

Ultimate Plank Fitness: For a Strong Core, Killer Abs - and a Killer Body

By Jennifer Decurtins

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Ultimate Plank Fitness: For a Strong Core, Killer Abs - and a Killer Body
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A safe, challenging, and effective method of core conditioning, planking is one of the best ways to get fit and toned. Variations of planks are used across many fitness domains including traditional group exercise, personal training, home workouts, yoga, pilates, barre, CrossFit and more. Not only are planks perfect for crafting six-pack abs, they also target shoulders, pectorals, biceps, triceps, glutes, quads, and hamstrings. They increase the heart rate, offer calorie-busting cardio exercise, and create healthy muscle tone.

Ultimate Plank Fitness features 100 different variations of planks that can be used to customize your workout. Easily increase the difficulty of your core strengthening exercises by adding stability balls, gliders, and weights. Each exercise includes a step-by-step photo demonstration, points of performance, where to engage, along with common faults to detect ways to improve your fitness. Finally, CrossFit coach, personal trainer, and fitness instructor, Jennifer DeCurtins provides you with ten 5-minute workouts incorporating several planks that you can use to target trouble areas and build strength.

With countless variations of the exercise, ranging from traditional planks to side plank variations and planks using external weights or unstable surfaces, your entire workout can be programmed around the plank! Work your way to a healthy core with Ultimate Plank Fitness.

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