

# Download Anatomy Of Core Stability A Trainers Guide To Core Stability

Anatomy of Core Stability: A Trainer's Guide to Core Stability [Hollis Liebman] on Amazon.com. \*FREE\* shipping on qualifying offers. A strong, stable core is the foundation of virtually all physical efforts. Pilates and yoga practitioners as well as dedicated athletes are familiar with the concept of core stability. Anatomy of Core Stability features such exercises. They are designed to work the entire core musculature, from the major muscles in the abdomen, spine, lower back, torso, hips and thighs, which endure the greater effort, to the smaller assisting muscles, which support the larger. Anatomy of Core Stability features such exercises. They are designed to work the entire core musculature, from the major muscles in the abdomen, spine, lower back, torso, hips and thighs, which endure the greater effort, to the smaller assisting muscles, which support the larger. Anatomy of Core Stability: A Trainer's Guide to Core Stability By Hollis Liebman EBOOK. A strong and stable core improves athletic performance, increases power and endurance, reduces stress on the body and minimizes the chances of injury. It helps to improve balance and posture, alleviates back pain a ....