## <<核心训练 Core Training>>

#### 图书基本信息

书名: <<核心训练 Core Training>>

13位ISBN编号: 9781405486293

10位ISBN编号:1405486295

出版时间:2006-1

出版时间:Parragon

作者: Rose, Sara

页数:96

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#### 内容概要

Stabilizing your spine through training your core muscles is a great step toward a healthier lifestyle. This book will supply you with all the information you need to get you arted, including an introduction to core stability, easy-to-follow exercises, and sample workouts to keep you challenged as you improve.

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### 书籍目录

introduction1 the basics what is core stability? all about the spine posture core muscles before you begin2 warming up3 standing and sitting exercises4 floor exercises5 cooling down stretchesexercise plannersindex

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