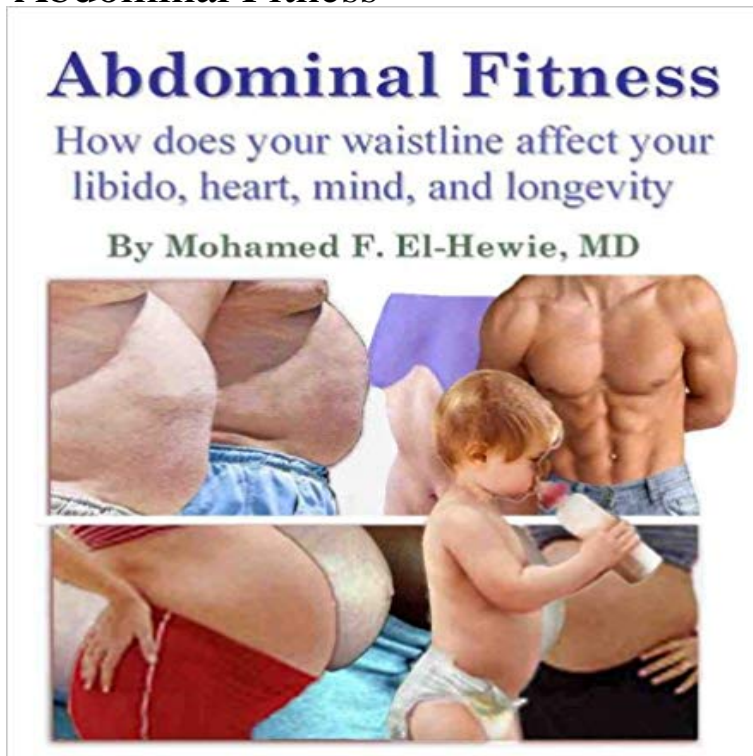


Abdominal Fitness



The book describes the issues related to normal and troubling bellies and offers practical solutions to most encountered abdominal problems in the field of preventive health and fitness practice, as follows.

CHAPTER 1: The human belly

- 1.1. Man-made foods
- 1.2. Role of culture on eating habits
- 1.3. Modernity and abdominal illness

CHAPTER 2: PUMPS AND FILTERS

- 2.1. The heart and the kidneys
- 2.2. The voluntary abdominal pump

CHAPTER 3: INSIDE THE GUTS

- 3.1. Intestinal contents
- 3.2. Uterine contents
- 3.3. Fat depots
- 3.4. Early signs of belly chaos
- 3.5. Role of individual discretion

CHAPTER 4: INSIDE THE BELLY

- 4.1. The abdominal organs
- 4.2. The septic digestive system
 - 4.2.1. Low back pain
 - 4.2.2. Compression of the kidneys
 - 4.2.3. Hernias or least resistance bulging
- 4.3. The aseptic urinary system
- 4.4. The vascular design of the abdomen

CHAPTER 5: The abdominal sac

- 5.1. The need for pressure change
- 5.2. Spinal attachment of the abdominal muscles
- 5.3. Other attachments of the abdominal muscles to bones
- 5.4. anatomy of Abdominal muscles
- 5.5. Abdominal filling defects

CHAPTER 6: Abdominal exercises

- 6.1. Crunches
- 6.2. Leg raises
- 6.3. Strategies of abdominal exercise
 - 6.3.1. The proper upright posture and abdominal muscles
 - 6.3.2. Varieties of abdominal exercises
 - 6.3.2.1. Basic abdominal exercises
 - 6.3.2.2. Abdominal exercises on a suspension bar
 - 6.3.2.3. Abdominal exercises on a bench

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