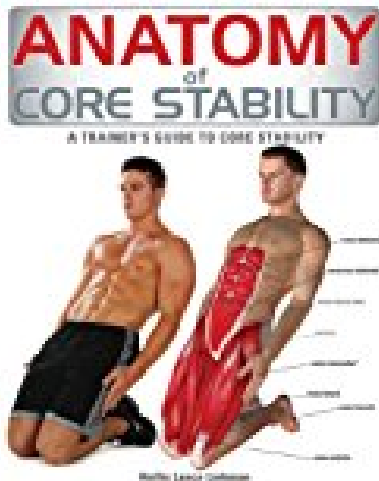


Anatomy of Core Stability A Trainers Guide to Core Stability



BOOK DETAILS

- Author : Hollis Liebman
- Pages : 160 Pages
- Publisher : Firefly Books
- Language : English
- ISBN : 1770851704

[↓ DOWNLOAD](#)

BOOK SYNOPSIS

A strong, stable core is the foundation of virtually all physical efforts. Pilates and yoga practitioners as well as dedicated athletes are familiar with the concept of "core stability." They understand its importance in achieving and maintaining superior fitness. A strong and stable core improves athletic performance, increases power and endurance, reduces stress on the body and minimizes the chances of injury. It helps to improve balance and posture, alleviates back pain and minimizes fatigue. Even everyday actions are easier, whether climbing stairs or lifting a box or holding a baby. The muscles most responsible for core stability run the length of the trunk and torso. They include the famous "six pack" abdominal muscles, the muscles that underlie the spinal column and neck and which help to rotate the back, the oblique muscles, and the muscles of the hips and thighs. Exercises designed specifically to address these muscles are the only way to build a stable core. Anatomy of Core Stability features such exercises. They are designed to work the entire core musculature, from the major muscles in the abdomen, spine, lower back, torso, hips and thighs, which endure the greater effort, to the smaller assisting muscles, which support the larger. Many exercises use inexpensive equipment such as a stability ball, medicine ball, free weights and wobble board. American Reference Books Annual praised this series first book, Anatomy of Exercise, as "fascinating" and recommended it to "medium-sized and large public libraries as well as high school and undergraduate collections." This latest addition to the series will prove equally commendable and is an important purchase. The "Anatomy of..." series has revolutionized how people can approach their fitness needs. The books are ideal references for beginning exercisers and amateur athletes, elite competitors, trainers, physiotherapists, coaches, sport injury clinics, yoga, pilates and fitness instructors, team doctors and specialist professionals.

ANATOMY OF CORE STABILITY A TRAINERS GUIDE TO CORE STABILITY -

Are you looking for Ebook Anatomy Of Core Stability A Trainers Guide To Core Stability? You will be glad to know that right now Anatomy Of Core Stability A Trainers Guide To Core Stability is available on our online library. With our online resources, you can find Applied Numerical Methods With Matlab Solution Manual 3rd Edition or just about any type of ebooks, for any type of product. Best of all, they are entirely free to find, use and download, so there is no cost or stress at all. Anatomy Of Core Stability A Trainers Guide To Core Stability may not make exciting reading, but Applied Numerical Methods With Matlab Solution Manual 3rd Edition is packed with valuable instructions, information and warnings. We also have many ebooks and user guide is also related with Anatomy Of Core Stability A Trainers Guide To Core Stability and many other ebooks. We have made it easy for you to find a PDF Ebooks without any digging. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with Anatomy Of Core Stability A Trainers Guide To Core Stability. To get started finding Anatomy Of Core Stability A Trainers Guide To Core Stability, you are right to find our website which has a comprehensive collection of manuals listed.