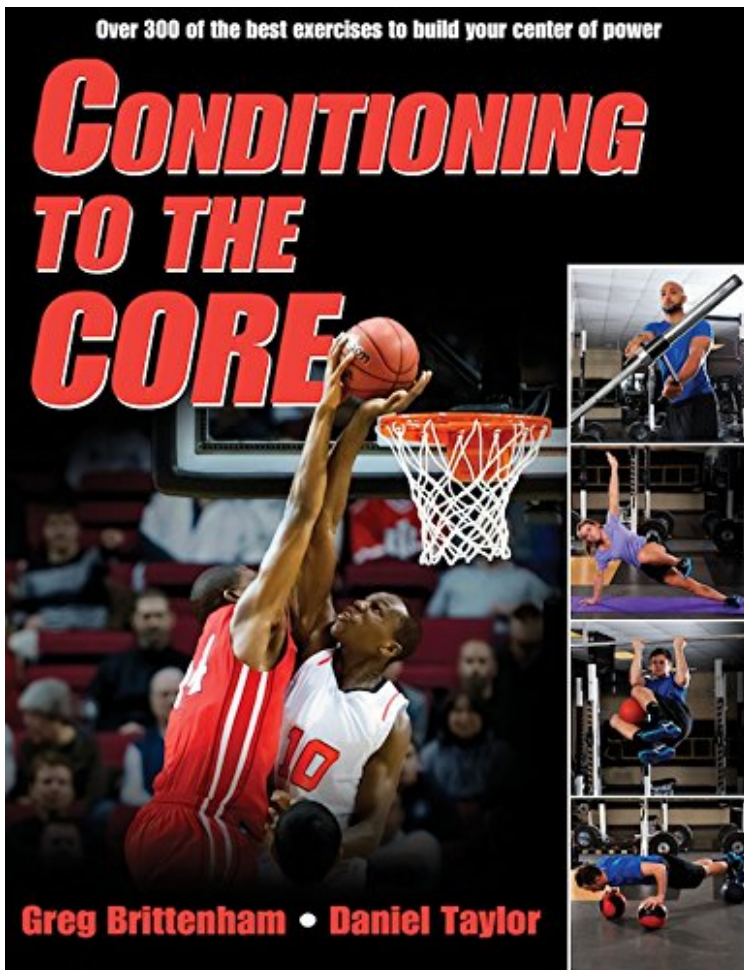


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Conditioning to the Core



Par Greg Brittenham, Daniel Taylor

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Prsentation de l'diteurConditioning to the Core is a complete guide to training the torso for elite athletic performance. Color-coded stability, strength, and power training exercises, programs, and assessments provide all the tools for achieving high-performance goals. Full-color anatomical art and demonstration photos show how to develop the most functional athletic core.Prsentation de l'diteurConditioning to the Core is a complete guide to training the torso for elite athletic performance. Color-coded stability, strength, and power training exercises, programs, and assessments provide all the tools for achieving high-performance goals. Full-color anatomical art and demonstration photos show how to develop the most functional athletic core.Biographie de l'auteurGreg Brittenham served as assistant coach for player development and team conditioning with the New York Knicks for 20 years. He was also the director of the Center for Athletic Performance at the US Institute for Fitness and Sport. Daniel Taylor, MS, PES, CSCS is the head strength and conditioning coach at Siena College and oversees those efforts for all 18 Division I varsity programs at the college, as varied as water polo and lacrosse. He has trained athletes who have advanced to a

professional level in soccer lacrosse and basketball.