

Review of fitness video “Abnatomy: The Ab Workout for the Entire Body” Featuring David Slonieguna

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- you’ll need a few accessories – one of those exercise balls, a mat, and some free weights – check out Marshall’s or TJ Maxx – they have the mats and balls.
- It may take a while to get a hang of balancing on the ball – in fact, for a time I wondered if balancing was the workout itself (I fell off the thing more than a few times – it’s got a surprisingly strong bounce-back – consider yourself forewarned.)
- To get the most out of the exercises, it is necessary to focus and concentrate on performing them correctly – bouncing up and down on the ball a la Madonna in her *Hollywood* video is probably not part of a good exercise regime – but it was fun as hell anyway.
- Slonieguna gets off to a rousing/arousing start with the warm-ups. It’s always nice to watch a well-built guy grinding his ass into a big ball, and an inspiration to get off my own lazy ass and start some hip-circles.
- His own decent looks and impeccable body will be the main draw for most viewers, and the cute Arnold Schwarzenegger-lite accent, courtesy of his French-Canadian background, will have many ab-flattened adoringly at his sneaker-clad feet.
- Don’t entirely write him off as another pretty workout face though ~ Slonieguna has an Exercise Science degree and has been doing this for over eight years. He clearly knows his stuff, and explains it in an easy-to-follow manner.
- Helpful to have his coaching throughout, and his brief explanations are helpful in what to focus on and how best to execute a certain exercise position.
- Check out more of his stuff at www.abnatomy.com or www.fitnessdavid.com