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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)



Synopsis

Are You Ready To Get In The Best Shape Of Your Life? No Gyms Or Expensive Equipment Required! Author and fitness guru Julie Schoen will show you how to use the exercise ball to work all the right muscles so that you can achieve a long, lean, and toned body in record time. These fun and intense workouts prevent you and your muscles from getting bored. It's the fastest most effective workout you've ever done! Schoen's realistic 10, 20, and 30-minute workout plans will help you get in the best shape of your life. After having a baby less than a year ago, Schoen is living proof that these workouts really do work! Filled with detailed instructions and helpful photos, Get In Shape will make sure that you are satisfied with the results. Discover The 30 Best Exercise Ball Workouts To: * Tone Your Core * Tighten Your Legs * Sculpt Your Arms * Increase Total Strength * Help You Burn Fat Faster Than Ever! Don't waste your time and money with workouts that don't get the job done! Buy this edition of Get In Shape today and get started on your best body now! **BONUS!** Don't miss out on killer workout jam mixes included in the book! They're almost as awesome as you...

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Customer Reviews

I have not had the best of luck with some of the kindle books I have been asked to review on here, but this is definitely an exception and I really got a lot out of it. I got an exercise ball a few years back but I never really got around to using it. It's usually just been used to entertain the kids. After checking out this book, I saw that there are some easy to follow exercises that I can do with the exercise ball. After a few tries, I feel like my core has been strengthened and that's really awesome! I sometimes get too lazy to go to the gym so I find this book very helpful.. This is a must-have book for people looking for a quick exercise routine that works! Kudos to the author. Oh my gosh! The author of this book provides a short introduction at the beginning of the book about women and herself and exercise in general. She gets up front and personal about working out and if you are honest with yourself you will see yourself nodding to the words that she writes. She even provides a little comedy in her words as long as you can read in between the lines. I literally laughed out loud at one sentence. Probably because I was surprised she put that sentence in. Anyway, I downloaded this book because when I travel it is hard to bring my home gym around but most hotels have an exercise room, of which, that has an exercise ball. Because I have a smart phone and tablet these exercises can come with me. I was familiar with a few of the exercises in this book but there were plenty more to try. I put to use a few of the newer ones this morning and could feel my core engaged. This author has another book that provides exercises for a medicine ball. I would love to see her combine the two and do medicine ball exercises on the ball. Now that would be for the more advanced.

Pros: Formatting is done well for a digital book
Photos for demonstration of exercises
Instructions are clear and concise
Exercises included are good for foundation in exercise ball training
Also includes exercises that are lesser known
Variety of exercises beyond core strengthening
Beginner and advanced moves
Cons: Wish the photos illustrated steps in executing the exercise
First off, whenever I read an e-book, I think it's important to note the formatting of the digital read. The layout of this e-book is easy to follow, has appropriate page breaks, and has an even flow with spacing and font. Sometimes when books are converted for digital use, the formatting flow can be an issue and distracting to read, but this book was laid out well. As for the content - I used to have a dvd for my exercise ball but had lost it and it's hard to search for exercise ball instructions online as they are usually just basic moves and don't go beyond that. However, this book not only lists basic moves for a foundation in exercise ball uses, it is more in depth compared to the video I had before hand or the exercises I'd find online. There were new moves that I had never seen before and the

instructions were clear and descriptive. I just wish that the photos included were two-part, like showing the beginning of the move and the end of the move; I note this if you are a visual learner like me. The book begins with a smart introduction, with tips on the size of the exercise ball to use depending on your height and outlines for how many exercises, sets and reps to perform depending on the timeline you can dedicate to your work out.

This book contains a very nice variety of exercises using an exercise ball. I am a beginner when it come to the exercise ball and I was worried that I wouldn't be able to do most of them. However, I have quickly come to realize, that I can do the majority of these without too many issues and the others just take some practice. When you first start reading the book, it explains the differences between the different sizes of exercise balls and how to tell which one would be best for you. Then you are given three different workout plans, each varying in length of time, that you can follow. With each workout plan, you only choose six of the different exercises in the book to do. So, if you only have 10, 20, or 30 minutes of times to work out, then you are good to go being that is how long the workout plans are. Also, by only choosing six at a time, this offers you a wide variety of options to keep your workouts from getting boring with the same old exercises each and every time. I love how the book gives you an exercise, pictures to go with each exercise, the target areas that are worked and then instructions on how to do them. The pictures that are included are very clear, easy to see and understand. The directions are also kept simple without any excess wording that would make it confusing. At the end of the book, you have an index that will give you a target area, such as shoulders, and then the exercises that go with that area. Several of the exercises work on more than one area of the body to help give you a full body workout. If I had to choose my favorite exercise, I would have to say the Flying Dog. I love that it works my shoulders, core, glutes and legs all at once.

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