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# CORE STABILITY: DR. S FITNESS-CORE STABILITY (PAPERBACK)



Notion Press, Inc., 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Core stability (or core strengthening) has become a well-known fitness trend that has started to transcend into the sports medicine world. Popular fitness programs, such as Pilates, yoga, and weight training, follow core strengthening principles. Broad benefits of core stabilization have been touted, from improving athletic performance and preventing injuries, to alleviating low back pain and keep the posture proper. The purpose of...

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- Authored by Sukhjivan Singh
- Released at 2017



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