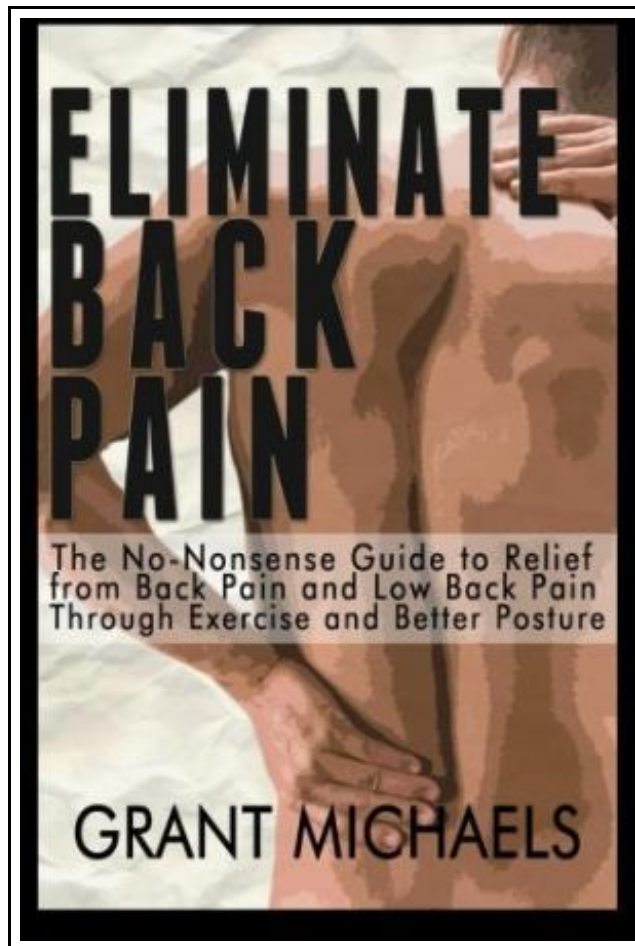


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Createspace, United States, 2013. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Finally Free Yourself from Back Pain One of the most common chronic pain conditions occurs in the lower back. Sometimes this pain can be attributed to severe conditions that will need special medical treatment; however, the majority of the time this pain is greatly associated with having weak back core muscles and tissue. For a very long time, it was believed that when your back gives out the best remedy was to rest, but now more science has come to light to disprove this. The truth is rest is the absolute worst thing you can do for a bad back, and to fix it you will need to start doing back targeted exercises. What Muscles Will Be Targeted in This Book? Grant Michaels has put together a comprehensive guide that will teach you everything you need to know about putting your back in working shape. In his illustrated guide, you will learn how to perform key exercises that will keep your back from suffering pain because it cannot handle simple daily tasks that your body performs. The core muscles that will be targeted in this book are the: Flexor Muscles Extensor Muscles Oblique Muscles However, since these muscles are not the only ones that play an active role in making sure the back is working at its best, some of the exercises will also implement other muscles in the erector spinae or muscles behind the spine, and the abdominal muscles or muscles in front of the spine. You should expect to work on the gluteal, hamstring, and front flexor muscles also because when these muscles are in top shape, the back benefits. How Can This Guide Help Strengthen...



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