



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

---

By Jolie Bookspan

Neck and Back Pain Sports Medicine, United States, 2015. Paperback. Book Condition: New. 4th. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.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, and new photo instructions, explained step- by-step. By Jolie Bookspan, MEd, PhD, FAWM, award winning scientist.



**READ ONLINE**  
[ 7.92 MB ]

### Reviews

*A brand new e-book with a brand new standpoint. it was actually writtern extremely properly and valuable. I am just quickly can get a pleasure of looking at a published ebook.*

-- **Prof. Garett Schmitt**

*Complete guide for publication enthusiasts. I have read and i am sure that i will going to study again once again in the future. Your way of life period will be transform once you total looking over this publication.*

-- **Shayne O'Conner**