



Epic Abs

Presented by Reneé Spriggs

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Friday, May 30, 2008 7:00 AM–8:30 AM

- Anatomy of the Core Musculature
- Function of Core Muscles
- Review of Neutral In All Positions
- Stabilization Before Movement
- How Exercises Enhance Mobility
- Flexion In Core Movements
- Extension In Core Movements
- Rotation In Core Movements
- Class With Application

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