

**The Core Connection: Go From Fat To Flat By Using Your
Abs For A Total Body Workout**

By Chris Robinson

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<http://www.slpl.org/slpl/interests/article240090364.asp>

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<http://www.dietsinreview.com/diets/the-core-connection/>

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<http://www.youtube.com/watch?v=ALnaKt7CAc0>

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Celebrity trainer Chris Robinson, author of The Core Connection Go From Fat to Flat by Using Your Abs your workout. Chris Robinson, Founder of Core
<http://sscgym.com/media/>

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<http://www.tipsonhealthyliving.com/diet-and-fitness/20-tasty-mini-meals-that-will-help-control-your-hunger>

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<http://www.ascd.org/common-core/core-connection/08-15-13-states-decide.aspx>

View Chris Robinson's business profile as Trainer and Author at The Core Connection and see work history, 25 Total References
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