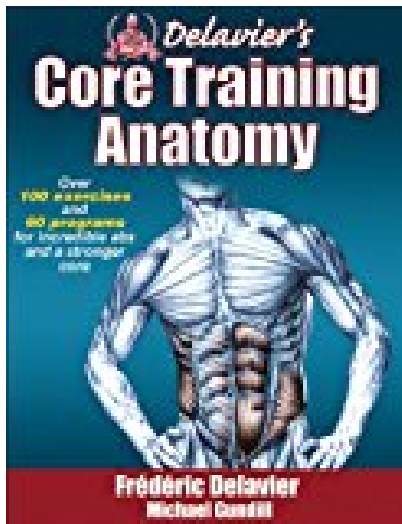


Delaviers Core Training Anatomy



BOOK DETAILS

- Author : Frederic Delavier
- Pages : 144 Pages
- Publisher : Human Kinetics
- Language : English
- ISBN : 1450413994



BOOK SYNOPSIS

Presents a guide to increasing abdominal strength, flexibility, and muscle tone with over one hundred detailed exercise descriptions supplemented with photograph illustrations and anatomical drawings, as well as sixty suggested exercise programs.

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