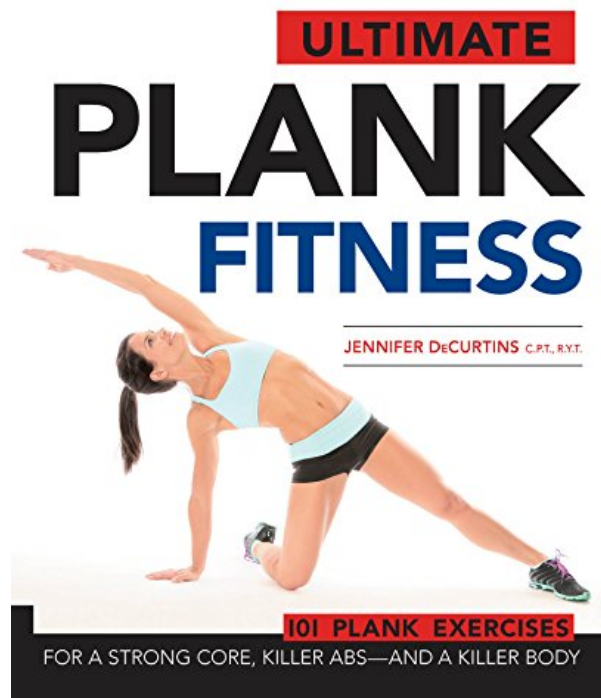


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## About the Author

Jennifer DeCurtins is a fitness instructor, personal trainer, yoga teacher and creator of the popular blog PeanutButterRunner. She also holds a 200-hour registered yoga teacher certification through Yoga Alliance and teaches hot yoga, power yoga, and vinyasa flow yoga at several studios in Charlotte, NC. Her classes often have 30-40 people in attendance and she was just named "Twitter Personality to Follow" by Charlotte Magazine in their "Best of the Best" awards. She has also served as a Lululemon Ambassador.

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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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9 of 9 people found the following review helpful.

Love it!

By KK711

This is a fabulous book for all levels. Jen walks you through each pose step by step and also offers modifications. You can do these exercises anywhere with little to no equipment. You can randomly flip to a page and spice up any workout by adding in some of the different planks. I highly recommend this book!!!

8 of 8 people found the following review helpful.

Amazing book! Easy descriptions of the different plank poses ...

By B. Bazemore

Amazing book! Easy descriptions of the different plank poses with beautiful pictures demonstrating each plank. Highly recommended for anyone wanting to tone their entire body without having to purchase a lot of equipment or go to a gym.

6 of 6 people found the following review helpful.

Ultimate plank fitness is a great book for all levels

By Karyn W Curry

Ultimate plank fitness is a great book for all levels. It walks you through every plank and is so easy to do at home or when your traveling and don't have a lot of resources. It's challenging yet can be used for the basics as well. Jen is an amazing instructor and I look forward to more from this author.

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