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## Foundation: Redefine Your Core, Conquer Back Pain, and Move with Confidence

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By Eric Goodman

Rodale Books. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 9.0in. x 7.4in. x 0.8in. **RADICALLY REDEFINE YOUR CORE** Foundation training shifts the focus from the front of your body to the back. By strengthening the full posterior chain and correcting poor movement patterns, you will maximize power, flexibility, and endurance and say goodbye to back pain. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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