
This book will be the abdominal training bible for all those in the fitness industry. Written by an experienced physiotherapist, and best-selling author, it also covers the background physiology and theory. Includes sections on improving posture, and the science and clinical conditions of abdominal training.

Publication Year: 2009
Edition: 1st
Author/Editor: Norris, Christopher M.
Publisher: A&C Black Publishers Ltd
ISBN: 978-1-408-11021-8
Platform: OvidMD, Ovid
Product Type: Book
Speciality: Exercise Science, Personal Training, Sports Medicine
Language: English
Pages: 240
Illustrations: 0