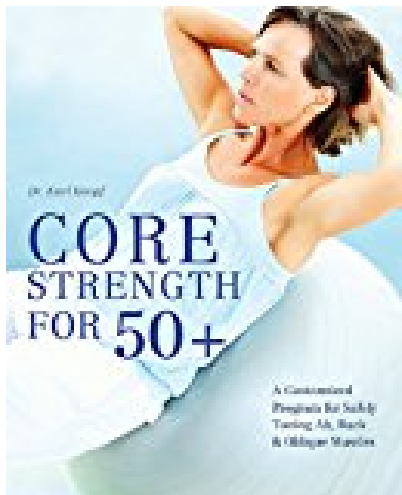


Core Strength for 50+ A Customized Program for Safely Toning Ab Back and Oblique Muscles



BOOK DETAILS

- Author : Karl Knopf
- Pages : 144 Pages
- Publisher : Ulysses Press
- Language : English
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BOOK SYNOPSIS

Provides exercises that build and maintain strong muscles in the abdomen, obliques, lower back, and butt.

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