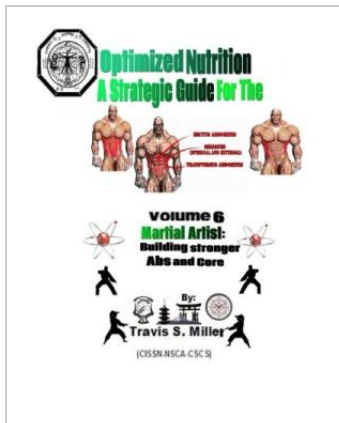




## Optimized Nutrition Vol. 6: Building Stronger ABS Core

By Travis S Miller

Createspace, United States, 2014. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Travis s Idea to Building stronger Abs Core stems from his combination of compound movements combined with regularly switching up exercises, which forces into a state of continuous adaptation. Getting trapped in routines leads to growth-killing plateaus. You don t have to worry about getting into a rut with the Building stronger Abs Core. program though because you ll never run out of routines and variations with everything he s included here. With the foundation firmly established, Travis now gets into the actual training routines. The movements are organized into three categories: 1) mid-range power exercises; 2) fully stretched exercises; and 3) peaked contraction exercises. Sit-ups, crunches and leg lifts are the first exercises he suggests for Building stronger Abs Corer. None of these are traditional exercises but Travis says they re among the best movements you can do for the Abs. These movements stress and stimulate the entire body, which means bigger gains everywhere. In the remaining 100-plus pages Travis gets into the movements that make up the building Abs Corerprogram. I really like his detailed exercise...



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