



Advanced Bodyweight Core Conditioning

Jeremy Smith

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No fluff. This book is 100% applicable content.

- Over 35 core exercises that can be done at home, at the office, or at the gym.
- All exercises are labelled Level 1 - Level 5 in terms of difficulty.
- Clear demonstrations/images by the author.
- Quick tips to ensure your form is spot on and you get the most out of each exercise.
- Don't know how to structure the exercises? I've provided SAMPLE workouts at the end of the book. All the work is done for you.

BEWARE: Some of these exercises are very difficult, so it may mean starting with the easier Level 2/3 exercises and slowly progressing.

Good luck!

Jeremy

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Cesar Smith:

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