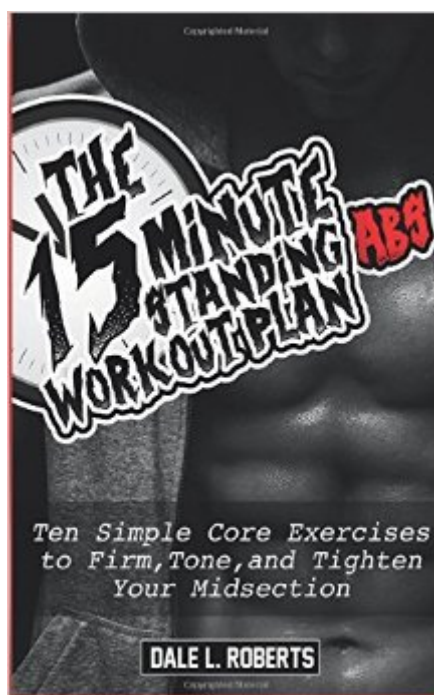


The book was found

# The 15-Minute Standing Abs Workout Plan: Ten Simple Core Exercises To Firm, Tone, And Tighten Your Midsection



## Synopsis

Lose That Jiggly Belly Without Having to Exercise for Longer than 15 Minutes! What if you could dramatically increase your weight loss by even five to ten times and target unwanted belly fat? What if I told you that you no longer have to toil away exercising hours at a time just to lose little to no weight? What if you could get more time in your day to read, spend time with your family or relax? The author of twelve highly acclaimed health & fitness books, Dale L. Roberts, presents his ten standing ab exercise workout plan that requires less than 15 minutes. Based on nearly a decade of developing quality workouts that maximize the most from limited timeâRoberts answers the question: What are the secrets to getting rid of belly fat without having to work tirelessly for hours at a time? In this book, you'll learn: How to target that problematic muffin top or extra pudge around your midsection Why you DON'T have to roll around on the floor to get great abs One fifteen-minute abs program that you can use anytime, anywhere That you need NO equipment at all for a strong core Why standing up is more effective for fat loss than lying down Scientific data about how standing up improves your chances for life expectancy A variety of other tips to get the most from ANY workout or exercise plan How to keep your ab workouts brief, so you enjoy the finer things in life Additional tips & techniques to use for your current exercise routine **BONUS:** Get an exclusive **FREE** offer for a report of "The Ten Best Fitness Tools to Get More Results in the Least Time" And, much more! Buy this book **NOW** to stop wasting time and finally strip away that belly fat once and for all! Pick up your copy today by clicking the **BUY NOW** button at the top of this page!

## Book Information

Paperback: 28 pages

Publisher: CreateSpace Independent Publishing Platform (July 31, 2015)

Language: English

ISBN-10: 1515317005

ISBN-13: 978-1515317005

Product Dimensions: 5 x 0.1 x 8 inches

Shipping Weight: 2.9 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars Â See all reviews Â (22 customer reviews)

Best Sellers Rank: #1,262,448 in Books (See Top 100 in Books) #138 in Â Books > Health, Fitness & Dieting > Exercise & Fitness > Ab Workouts #6331 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

## Customer Reviews

This book is great for those that have a hard time getting moving in the morning. It really gets things flowing and helps your brain wake up. MUCH better than staring at Facebook for half an hour trying to wake up. The author tells you about their experience and background in fitness which makes the information more believable. For me the best part is how quick it was and how simple it was to do. As far as space goes, if you have a little more than your arm span in each direction, you can do this quick workout. Definitely worth the read! I would and will recommend it to friends, especially beginners.

If you're just starting or re-entering exercise, this is the book for you! No dvds, equipment, or getting on the floor and crunching, just easy to do, standing exercises that take 15 minutes, and will do wonders for your posture and core strength, which will keep you from injury as you move into more exercises. A well toned core supports your spine, Dale points that out, and what is the main reason people quit a program? Back pain! And boredom. Well these 15 minutes of exercises won't leave you bored, but they'll leave you breathing better, standing taller, and feeling mentally and physically brighter, and smarter, because you stood up and did something great for yourself that'll have long term benefits! Get this, do this, and after a month, check yourself out in the mirror! And because you do them in the morning, your brain will function better because your blood is circulating! Can't beat it!

While I am not a fan of every exercise in this book, I really liked it overall and I'm glad I bought it, because as a big guy, let's face it--if I get down on the floor to do the traditional crunches, I'm liable to not get back up! So, this little book has some good ideas to work that core without getting down on the floor!

This was a quick read with good information. All 15 exercises are explained through description and photos so easy to learn. The only thing missing, in my opinion, is the explanation of what muscles are used with each exercise. The author is easy to reach with questions or assistance. I look forward to reading and using more books by this author!\*I won this book but this review is 100% mine and honest!

It's wonderful to have a workout plan that doesn't involve getting on the floor. Although I can get down easy enough (falling) getting back up is torture. Thank you for this excellent workout. Free book given for honest review.

Having a bad knee, getting down on the floor is difficult, and getting back up is close to impossible. So finding this book was a great alternative. It would be nice to have a video, but the price was right on the book!

I WON THIS BOOK AND I FEEL THAT IT IS A HELPFUL GUIDE FOR A QUICK WORKOUT that will really help in time if you follow the workout

After reading this and putting it to work, my posture is improving. great book for anyone looking to build their core.

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

The 15-Minute Standing Abs Workout Plan: Ten Simple Core Exercises to Firm, Tone, and Tighten Your Midsection 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) 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 The New Abs Diet for Women:Â The 6-Week Plan to Flatten Your Belly and Firm Up Your Body for Life (The Abs Diet) Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) Shape February 2011 Marisa Miller on Cover, Sexting, Flat Abs Tight Tush Killer Legs, Love Your Body & Yourself, Drug-Free Headache Cure, 10 Minute Tone-Up - 3 Total Body Moves 1 Minute Core: Strengthen Your Core In Only 1 Minute? Superhero Six-Pack: the Complete Bodyweight Training Program to Ripped Abs and a Powerful Core: (Calisthenics Exercises for Getting Shredded and Developing Extreme Core Strength) The Power Of Intermittent Fasting: Discover Effortless Abs Diet giving you greater Mental toughness,quick Fat Loss and no Cardio, enabling Lean Muscle-Building!: Abs workout for lean belly included! Law Firm Marketing: Successfully Promoting and Building Your Small Firm or Solo Practice Belly Fat (3rd Edition): 51 Quick & Simple Habits to Burn Belly Fat & Tone Abs! HOW TO GET ABS: FLAT STOMACH EXERCISES (Flat Abs Book 1) 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) Calisthenics: 30-Day Greek God Beginners Bodyweight Exercise and Workout Routine Guide - Calisthenics Muscle Building Challenge (Street Bodyweight Exercises, Calisthenics Workout Routines) The Stretch Workout Plan: Simple Exercises to Improve Flexibility,

Increase Mobility and Relieve Tension Ab Wheel Workouts: 50 Exercises to Stretch and Strengthen Your Abs, Core, Arms, Back and Legs Six-Week Bikini Countdown: Tone your butt, abs, and thighs fast combining Pilates with select strength and cardio interval training workouts Ab Exercises: Discover the Top 3 Ab Exercises to Help Aid Fat Loss and Get You Rock Hard Abs The 15 Minute Focus: SPORTS VISION: Exercises For Improving Peripheral Vision, Hand-Eye Coordination, and Tracking Ability (The 15 Minute Fix Book 14) The 90-Day Home Workout Plan: A Total Body Fitness Program for Weight Training, Cardio, Core & Stretching

[Dmca](#)