

The Core Strength Workout: Get Flat Abs And A Healthy Back

By Karon Karter

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<http://www.mensfitness.com/training/build-muscle/core-ultimate-workout>

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Karon Karter is the author of The Ultimate Body Shaping Bible (4.75 avg rating, 8 ratings, 1 review, published 2009), The Complete Idiot's Guide to Kickb
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<http://www.shape.com/fitness/workouts/faster-results-workout>

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<http://www.stack.com/core/>

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