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Best Core Exercises For Women (Fit Expert Series) (Volume 10)

Andy Charalambous

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In order to do anything physically well in life you are going to need a strong core. The core comes into play on a regular basis and most of the time when we don't even realize it. They work to help you perform simple everyday acts such as sitting in a chair or standing. Supporting the spine and working in conjunction with other muscles during lifting, twisting and bending movements. Healthy well balanced core muscles will minimize back problems and help reduce back aches and pains. Any sports or other activities will be greatly improved with strong core muscles. Strong core muscles stabilize the body through many movements to help us keep our balance The core muscles are not just in the abdominal area of our body. They surround the spine protecting it from damage and wear and tear. As part of the, "Fit Expert Series" book collection "Best Core Exercises for women" features four health and fitness experts who offer their own personal advice, tips and techniques. Follow their advice on the different kinds of core training needed to not only improve strength but also tone and add shape to your body. With this book you will: • Discover ways to burn fat efficiently and keep it off. • Tone up muscles you never knew you had. • Build overall strength. • Improve posture. • Minimize any aches and pains. • Increase your energy levels. • Help you to build confidence. Here is the list of fitness experts who contributed to this book: Serena Scanzillo Julian A. Amedee Garett Renon Danny Kavadlo

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