

The Complete Guide To Core Stability - Matt Lawrence

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The Complete Guide series is designed for the fitness professional, coach and student, packed with ready-made training programmes, tips and strategies. A new edition of the definitive 'core stability' training handbook for fitness leaders and other fitness professionals and enthusiasts in an 'all you need to know' format. 'Core Stability' is a relatively new concept, concentrating on core abdominal muscle strength to improve posture, strength and performance. This book looks at what core stability is, the muscles that are involved, and the benefits to improving your core stability. Packed with exercises, it also deals with specific exercises for different sports, and covers the use of equipment - from medicine balls to core boards. This new edition includes colour photography, new exercises and training programmes tailored to different sports. Over 3865 copies of first edition sold since 2004. Author: Lawrence, Matt Publisher: A&C Black Illustration: N Language: ENG Title: The Complete Guide to Core Stability Pages: 00272 (Encrypted PDF) On Sale: 2013-03-01 SKU-13/ISBN: 9781408133248 Category: Health & Fitness : General

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