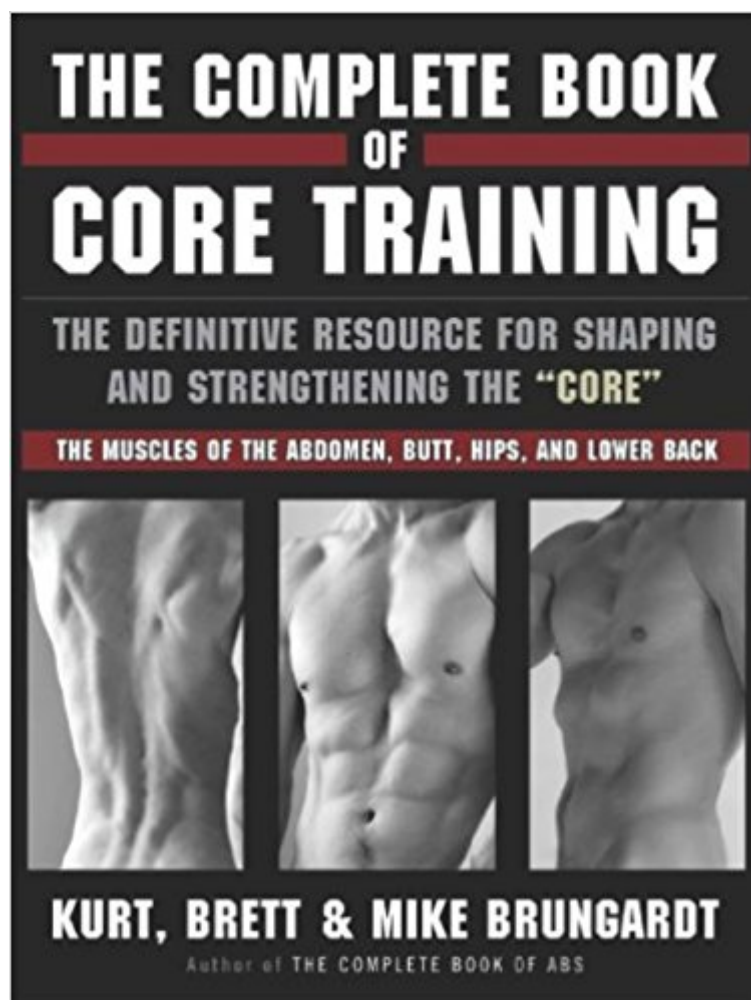




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The Complete Book Of Core Training: The Definitive Resource For Shaping And Strengthening The 'Core' -- The Muscles Of The Abdomen, Butt, Hips, And Lower Back





Synopsis

From the author of the national bestseller *The Complete Book of Abs* comes the definitive book on the Next Big Thing in fitness -- core training. From the bestselling author of *The Complete Book of Abs* comes this comprehensive guide to a new movement in fitness: core training. The body's "core" refers to the muscles that comprise the center of your body: the muscles of the abdomen, lower back, butt, and hips. With the increasing popularity of yoga and Pilates -- both of which depend on strong core muscles -- the fitness community has turned its focus from the abs to the core. The Brungardt brothers' simple 9-week program is based on over 100 exercises and includes workouts appropriate for beginners and fitness enthusiasts alike. This book will help men and women of all body types and fitness levels to strengthen their core for better mobility, posture, and physique. Get ready to get fit!

Book Information

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Customer Reviews

Kurt Brungardt is one of America's top personal trainers and fitness writers. The author of eight books, including the national bestseller *The Complete Book of Abs*, he appears regularly in the national media. He is also host and writer of the bestselling video *Abs of Steel for Men*. He lives in New York City. Brett Brungardt and Mike Brungardt are both strength conditioning coaches who train the world's top athletes.

When an athlete puts his sweat and blood into something, he either succeeds and becomes a

household name with his face on a cereal box, or he is forgotten and cast aside. Well, this book shows what helps NBA players have such impressive cores and endurance - how else would they be able to play as hard as they do? This book goes very in depth about fitness, especially getting your core strong, which I am sure all men desire a shredded stomach and arms that they can crack a walnut with. Following this book also helps mitigate injury, which can make or break any man's workout routine. If you are a devil about details, this book would be great for your collection.

Figuring this book out is harder than the actual workouts. I've figured it out, so you don't have to. The core of the book, which sets it apart from others, starts on page 161. "Going Deeper: The Inner Core Routine." All of us gym rats over the years would work the visible muscles and preen in front of the mirror, little knowing that the neglected inner muscles need work too. The authors explain this on page 163. Read it three times. Keep reading to the end of Part Four, if you have the patience. Then read page 42, "The Complete Core Workout Design." This puts the inner core workout into context. Roll out your exercise mat and jump into chapter 8, "Level One: Get Started Now." This chapter lists a routine consisting of 10 core exercises, referring you to page numbers where the exercises are pictured and described in detail. You'll want Post-its to flag each of the 10 pages, and until you learn the routine, you will be flipping back and forth. The other option is to photocopy those exercise pages and put them in order in a thin binder. Chapters 9 and 10 offer progressively challenging routines. If you don't have a roman chair, you won't be able to do the back extension exercise on page 252. I plan to buy an exercise ball and substitute the exercise shown on page 254. Once you have mastered these exercises and are confident, you can browse the rest of the book and tailor your own routine. There are also suggested conditioning routines for soccer, golf, kids, senior citizens ("prime time circuit"), yoga, and so forth. A complete workout includes core work, cardio, strength training and stretching. On page 99 the authors explain this and present a suggested schedule. This follows with chapters on cardio, strength training and stretching. This is really off topic in that the book is trying to be a source for a complete workout. If you've got that covered, skip to chapter 22. It tells you how to warm up. If you haven't already gathered from this review that the book is disorganized, I will say so. It is disorganized. The editor at Hyperion who shepherded this book into print should be "promoted" to receptionist, where she can't neglectfully spoil any other authors' ambitious publishing projects. Aside from reorganizing the book (which is a committee project by three men with the same last name), a good editor would have made the book more accessible with a detailed table of contents and better index.

I bought this used in excellent condition. I had already spent full price for another training book that I had not taken time to read ALL of the reviews. Buried in a couple of quite a large number was a comment that they showed incorrect posture for illustrations. Those recommended this book instead. I showed that one to my physical therapist and they agreed with the criticism. Happy with this one to provide the best instruction and most accurate information on training fitness.

If you are looking to expand your core this is it. I have lifted for years and years and this pushed me to really GROW my core. I am not talking just losing the body fat but growing and expanding the muscle area. I have a bigger waist than when I started and am hard to the touch when I am relaxed. All my wife's friends say that they see a big deferance. My wife sees me everyday but says she likes the fuller thicker core. I am amazed at the level of strength I have overall. My bench is almost 450 and I have never been able to get 400 up previously. I think all levels can benefit from this book but for the lifer it can help too.

This book was purchased by myself, as a gift for my wife who wanted different options for abdominal strengthening for her aerobics attendees. It certainly fulfills that, together with being presented in a clear and concise way such that patients won't 'hurt' themselves by injudiciously progressing too quickly in their program. Was easily written and easy to follow. As a health professional, the exercises are presentable to many different forms of patients (eg. low back pain, pelvic pain), and appropriate for prescription. Health professionals and patients alike would benefit from this book

Good, not great.

It's the second time that I ordered this excellent book for my son as the first one was lost in a flood in Acapulco. Its delivery was incredibly quick so that - against all hope - the book was here for my son's birthday. Thank you very much!

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