



The Core Workout: A Definitive Guide to Swiss Ball Training for Athletes, Coaches and Fitness Professionals (4th Revised edition)

By Joanne Elphinston, Paul Pook

Lotus Publishing. Paperback. Book Condition: new. BRAND NEW, The Core Workout: A Definitive Guide to Swiss Ball Training for Athletes, Coaches and Fitness Professionals (4th Revised edition), Joanne Elphinston, Paul Pook, This book is an expert guide to Swiss Ball training for core stability. It is used by top athletes and fitness professionals across a wide range of sports. Swiss Ball training can enhance essential stability and control for your sport.



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