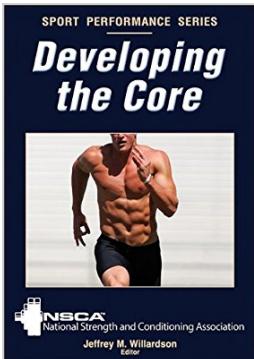


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## Developing the Core (Sport Performance Series)

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**Developing the Core (Sport Performance Series)** By NSCA -National Strength & Conditioning Association

Elite-level athletes take great pride in their fitness and physical strength. You can't help but notice the muscular legs or well-defined arms. However, whether they are known for a powerful golf swing or a hard hockey slap shot, the best athletes all have one thing in common—a strong and well-conditioned core.

The world's leading organization in the field of sport conditioning, the National Strength and Conditioning Association (NSCA), brings you the authoritative resource on strengthening the core to maximize sport performance. With contributions by 17 of the top names in sport training, conditioning, and science, *Developing the Core* features over 50 of the most effective exercises, science-based assessment tools, sport-specific programs, and expert advice for developing a personalized core program.

Basketball, football, soccer, golf, baseball, tennis—no matter what your sport, *Developing the Core* will place you on the path to success and your strongest midsection ever.

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*“Developing the Core is one of the best resources to guide you to a stronger and well-developed core. Whether you are an athlete seeking to improve performance or a fitness professional looking for the best ways to train the core, this book has something for you. I highly recommend it.”*

**James Di Naso, MS, CSCS, NSCA-CPT**

*“To know sport, you must know the core. This book is a fantastic resource for strength coaches, personal trainers, researchers, and athletes.”*

**Tom Nesser-- Associate Professor Indiana State University**

*“Developing the Core highlights the latest research findings and presents them in an accessible way. It’s an excellent resource for athletes, strength and conditioning specialists, and anyone wishing to strengthen the midsection.”*

**David G. Behm-- Associate Dean of Graduate Studies and Research School of Human Kinetics and Recreation Memorial University of Newfoundland**

*“Developing the Core is a must-have resource for strength and conditioning professionals. This book provides practitioners with an evidence-based approach to training the core and helps dispel many of the myths surrounding this controversial topic.”*

**Jay Dawes-- Assistant Professor in Kinesiology Texas A&M University, Former Director of Education for the National Strength and Conditioning Association**

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