

Despite all the bare midriffs dancing across MTV, or even walking into the Emmys and Oscars, there has been no book for women looking to develop sleek and sexy abs. But now theres a workout plan for women who aspire to look like Britney, Madonna, or Janet Jackson—or who just have to get ready for halters, crop tops, and all those revealing summer fashions. The Body Sculpting Bible for Abs: Womens Edition by James Vilepigue is the first book on abdominal training written just for women. Following on the phenomenal success of The Body Sculpting Bible for Women, author James Vilepigue has put together a complete exercise and nutrition program designed specifically for women seeking a sleek waistline. A key element to success is identifying and toning all the muscle groups. The traditional regimen of crunches and more crunches works just one set of muscles, the rectus abdominis, but The Body Sculpting Bible for Abs reveals that the abs are not one layer of muscle, but several overlapping layers: the rectus abdominis, the internal and external obliques, and the often-overlooked transverse abdominis (TVA). All of these muscles must be exercised in order to achieve sleek, toned, sexy abs. Whats more, The Body Sculpting Bible for Abs goes beyond just abdominal exercises, offering exercises that work the entire core. Without dietary modifications and total body workouts to promote fat loss, Vilepigue advises, no amount of abdominal training will miraculously melt away fat. In fact, people who work so hard on those crunches may actually be promoting postural imbalances that can set them up for future injury. The Body Sculpting Bible for Abs exercises and 14-Day Workouts are a safe and holistic program of ab work that helps women reach their goals safely and quickly. Designed specifically for women, the unique 14-Day Workout has a progressive, ever-changing program that provides the variety and motivation needed to get results in record time. The exercises work all of the abdominal muscles, as well as the rest of the bodys core, to produce a lean and sexy waistline. The Body Sculpting Bible for Women, the best-selling first book in this series, was a run-away hit with exercisers across the country. Now the author of this proven workout plan helps women identify and work all of the muscles of the abdomen, to create a head-turning mid-section.

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