



## Ejercicio en acción: Core (PRÁCTICA ILUSTRADA) (Spanish Edition)

*Hollis Lance Liebman*

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Setenta y cinco ejercicios que fortalecen y tonifican los importantísimos músculos de pelvis, lumbares, caderas y abdomen para mejorar la estabilidad y el equilibrio, tanto en las actividades diarias o al practicar cualquier deporte.

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