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Price: Check with seller

Unfortunately many amateur golfers are unsure of the exact definition of core training and the relevance it may or may not have on a golf fitness program. The core is a reference to an anatomical area of body. The core is the anatomical area of your body from above the knees to below the chest. It includes all the muscles, nerves, and bones within in this anatomical region of the body. It must also be noted that the core includes all the neuromuscular structures on the front, side, and back of your body. For example, your lower back muscles are a part of the core as are your abdominals.

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