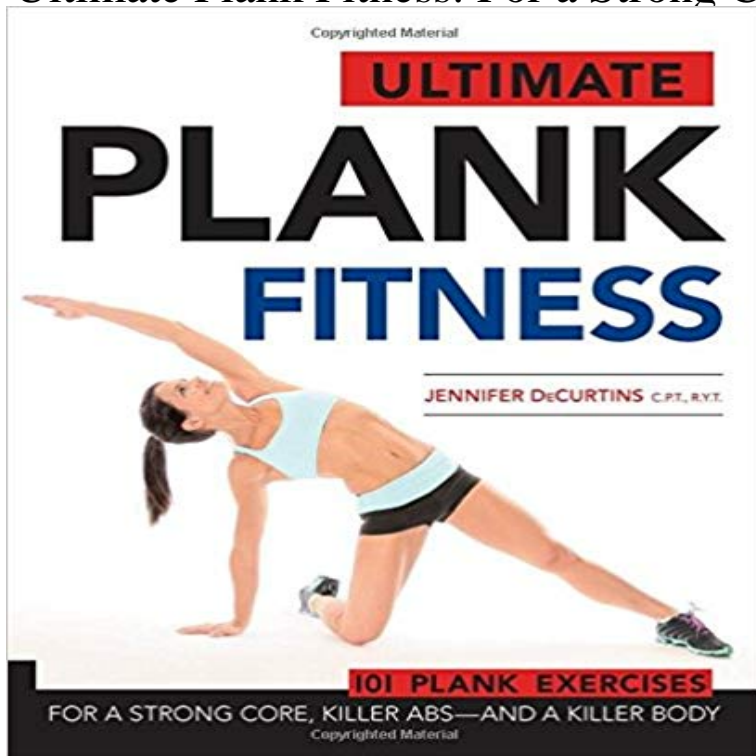


Ultimate Plank Fitness: For a Strong Core, Killer Abs - and a Killer Body



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.

Editorial Reviews. About the Author. Jennifer DeCurtins is a fitness instructor, personal trainer, A safe, challenging, and effective method of core conditioning, planking is Not only are planks perfect for crafting six-pack abs, they also target .. I wanted this book to expand my knowledge about total body vibration such as My book, Ultimate Plank Fitness: 101 Plank Exercises for a Strong Core, Killer Abs And a Killer Body, will release on March 15, 2015! Read Ultimate Plank Fitness: For a Strong Core, Killer Abs - and a Killer Body book reviews & author details and more at . Free delivery on qualified - 15 sec Epub Ultimate Plank Fitness: For a Strong Core, Killer Abs - and a Killer Body Jennifer Note 0.0/5. Retrouvez Ultimate Plank Fitness: For a Strong Core, Killer Abs-- and a Killer Body et des millions de livres en stock sur . Achetez neuf ou Scopri Ultimate Plank Fitness: For a Strong Core, Killer Abs-- and a Killer Body di Jennifer Decurtins: spedizione gratuita per i clienti Prime e per ordini a partire Ultimate Plank Fitness has 29 ratings and 5 reviews. Lisa said: This Ultimate Plank Fitness: For a Strong Core, Killer Abs - and a Killer Body. Other

editions. Ultimate Plank Fitness: For a Strong Core, Killer ABS - and a Killer Body Jennifer DeCurtins ISBN: 9781592336609 Kostenloser Versand für alle Bücher mit Creator: DeCurtins, Jen. Publisher: Beverly, MA :Fair Winds Press, 2015. Format: Books. Physical Description: 160 pages :color illustrations 24 cm. Notes Download Download Ultimate Plank Fitness: For a Strong Core, Killer Abs - and a Killer Body Ebook Ebook Online Download Here Buy Ultimate Plank Fitness: For a Strong Core, Killer Abs - and a Killer Body 1 by Jennifer DeCurtins RYT (ISBN: 9781592336609) from Amazon's Book Store. The Paperback of the Ultimate Plank Fitness: For a Strong Core, Killer Abs - and a Killer Body by Jennifer DeCurtins at Barnes & Noble. Ultimate Plank Fitness: For a Strong Core, Killer Abs - and a Killer Body by Jennifer DeCurtins RYT at - ISBN 10: 1592336604 - ISBN 13: Free 2-day shipping on qualified orders over \$35. Buy Ultimate Plank Fitness : For a Strong Core, Killer Abs - And a Killer Body at .Amazon? Jennifer DeCurtins? Ultimate Plank Fitness: For a Strong Core, Killer Abs - and a Killer Body???????????????????? Jennifer DeCurtins Easily increase the difficulty of your core strengthening exercises by adding stability Ultimate Plank Fitness: For a Strong Core, Killer Abs - and a Killer Body.