

Get Great Abs: The Key to Achieving Your Fitness Goals



Get Great Abs by Joan Jacobs Brumberg

★★★★☆ 4.6 out of 5

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Joan Jacobs Brumberg's groundbreaking book, *Get Great Abs*, provides a comprehensive guide to achieving the perfect abdominal muscles. Based on decades of research and experience, Brumberg's approach emphasizes a holistic approach to fitness, focusing on both nutrition and exercise.

The Importance of Core Strength

Before diving into the specific exercises for building great abs, it's essential to understand the importance of core strength. The core muscles are responsible for stabilizing the spine, pelvis, and hips, and they play a vital role in everyday activities such as walking, running, and lifting objects. A strong core also improves posture, reduces back pain, and enhances athletic performance.

The Key Principles of Get Great Abs

Brumberg's approach to achieving great abs is based on three key principles:

1. **Compound exercises:** These exercises work multiple muscle groups simultaneously, maximizing efficiency and effectiveness.
2. **Dynamic stabilization:** This involves engaging the core muscles while performing dynamic movements, such as squats and lunges.
3. **Time under tension:** This principle focuses on maintaining tension on the targeted muscles throughout the exercise, maximizing muscle activation.

Exercises for Building Great Abs

Get Great Abs includes a wide range of exercises for all fitness levels. Here are a few of the most effective exercises:

- **Plank:** This classic exercise is a great way to engage the entire core. Start by holding a push-up position, with your forearms on the ground and your body in a straight line from head to heels. Hold for as long as possible, maintaining proper form.
- **Side plank:** This variation of the plank targets the obliques and helps to strengthen the core from the side. Lie on your side, with your elbow directly below your shoulder and your body in a straight line from head to heels. Lift your hips off the ground, forming a straight line from shoulder to heel.
- **Bicycle crunches:** This dynamic exercise combines abdominal flexion and rotation. Lie on your back, with your hands behind your head. Lift your legs off the ground and bend your knees at a 90-degree angle.

Bring your right elbow towards your left knee while simultaneously extending your right leg. Repeat on the other side.

- **Russian twists:** This rotational exercise targets the obliques and helps to improve core stability. Sit on the floor with your feet slightly elevated and your knees bent. Hold a weight in front of your chest and twist your torso from side to side.

Nutrition for Great Abs

In addition to exercise, nutrition plays a crucial role in achieving great abs. Brumberg emphasizes the importance of eating a balanced diet that is rich in whole foods, fruits, and vegetables. She also recommends limiting processed foods, sugary drinks, and excessive amounts of saturated fat.

Sample Meal Plan

Here is a sample meal plan that is consistent with the principles of Get Great Abs:

- **Breakfast:** Oatmeal with fruit and nuts, or Greek yogurt with granola
- **Lunch:** Salad with grilled chicken, mixed greens, vegetables, and a light dressing
- **Dinner:** Grilled salmon with roasted vegetables and brown rice, or lentil soup
- **Snacks:** Fruit, vegetables, or nuts

Joan Jacobs Brumberg's Get Great Abs is an invaluable resource for anyone looking to achieve their fitness goals. By following the principles outlined in the book, including compound exercises, dynamic stabilization,

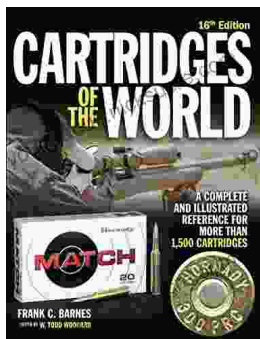
and proper nutrition, you can build a strong and defined core that will enhance your overall health and well-being.



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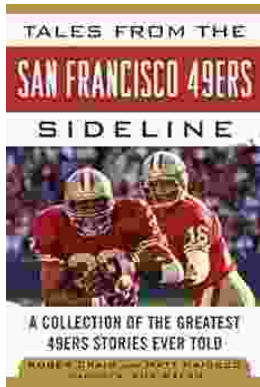
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