

Delavier S Core Training Anatomy

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Delavier s Core Training Anatomy includes proven programming for sculpting your abs, reducing fat, improving cardiovascular health, and relieving low back discomfort. Targeted routines are presented for optimal training and performance in more than 20 sports, including running, cycling, basketball, soccer and golf.

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Delavier's Core Training Anatomy- Human Kinetics

Delavier's Core Training Anatomy is your guide for increasing core strength, stability, flexibility, and tone. Whether you're just beginning your routine or looking to enhance an existing conditioning program, Delavier's CoreTraining Anatomy presents the most effective exercises and workouts for the results you want. It's all here, and all in the stunning detail that only Frédéric Delavier can provide.

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