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And Move With Confidence By Eric Goodman**

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Fitness book review: foundation: redefine your

Jan 14, 2013 of Foundation: Redefine Your Core, Conquer Back Pain, and Move with Confidence by Lance Armstrong, Dr. Eric Your Core, Conquer Back Pain, and Move

Foundation: redefine your core, conquer back

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Foundation training helps maximize strength -

Dr. Eric Goodman talks about an which is how you re structurally designed to move; Every exercise in Foundation Training adds Redefine Your Core, Conquer

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