



Developing the Core (Sport Performance Series)

By NSCA -National Strength & Conditioning Association

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Developing the Core (Sport Performance Series) By NSCA -National Strength & Conditioning Association

The NSCA, the world's leading sport conditioning organization, offers its unrivaled expertise in a book perfect for any athlete seeking to strengthen the core and improve athletic performance. Featuring 11 ready-to-use sport-specific programs, Developing the Core provides more than 50 of the most effective exercises along with science-based assessments to help athletes understand their individual needs.

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“Developing the Core is one of the best resources to guide you to a stronger and well-developed core. Whether you are an athlete seeking to improve performance or a fitness professional looking for the best ways to train the core, this book has something for you. I highly recommend it.”

James Di Naso, MS, CSCS, NSCA-CPT

“To know sport, you must know the core. This book is a fantastic resource for strength coaches, personal trainers, researchers, and athletes.”

Tom Nesser-- Associate Professor Indiana State University

“Developing the Core highlights the latest research findings and presents them in an accessible way. It’s an excellent resource for athletes, strength and conditioning specialists, and anyone wishing to strengthen the midsection.”

David G. Behm-- Associate Dean of Graduate Studies and Research School of Human Kinetics and Recreation Memorial University of Newfoundland

“Developing the Core is a must-have resource for strength and conditioning professionals. This book provides practitioners with an evidence-based approach to training the core and helps dispel many of the myths surrounding this controversial topic.”

Jay Dawes-- Assistant Professor in Kinesiology Texas A&M University, Former Director of Education for the National Strength and Conditioning Association

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