

Conditioning To The Core By Greg Brittenham

By Greg Brittenham

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Greg Brittenham is the author of Conditioning to the Core (4.50 avg rating, 4 ratings, 3 reviews, published 2013), Complete Conditioning for Basketball (

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Greg Brittenham served as assistant coach for player development and
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Conditioning to the Core is a complete guide to training the torso for elite athletic performance. Color-coded stability, strength, and power training exercises

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