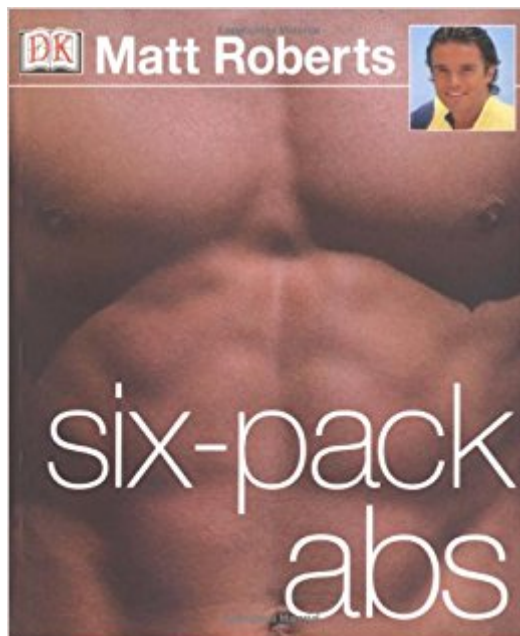


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Six-Pack Abs



Synopsis

Six-Pack Abs is geared towards men who want to strengthen their core muscles and attain cut, washboard abs. Helping men and women increase energy and self-confidence by not only looking better, but feeling better, these pocket guides by fitness celebrity Matt Roberts target the body parts that men and women most want to sculpt, tone, and shape. Each book contains special workout sequences that combine special resistance exercises, cardio workouts, and stretching techniques. Throughout the books, Roberts offers encouragement and advice for getting the most from the workouts as well as helpful tips for healthy eating and answers to common fitness questions.

Book Information

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Customer Reviews

Matt Roberts is the UK's hottest personal trainer and will be appearing in ITV's programme "London's Richest" airing in February. He will be working closely with Boots next year launching an exclusive range of "Body Performance" products. Matt has his own column in the Evening Standard, Hello and M magazine. --This text refers to an out of print or unavailable edition of this title.

Each spring, as the weather begins to heat up (and I realise that my 20-something metabolism is now another year behind me), I feel the heat of the sun on my layers of clothing, but also wonder about the layers of `me' under those clothes that prevent me from being, well, more revealing. I really don't relish the idea of people ringing animal control wondering why there is a beached whale. So, each year I fight the battle of the bulge anew; last year was a banner year until I broke my foot and thus couldn't run any longer. This year, the ankle and foot are still tender, so I am forced to

employ a new strategy. Enter this book. Matt Roberts is one of the better known personal trainers in the UK, with many Hollywood connections (he counts Sandra Bullock among his clients). I have no illusions about turning into a Hollywood hunk, but the routines he presents in this book are both do-able as well as effective - after a month, I already can see a noticeable difference. This small book is primarily pictures, which is a DK publishing signature. In it, Roberts presents three different routines, one each to be done each week in an every-other-day pattern. Both incorporate a level 1 and a level 2 number of reps, with a few alternate possibilities to adjust for ease or difficulty. There are a few things that would be helpful (warming up on a rowing machine or a cross-trainer is recommended; an exercise inflatable ball is also recommended), but most can be done simply with the body and a mat or carpet. Each routine is designed to be done in about 15-20 minutes, and is mostly tailored for beginners and intermediate level persons. I have incorporated this into a wider regime of treadmill running (hoping that my fractures from last year will not be exacerbated on a more shock-absorbent surface than the road) and light weight work. The exercises work the midsection all around, front, back, and obliques, upper and lower abs, and incorporate stress and stretch movements. While the routines in this book could be followed by a man or a woman, the book seems much more clearly geared toward men, as all of the pictures show the exercises being demonstrated by men; also, some of the starting levels seem more geared toward people who are used to working out, so lower levels might be called for. All of the exercises in the book were familiar to me, but one thing that Roberts states (there are question and answer sections between each exercise routine chapter) reminds me of my dilemma - one person asked why, if he did 100 sit-ups every morning, did he still not have a six-pack. I do a similar amount each day, and am also gently rounded. The truth is, as Roberts states, the sit-ups only work the abs in one way, and that won't achieve the desired results. Roberts presents a tested combination that works the midsection is a host of different ways that complement each other. I am seeing more results with fewer sit-ups. Roberts also extols the virtues of cardio exercises (aerobics) and watching the diet, although these are not developed in detail in this book. I know that as I forge ahead into my 40s, I need to develop both areas along more healthy lines. The more times I hear this (or read this), the better - perhaps it will sink in. This is a very inexpensive book, a small size that can easily fit in a gym bag or back-pack. The pages are rather thick and durable, and should stand up to regular use. My trial period for these routines continues for two more months; hopefully the results will consider to appear, and I can then modify my routine to prevent the plateau as well as maintain the results achieved - like diets that work to get the weight off, but only succeed in the long-term if there are long-term maintenance changes, that is what is needed here on the exercise side as well. Many of

these exercises I can foresee remaining part of my maintenance programme.

Great inspiration to me to work out

I purchased about 10 books from on abs in order to compare them. This one is very small and filled only with full-page hi-gloss photos of half-naked men performing exercises. There is almost no information. You might as well flush your money down the toilet. If you're looking for a good book to help you with your abs, here's my conclusion from comparing books...If You Want to Trim Your Waistline: You can't trim your waistline without losing fat, and you can't lose fat around your waist without losing it everywhere (focusing on a muscle group like the abdominal muscles doesn't burn fat in that location, just a little bit of fat from everywhere on the body). So, if you want to trim your waistline, skip the ab workout books and go with a good, proven overall weight loss and fitness book like Bill Phillips' Body for Life. The Abs Diet is a similar program, but like all the Men's Health publications, it advertises a 6-week transformation, which is just a little unrealistic. Plan on more like 12-24 weeks to see really noticeable changes if you are fat.If You Want Sculpted Six-Pack Abs: If you are overweight at all, see above--you can't get a six pack while you're overweight, and you can't lose abdominal fat by doing an ab workout, so go for overall fitness. However, if you are already lean, see below.If You Want to Strengthen or Build Your Ab Muscles: If you're trying to improve for work, play, or rehab, you might consider the following books: The Body Sculpting Bible for Abs Deluxe DVD Edition contains decently up-to-date information and tells you exactly what to do and when to do it, based on a six-week fitness course. If you're looking for a similar book with more information, you can choose from The Complete Book of Abs or The Complete Book of Core Training. The Complete Book of Abs (1998) is a little out of date in terms of its dietary/nutritional recommendations, but it focuses more on exercises that develop the external abdominal muscles (the ones you see in a six-pack), including lots of variations on leg lifts, bicycle motion, and sit-ups. It will also give you more resources for creating your own program, and, if that's what you want to do, go with this one instead of The Body Sculpting Bible. The Complete Book of Core Training (2006) focuses more on the functional body core, including internal abdominal muscles, legs, etc., and includes more trendy exercises using medicine balls, exercise balls, yoga, etc. A different sort of book is Stronger Abs and Back (1997), which was written before the current fad of selling "core training," but contains the elements of core training because it gives good functional sports-focused advice. Its dietary recommendations are out of date, but it recommends a 24-week workout plan, which is much more realistic than the 6-week plans advocated by many of the other books.If You

Have Back Pain: See your doctor, and if he prescribes abdominal/core strengthening, see above. My one-book recommendation: Body for Life. My two-book recommendation: Body for Life + Stronger Abs and Back. My three-book recommendation: Body for Life + Stronger Abs and Back + The Complete Book of Abs. My four-book recommendation: Body for Life + Stronger Abs and Back + The Complete Book of Abs + The Abs Diet. Hope this helps!!

Albeit this is not an expensive book, but I suggest you look elsewhere for a more comprehensive treatment of the subject. If you know absolutely nothing about abdominal exercise it might suffice, but why not get the complete picture? I own "Stronger Abs and Back" and it is a good choice. I just ordered "The Complete Book of Abs" and am awaiting its arrival.

The workouts described in this book are effective; I was able to firm my admittedly softening belly in a matter of weeks -- but I would not recommend this book for beginners or those with back problems. The exercises listed tend to be more advanced, and the instructions are less detailed than they could be (for example, the author does not provide tips for limiting back or neck strain). As a good travel companion or for a quick work out, the book is great; but for a more comprehensive routine, or for those who prefer more detailed instruction, this may not be for you.

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