
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