



THE BOOK

Core Strength features practical, easy-to-follow exercises to help kids and adults, athletes, coaches and fitness enthusiasts alike to build their strongest body ever using their own body weight. The Body Coach, Paul Collins, provides step-by-step coaching, with detailed descriptions of over 100 exercises.

As a substitute for lifting heavy weights, Core Strength provides body weight exercises for strengthening, toning and reshaping every major muscle group in the body and staying in shape all year round.

These exercises are summarized for your convenience along with bonus core strength routines specifically for post-pregnancy, rotator cuff injuries, kids, running, racquet and bat sports, ball sports, balance sports, swimming and golf.

THE AUTHOR

As a leader in the field of personal fitness, back care and weight loss, Paul Collins, Australia's Personal Trainer™, has successfully combined a sports fitness background with a degree in physical education and an international certification as a strength and conditioning coach, personal trainer, first aid officer and sports coach.

Collins is the creator of The Body Coach® exercise products and educational programs. Coaching since the age of 14, he is now an award-winning personal trainer with more than 20 years of experience. His clients are World Class athletes including national Olympians and Paralympic World Champions and TV stars.



ISBN 978-1-84126-249-9



\$ 17.95 US/£ 14.95/€ 17.95

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THE BODY COACH

Core Strength

PAUL COLLINS

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THE BODY COACH

PAUL COLLINS

Core Strength

- Strengthen your stomach
- Improve your posture
- More than 100 exercises

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SPORT

Core Strength

Acknowledgements

I would like to thank the following people in the development of this book: Alex Coombes, Alicia King, Ben Austin, Clayton Kearney, James Beasley, Lara Davenport, Cameron Delaney, Melissa Mitchell, Fiona Warneke, Pat Daley, Jon Bell, Narelle Simpson, Graeme (Grub) Carroll, Henson Family, George Lazarou, Ron Palmer, Dean Landy, Nigel Rowden, Paul Bulato, Dr Daniel Magee, Dr Nathan Gibbs, Jeff Pross (Physio), Dr Michael Hubbard (Osteopath). Geoff Spice, Daniel Spice, Wayne McDonald, Narelle Diamond, Howard Wells, Luke Jurcevic, Garry Rush, Amanda Cartaar, Linda Collins and my family for their ongoing support.

Medical Disclaimer:

The exercises and advice given in this book are in no way intended as a substitute for medical advice and guidance. It is sold with the understanding that the author and publisher are not engaged in rendering medical advice. Because of the differences from individual to individual, your doctor and physical therapist should be consulted to assess whether these exercises are safe for you. Always consult your doctor and physical therapist before starting this or any other exercise program. The author and publisher will not accept responsibility for injury or damage occasioned to any person as a result of participation, directly or indirectly, of the use and application of any of the contents of this book.

The Body Coach Series

Core Strength

**Build Your Strongest Body Ever
with Australia's Body Coach®**

Paul Collins



Meyer & Meyer Sport

British Library Cataloguing in Publication Data
A catalogue record for this book is available from the British Library

Paul Collins

Core Strength

Maidenhead: Meyer & Meyer Sport (UK) Ltd., 2009
ISBN 978-1-84126-249-9

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and Meyer & Meyer Sport (UK) Ltd. (Layout)
Aachen, Adelaide, Auckland, Budapest, Cape Town, Graz, Indianapolis,
Maidenhead, New York, Olten (CH), Singapore, Toronto



Member of the World
Sport Publishers' Association (WSPA)

www.w-s-p-a.org

Printed and bound by: B.O.S.S Druck und Medien GmbH, Germany

ISBN 978-1-84126-249-9

E-Mail: verlag@m-m-sports.com

www.m-m-sports.com

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