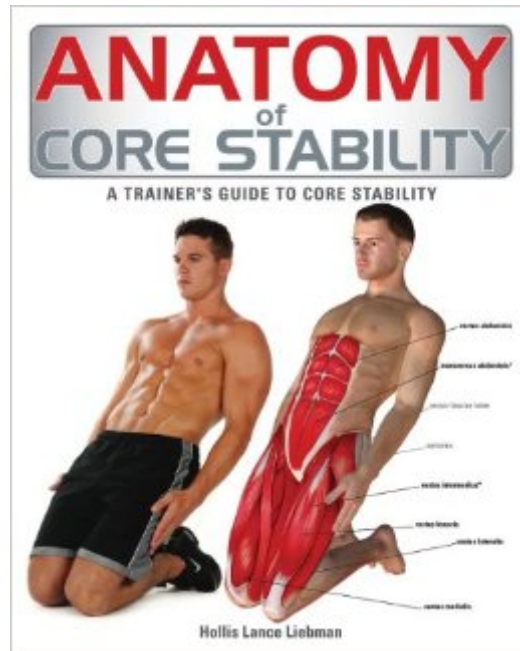


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# Anatomy Of Core Stability: A Trainer's Guide To Core Stability



## Synopsis

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." They understand its importance in achieving and maintaining superior fitness. 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 and minimizes fatigue. Even everyday actions are easier, whether climbing stairs or lifting a box or holding a baby. The muscles most responsible for core stability run the length of the trunk and torso. They include the famous "six pack" abdominal muscles, the muscles that underlie the spinal column and neck and which help to rotate the back, the oblique muscles, and the muscles of the hips and thighs. Exercises designed specifically to address these muscles are the only way to build a stable core. *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. Many exercises use inexpensive equipment such as a stability ball, medicine ball, free weights and wobble board. *American Reference Books Annual* praised this series' first book, *Anatomy of Exercise*, as "fascinating" and recommended it to "medium-sized and large public libraries as well as high school and undergraduate collections." This latest addition to the series will prove equally commendable and is an important purchase. The "Anatomy of..." series has revolutionized how people can approach their fitness needs. The books are ideal references for beginning exercisers and amateur athletes, elite competitors, trainers, physiotherapists, coaches, sport injury clinics, yoga, pilates and fitness instructors, team doctors and specialist professionals.

## Book Information

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## Customer Reviews

Review Anatomy of Core Stability by Hollis Lance is easy to read. The information is complete and usefully presented. I especially like having the models pictured beside the diagrams so surface anatomy can often be correlated with muscular anatomy. The models look like fit average people, not body builders or hulks so we can compare to ourselves. My only suggestion would be speedos rather than long shorts so more surface anatomy, especially thighs and lower abs could be seen. The pictures and diagrams are large and clear and surprisingly uncluttered for anatomy drawings. The text, is informative without being pedantic. Also the text is sparse and helpful, mostly consisting of brief comments as to level, time to complete, benefits, restrictions and in some cases modifications possible. The exercises included, while not encyclopedic, are complete enough. There are some suggested workouts or collections of exercises with specific goals given at the end which look good. This a good buy in the rash of "anatomy" books coming out now.

This book had lots of new exercises and gave me a new way to look at and improve my core stability. Some of the exercises looked pretty simple but they were challenging. I liked the way the exercises were explained and the photographs made it easy to follow. At the end of the book there are six great workouts set out for you.

The book arrived in great shape, quickly and as described. I like how they show which primary muscle groups are working as well as secondary muscle groups.

A fantastic comprehensive guide to core stability. Best I've found on the subject.

Great information. Details are great!

Very very very helpful

The book is very detailed and it displays colorful pictures.

This a welcome book at the wellness center.

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