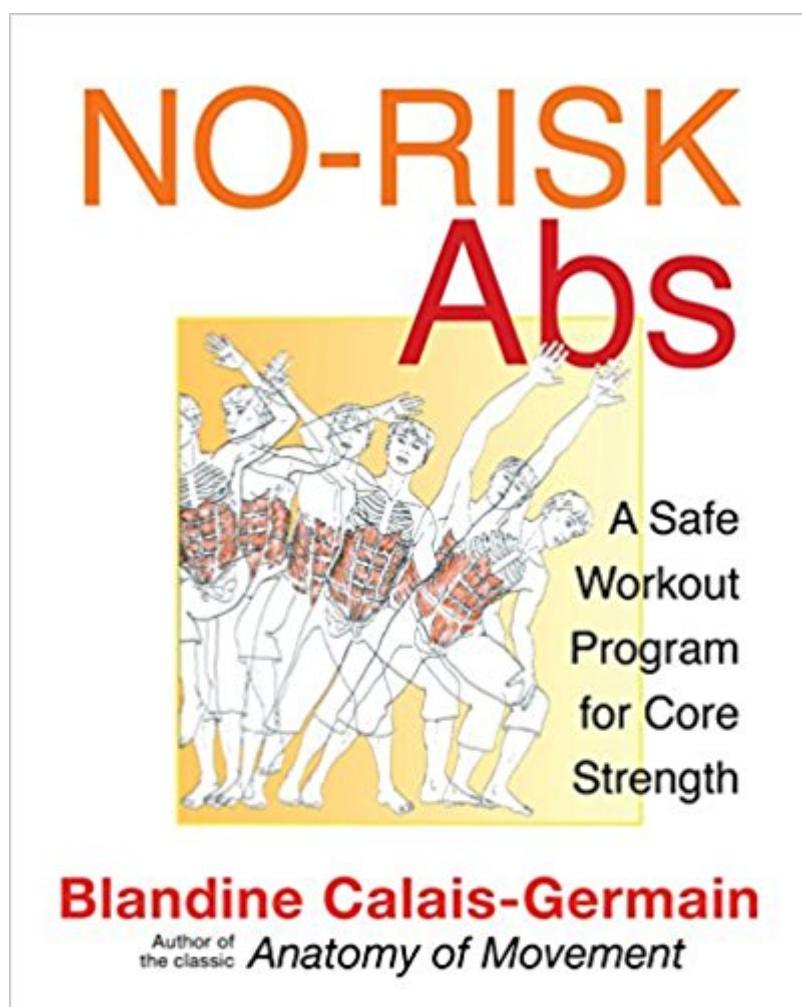


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# No-Risk Abs: A Safe Workout Program For Core Strength



## Synopsis

An illustrated guide to the anatomy of the abdominal muscles and how to tone them successfully without injury. Presents the 16 most effective and safest abdominal exercises for great abs. Reveals how common ab exercises, such as crunches, can damage the spine, pelvic floor, diaphragm, and internal organs. Offers tips to get rid of belly fat--both superficial fat and deeper visceral fat. Presenting a new type of abdominal exercise program designed with the body's anatomical relationships in mind, Blandine Calais-Germain reveals the 6 underlying principles for working the abs efficiently, 7 exercises to get you ready, and the 16 most effective and safest abdominal exercises for a flat belly. Pointing out that ab exercises are not without risk, she reviews the most common abdominal exercises, such as crunches and leg lifts, and explains how to avoid injury to the neck, lower back, pelvic floor, diaphragm, prostate, and internal organs as well as how to protect these vital structures with appropriate abdominal work. Exploring this often misunderstood region of the body in her trademark anatomical style, Calais-Germain details the muscular structures that make up the abs, revealing that strength alone is not the sole factor in a flat stomach. Including tips to get rid of belly fat--both superficial fat and deeper visceral fat--this book reveals how to get great abs, lose weight, gain strength, and build your core all without hurting yourself.

## Book Information

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## Customer Reviews

"No-Risk Abs answers crucial questions about the safety of abdominal exercises and presents a unique system for stretching and strengthening abdominal muscles without stress to the

low back, pelvic floor, and neck.â• (Colleen Craig, author of Pilates on the Ball)â•“No-Risk Abs is indispensable reading for movement and fitness educators. Calais-Germainâ•’s careful exposition of the anatomical logic that grounds her abdominal regimen will eliminate harm caused by the misinformation and cultural confusion surrounding this region of our bodies. Her approach beautifully contributes to holistic body organization.â• (Mary Bond, author of The New Rules of Posture and Movement Faculty Chair at The Rolf Institute)â•“This book is especially valuable for those who work with the elderly or who are returning to exercise after an absence. It would be very hard to go wrong with these moves.â• (Publishers Weekly, June 2011)â•“The focus on how to avoid injury while exercising is specific and black and white illustrations throughout provide specific instruction assuring clarity. Any library strong in exercise programs will appreciate this very specific, clear title.â• (Midwest Book Review, August 2011)â•“This book is as powerful as any exercise machine, filled with solid guidelines for a holistic approach to achieving a strong and healthy body.â• (Vicky Thompson, New Connexion, September 2011)â•“Read this book especially if you are a teacher or client with back issues...This is a brilliant book that finally addresses the poor training of abs and the possible effects of this training.â• (Lesley Powell, Movements Afoot)

**HEALTH / FITNESS** â•“No-Risk Abs answers crucial questions about the safety of abdominal exercises and presents a unique system for stretching and strengthening abdominal muscles without stress to the low back, pelvic floor, and neck.â•--Colleen Craig, author of Pilates on the Ball â•“No-Risk Abs is indispensable reading for movement and fitness educators. Calais-Germainâ•’s careful exposition of the anatomical logic that grounds her abdominal regimen will eliminate harm caused by the misinformation and cultural confusion surrounding this region of our bodies. Her approach beautifully contributes to holistic body organization.â•--Mary Bond, author of The New Rules of Posture and Movement Faculty Chair at The Rolf Institute Presenting a new type of abdominal exercise program designed with the bodyâ•’s anatomical relationships in mind, Blandine Calais-Germain reveals the 6 underlying principles for working the abs efficiently, 7 exercises to get you ready, and the 16 most effective and safest abdominal exercises for a flat belly. Pointing out that ab exercises are not without risk, she reviews the most common abdominal exercises, such as crunches and leg lifts, and explains how to avoid injury to the neck, lower back, pelvic floor, diaphragm, prostate, and internal organs as well as how to protect these vital structures with appropriate abdominal work. Exploring this often misunderstood region of the body in her trademark anatomical style, Calais-Germain details the

muscular structures that make up the abs, revealing that strength alone is not the sole factor for a flat stomach. Including tips to get rid of belly fat--both superficial fat and deeper visceral fat--this book reveals how to get great abs, lose weight, gain strength, and build your core, all without hurting yourself. BLANDINE CALAIS-GERMAIN is the author of the classic Anatomy of Movement, The Female Pelvis: Anatomy and Exercises, and Anatomy of Breathing. In addition to being a dancer and a dance teacher, she is a certified physical therapist and attended the French School of Orthopedics and Massage in Paris. Known for her innovative method for teaching the physical structures of anatomy in relation to movement, she teaches workshops to students from all over the world. She lives in Limoux, France.

Read this book especially if you are a teacher or client w. back issues. You might know of Blandine's other book, Anatomy of Movement. This is a brilliant book that finally addresses the poor training of abs and the possible effects of this training. The "crunch" is poor use of the abs especially when the abs are used incorrectly and is compressing the disks. A lot of clients know how to harden the abs and destroy the length of the spine. Here is a book that addresses the whys and hows to correct training.

So far, so good. It helps one to be more aware of the individual abdominal muscles. It has not caused any discomfort to me. I have not yet completed all of the exercises. The downside is that my impression is that one must find an instructor, but I am not sure what more the instructor would have to offer.

Good book, very important info for pros such as trainers.

A GREAT BOOK ABOUT DOING AB WORK FOR WOMEN WITHOUT HURTING YOURSELF AND STRENGTHENING THE PELVIC FLOOR TO HELP WITH INCONTINENCE.

The exercises complement others that I have learned over the years, the physical concepts are explained well, and the exercises are SAFE, which has been missing from some of the classes I have taken.

Great for beginners - easy to follow

I finally found the documentation that supports my beliefs. This matches nicely with No-Risk Pilates. I recommend this book as new approach to a safe abdominal workout.

Great explanations for a safe abdominal strengthening routine. The pictures are very helpful! I would definitely recommend this book to the fitness industry!

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