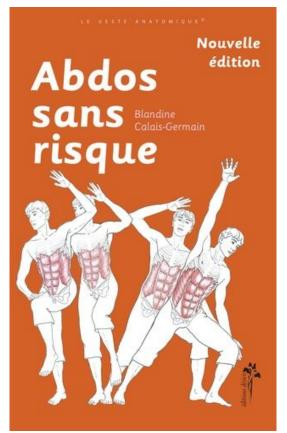
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Risk-Free Abs

Author: Blandine Calais-Germain Publisher : DésIris Category : Science, Technology, Medicine Genres : Medicine Keywords : Gymnastic - Abdominal exercises - Sports

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 invertebral discs. Following in the footsteps of Blandine Calais-Germain, this book outlines new ab esercises based on the structural studies that respect our anathomy. New edition with QR-codes to help visualize postures and exercises!