



# The Ab Revolution Fourth Edition - No More Crunches No More Back Pain

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## **The Ab Revolution Fourth Edition - No More Crunches No More Back Pain** Jolie Bookspan

Stop Back Pain. Healthier Exercise, Healthier Daily Life. The Ab Revolution is an important sports medicine method to quickly stop one major source of lower back pain, and build healthier movement into all you do. Part I teaches how to stop hyperlordosis, a slouch that causes one of the most common kinds of back pain. Part II uses this technique for healthy core and whole body exercise, stretch, and strength from simple to challenging, with no forward bending that hurts discs or practices bent-forward posture. Healthy core training uses neutral spine and avoids both unhealthful flexion and hyperlordosis. New Fourth Edition is reorganized to get you started more quickly, and includes many new topics including golf, pregnancy, and others, explained step-by-step, plus many new photo instructions. By Jolie Bookspan, MEd, PhD, FAWM, award winning scientist.

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Exactly why? Because this The Ab Revolution Fourth Edition - No More Crunches No More Back Pain is an unordinary book that the inside of the book waiting for you to snap it but latter it will shock you with the secret that inside. Reading this book next to it was fantastic author who also write the book in such wonderful way makes the content interior easier to understand, entertaining way but still convey the meaning entirely. So , it is good for you for not hesitating having this any more or you going to regret it. This phenomenal book will give you a lot of advantages than the other book get such as help improving your proficiency and your critical thinking means. So , still want to delay having that book? If I were being you I will go to the guide store hurriedly.

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