

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

By Karon Karter

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Staying balanced and powerful starts with the core, the collection of muscles around an athlete's lower back and midsection. Train your core

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

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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Simply Back and Abs. Karon Karter. Karon Karter is the fitness contributor to Google Docs. "The Core Strength Workout";

<http://www.zliving.com/tv/pilates-from-the-inside-out-14757/september-142-episode-4-simply-back-and-abs/>

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<http://www.fitnessmagazine.com/workout/abs/exercises/flat-abs-core-workout/>

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