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Risk-Free Abs

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Tips, tricks, and pitfalls to get best results for your goals.

Without knowledge of proper form, ab exercises can damage the perineum, the abdominal wall, and the intervertebral discs. Following in the footsteps of Blandine Calais-Germain, this book outlines new ab exercises based on the structural studies that respect our anatomy. New edition with QR-codes to help visualize postures and exercises!
