



The Ultimate Guide to Bodyweight Ab Exercises (Ultimate Bodyweight Training Series) (Volume 4)

Logan Christopher

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Find out more from the author Logan Christopher at www.LegendaryStrength.com

This is one of several books in the Ultimate Bodyweight Training Series. Make sure to grab all of them today.

The Ultimate Guide to Bodyweight Ab Exercises covers progressions for two main exercises, the ab wheel rollout and hanging leg raises.

Even if you've never done anything besides a crunch you'll learn how to get started towards these two elite exercises and eventually achieve them in fine style.

With 37 exercises described in detail, complete with photos, you will go from holding a plank to full rollouts, from partial hanging knee raises to one arm full leg raises. Training plans included.

- * Skip Worthless Crunches and Get Real Results
- * Master the Ab Wheel Rollout
- * Use Two Tools to Progress from Kneeling to Standing Rollouts
- * Master the Hanging Leg Raise
- * Build Abs that are as Strong as they Look

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