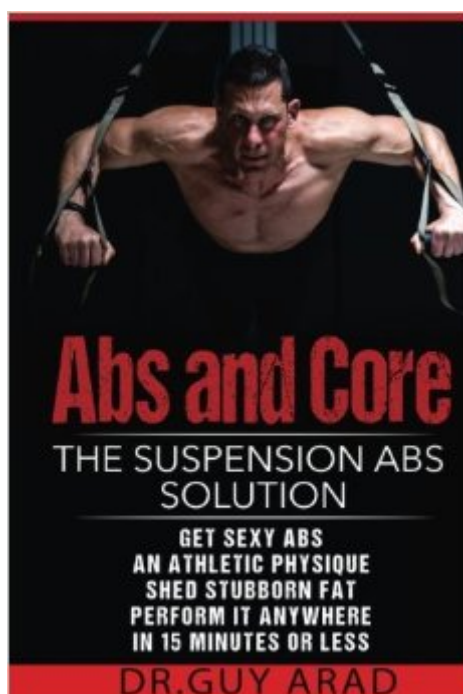


The book was found

# Abs And Core: The Suspension Abs Solution: 4 Simple Suspension Workouts That Will Help You Get Sexy Abs An Athletic Physique Shed Stubborn Fat Perform It Anywhere In 15 Minutes Or Less



## Synopsis

Use these 4 powerful workouts starting today to get Lean abs and Athletic look This book has actionable information on how to develop Lean physique using Suspension workouts in short 15 minutes workouts that you can perform anywhere including at your home, outside, at a gym or even your hotel room. This will also help you shed Stubborn midsection fat, be more agile, functional and have tons of energy! If you want to be stronger, improve balance, be flexible and gain a lot more general body stability, then SAS is the training program for you. This book is intended for readers who are familiar with basic Suspension workouts or would like to start using Suspension workouts (special offer with step-by-step videos coaching is available at the end of this book p.50 <http://suspensionabsolution.com/sas> ). Read on your PC, Mac, smart phone, tablet or Kindle device. You are about to discover 4 simple workouts that will help you get Sexy Abs, Athletic Look, Shed Stubborn Fat, You Can Perform Anywhere In 15 Minutes Or Less. Here Is A Preview Of What You'll Learn... How to develop lean body and spend less time on your workouts . How to train and workout on the go ,when you travel,in hotel rooms, at your home ,on the beach,parks with your suspension straps .Benefits of Suspension workoutsChapter 1: Suspension Principles 101-Understanding Suspension workouts and mechanics Arms and Shoulder Metabolic Workout Legs and Hips Metabolic WorkoutMetabolic Core WorkoutMetabolic Burn WorkoutBonus Module- StretchingSpecial access to videos of workouts you can take anywhere using your phone,tablet,padMuch, much more! Download your copy today! Take action today and download this book NOW ! Get access to our special membership area for all videos and also get a special discount to your online Suspension coaches with fresh workout plan that will transform your body in 30 days !

## Book Information

Paperback: 54 pages

Publisher: CreateSpace Independent Publishing Platform (June 27, 2016)

Language: English

ISBN-10: 1534966579

ISBN-13: 978-1534966574

Product Dimensions: 6 x 0.1 x 9 inches

Shipping Weight: 4.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars See all reviews (7 customer reviews)

Best Sellers Rank: #226,721 in Books (See Top 100 in Books) #40 in Books > Health, Fitness &

Dieting > Exercise & Fitness > Ab Workouts #86 in Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts

## Customer Reviews

Really enjoyed the book because it is easy to read and understand and simple enough to begin to apply immediately. I loathe books filled with useless filler. I am interested in key points, exercise ideas, descriptions and proper executions of the movements and that exactly what you get and what makes this book so great. If you're new to TRX, I have no doubt this book will offer you a straightforward, easy roadmap to getting started right away and giving you a fantastic, efficient and effective workout.

Don't waste your money or your time on this book if you have any experience with exercise or with suspension straps. The book purports to be about abs and core (the title), yet most of the exercises relate to other body parts. I've bought about 50 products on and posted dozens of favorable reviews; this is the first time I am posting an unfavorable review. In sum, the book is far too basic and it does not focus on abs or core nearly to the extent that I expected.

i don't have experience in TRX training, yet i got really intrigued by the concept of using your own body weight as a workout when a friend introduced me to TRX. After reading Abs and Core Blueprint, i got excited because i thought "I can do this!". i appreciated that author spent time describing benefits of TRX training, few of them really inspired me. Its written for busy people, with pictures, tips and choices of exercises to appeal to both newbies like myself and people with previous TRX experience. I liked that each chapter works on a different part of the body in a logical progression: arms, legs, core, metabolic burn plus stretching module. i appreciated that this TRX blueprint gives you complete, well-rounded working on all group of muscles when spending minimum amount of time. Great guide!

I'm a trainer myself and this is a very informative book! I highly recommend it, whether you're new to TRX training or you're a seasoned veteran! I am very impressed with the information! Check it out!

[Download to continue reading...](#)

Abs and Core: The Suspension Abs Solution: 4 Simple Suspension Workouts That Will Help You Get Sexy Abs An Athletic Physique Shed Stubborn Fat Perform It Anywhere In 15 Minutes Or Less How to Get Abs: More Fantastic Exercises That Will Help You Flatten Your Stomach and Reveal

Those Sexy Abs (Health, Flat Abs, How to Get Abs, How to Get Abs Fast Book 2) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Get In Shape With Exercise Ball Training: The 30 Best Exercise Ball Workouts For Sexy Abs And A Slim Body At Home (Get In Shape Workout Routines and Exercises Book 2) No Gym Needed - Quick & Simple Workouts For Gals On The Go: Get A Toned Body In 30 Minutes Or Less! No Gym Needed - Quick & Simple Workouts for Busy Guys: Get a 'Fit' Body in 30 Minutes or Less! Swim Workouts for Triathletes: Practical Workouts to Build Speed, Strength, and Endurance (Workouts in a Binder) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Cure Tight Hips Anywhere: Open Locked Up Hips and Pelvis Anytime, Anywhere (Simple Strength Book 1) Abs: The Ultimate Six Pack Abs Guidebook: Get Shredded Fast - Step By Step Guide, Easy Recipes And Workouts How to Burn Belly Fat: 37 Fitness Model Secrets to Burn Belly Fat ( Abs, Ab Workouts, Healthy Living Tips) The Jennifer Nicole Lee Fitness Model Diet: JNL's Super Fitness Model Secrets To A Sexy, Strong, Sleek Physique The 12 Best Thigh Toning Exercises for Women: The Illustrated Guide to Achieving Slim, Sexy Thighs FAST (Fitness Model Physique Series) Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) The Insulin Resistance Solution: Reverse Pre-Diabetes, Repair Your Metabolism, Shed Belly Fat, and Prevent Diabetes - with more than 75 recipes by Dana Carpender Natural Meals In Minutes - High-Fiber, Low-Fat Meatless Storage Meals-in 30 Minutes or Less! World Voyage Planner: Planning a voyage from anywhere in the world to anywhere in the world (World Cruising Series Book 2) HIIT Made Easy: Burn Fat and Lose Weight Fast, With 20 Minutes High Intensity Interval Workouts You Can Do at Home Ab Exercises: Discover the Top 3 Ab Exercises to Help Aid Fat Loss and Get You Rock Hard Abs 8 Minutes in the Morning: A Simple Way to Shed Up to 2 Pounds a Week -- Guaranteed

[Dmca](#)