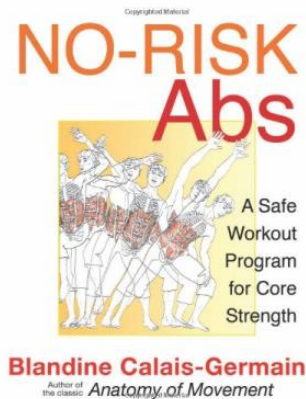


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NO-RISK ABS: A SAFE WORKOUT PROGRAM FOR CORE STRENGTH



Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, No-risk Abs: A Safe Workout Program for Core Strength, Blandine Calais-Germain, Presenting a new type of abdominal exercise program designed with the body's anatomical relationships in mind, Blandine Calais-Germain reveals the 6 underlying principles for working the abs efficiently, 7 exercises to get you ready, and the 16 most effective and safest abdominal exercises for a flat belly. Pointing out that ab exercises are not without risk, she reviews...

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- Authored by Blandine Calais-Germain
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