

Download Lose Your Mummy Tummy Paperback

Lose Your Mummy Tummy: Flatten Your Stomach Now Using the Groundbreaking Tupler Technique | Julie Tupler, Jodie Gould | ISBN: 9780738209814 | Kostenloser Versand für alle Bücher mit Versand und Verkauf durch Amazon. If you want to tone your abs and you don't have a clue what's going on with your flabby tummy--- you need this book. She gives details about the anatomy of the stomach and what muscles you are working and how it should feel. She gives you information on the proper way to sit, stand, roll out of bed, and many other positions that affect your abs. I would highly recommend this for a teenager because it is a perfect startup routine to get them in shape and knowledgeable about their body. 1-16 of 95 results for "lose your mummy tummy" Click Try in your search results to watch thousands of movies and TV shows at no additional cost with an Amazon Prime membership. Lose Your Mummy Tummy You need to strengthen your lower abdomen muscles and your inner muscles (as in no crunches, but instead suck in your stomach pulling belly to spine over and over) and do Kegels. The rest of the book contains useless information and outdated advice. For example, information about stretching which is good for you and healthy but isn't really relevant to losing your Mummy Tummy. I'd skip this one, it's not worth the money. Get information from the internet.