

## Stomach Flattening: Training Manual

**Doug Setter**

**Photographs by Perry Fiedler, Illustrator**

**Perry Fiedler, Photographer**

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Doug Setter's satisfied clients include a former paratrooper and prison guard a martial arts instructor a Vancouver police officer and even a grandmother. Given the gushing testimonials present on the outside of the book readers will expect what lies inside to be pure gold.

Compliments like these are characteristic of modern training and fitness manuals but the praise for Setter's book is certainly genuine. Most training manuals nowadays are simply too complicated packing a plethora of information into a tight space and telling readers what they should know about getting healthy. More often than not these manuals are simply too large for the average individual—whether paratrooper or grandmother—to comprehend. Setter's book is short sweet and to the point.

Divided into chapters dedicated to such topics as motivation and mindset healthy breathing and of course the ultimate exercises for making your stomach as flat as it can be this book makes beginners feel welcome and comfortable. While many of Setter's tips may seem like no-brainers such as the idea that bettering one's posture will allow one breathe more clearly they serve as simple reminders of how properly to exercise and get healthy. This information combined with diagrams and photographs of breathing techniques and exercises make this manual incredibly user friendly.

The book does have its drawbacks however—perhaps the most glaring of which is the lack of color photographs. The pictures of the author practicing breathing techniques and showing off his ripped abs are quite clear and easily understood but training pictures of a woman in black demonstrating abdominal exercises are not as clear as they could be. This may lead readers to employ improper exercise techniques.

Because of the photography and dated appearance of the book the manual also seems quite old fashioned. Many people may be turned off by the book's simplicity when it appears amidst a sea of colorful new fitness manuals. Finally there are spelling and grammatical errors that may nag at the reader while they are trying to focus on the important material at hand. This element adds to the slightly unprofessional appearance of the book itself.

Nevertheless these exercises combined with Setter's extensive knowledge of the human body will actually give readers the results they desire. Staying the course is often the hardest part about losing weight and training but if readers do so they will surely attain results with this book. That's what it's all about.

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