

The Complete Book Of Core Training: The Definitive Resource For Shaping And Strengthening The 'Core' -- The Muscles Of The Abdomen, Butt, Hips, And Lower Back By Kurt, Brett, & Mike Brungardt

By Kurt, Brett, & Mike Brungardt

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The Definitive Resource for Shaping and Strengthening Book of Core Training by Kurt Brungardt; Mike of the abdomen, lower back, butt, and hips.

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The Definitive Resource for Shaping and Strengthening the 'Core' The Muscles of the Abdomen, Butt, Hips, and Lower Back. By Brett Brungardt, Kurt Brungardt, Mike
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<http://www.stack.com/2013/06/24/the-complete-core-workout/>

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<http://www.spireinstitute.org/training/michael-johnson-performance/drill-station/complete-core-strength>