



# Core Strength for 50+: A Customized Program for Safely Toning Ab, Back, and Oblique Muscles

*Karl Knopf*

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## **STAY YOUNG WITH EFFECTIVE, EFFICIENT CORE STRENGTH TRAINING**

From swinging a golf club to carrying a bag of groceries, the core is everything. Balance, agility and youthful stature are just a few of the benefits of a toned and powerful midsection. *Core Strength for 50+* has everything you need to:

- **Improve posture**
- **Enhance sports performance**
- **Guarantee low back health**
- **Avoid injury**

With workouts ranging from basic mat work routines to unstable training with foam rollers and stability balls, *Core Strength for 50+* provides more than 75 exercises that build and maintain strong muscles in the abs, obliques, lower back and butt.

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Core Strength for 50+: A Customized Program for Safely Toning Ab, Back, and Oblique Muscles can be one of your basic books that are good idea. We recommend that straight away because this publication has good vocabulary that will increase your knowledge in language, easy to understand, bit entertaining but nevertheless delivering the information. The writer giving his/her effort to put every word into pleasure arrangement in writing Core Strength for 50+: A Customized Program for Safely Toning Ab, Back, and Oblique Muscles although doesn't forget the main point, giving the reader the hottest along with based confirm resource facts that maybe you can be one among it. This great information can drawn you into brand new stage of crucial imagining.

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