Developing the Core (Sport Performance Series)

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Developing the Core (Sport Performance Series) NSCA -National Strength & Conditioning Association The NSCA, the world's leading sport conditioning organization, offers its unrivaled expertise in a book perfect for any athlete seeking to strengthen the core and improve athletic performance. Featuring 11 ready-to-use sport-specific programs, Developing the Core provides more than 50 of the most effective exercises along with science-based assessments to help athletes understand their individual needs.

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