



Core Strength Training

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Core Strength Training

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A practical, no-nonsense approach to building core strength, *Core Strength Training* will help beginners and fitness fanatics improve mobility, correct poor posture, relieve pain, and add to overall fitness. *Core Strength Training* features more than 150 core exercises accompanied by step-by-step instructions and art, as well as hints and tips for perfecting technique and avoiding injury and illustrations illuminating various muscle groups.

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