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In Core Training Anatomy, health and fitness expert Dr. Abigail Ellsworth gives readers the tools they need to embark on a journey of flat-belly fitness and health, from basic movements to information on how to build a complete exercise plan.

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Frédéric Delavier's acclaimed books have been popular choices for strength training enthusiasts across North America for more than a decade.

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He is the author of the best-selling Strength Training Anatomy, Women's Strength Training Anatomy, The Strength Training Anatomy Workout, and Delavier's Core Training Anatomy. Delavier won the French powerlifting title in 1988 and makes annual presentations on the sport applications of biomechanics at conferences in Switzerland.

Delavier's Stretching Anatomy by Frederic Delavier, Jean

He is the author of the best-selling Strength Training Anatomy and Women's Strength Training Anatomy. Delavier won the French powerlifting title in 1988 and makes annual presentations on the sport applications of biomechanics at conferences in Switzerland.

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In Core Training Anatomy, health and fitness expert Dr. Abigail Ellsworth gives readers the tools they need to embark on a journey of flat-belly fitness and health, from basic movements to information on how to build a complete exercise plan.

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"Delavier's Core Training Anatomy" is your guide to increasing core strength, stability and flexibility. Whether you're just beginning your routine or looking to enhance an existing conditioning programme, "Delavier's Core Training Anatomy" presents the most effective exercises and workouts for the results you want.

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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 Core Training Anatomy presents the most effective exercises and workouts for the results you want.

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Delavier's Core Training Anatomy by Frédéric Delavier

Core Training Anatomy Course Objectives After completing the Core Training Anatomy course, the participant will: 1. Gain knowledge in developing core training programs 2. Determine appropriate exercises, length of workouts, repetitions and more for various exercisers 3. Describe how to perform a variety of exercises for the core 4.

Core Training Test - Exercise ETC

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