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PART I Essentials of Core Development

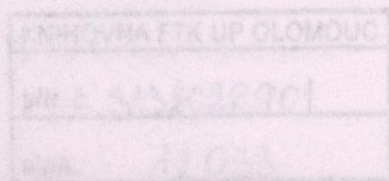
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Introduction

One of the most important priorities for all athletes should be to ensure the conditioning of the core musculature. In recent years, there has been considerable literature in both the popular media and scientific journals on the importance of these muscles for effective movement and sports performance. It should be recognized that the core of the body includes both

PART II Sport-Specific Core Development

The early literature regarding core muscle training stemmed from physical therapy and athletic training settings, for alleviating low back pain and correcting faulty posture.

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