



## Exercise in Action: Core

*Hollis Lance Liebman*

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# Exercise in Action: Core

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## **Exercise in Action: Core** Hollis Lance Liebman

Consisting of the muscle groups around the belly and lower back, the core is essential to the body's physical function, and a weak core can put one at higher risk for injury. It doesn't matter if you're a fitness novice or an elite athlete, or even if you have a gym membership. Developing a strong core is the key to maintaining good health and balance, and it can be done within the comfort of the home. In this essential guide, fitness expert Hollis Liebman demonstrates how to build a strong core and prevent injury. It can be difficult to know which exercises to do without the expertise of a professional trainer. Exercise in Action: Core gives readers a whole new perspective on how to increase the body's performance and shows them how to get a full-body workout without even leaving home.

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