

**1 Minute Core: Strengthen Your Core In Only  
1 Minute? [Kindle Edition]**

**By Fred Medina**

if an athlete is out with an MCL sprain I may tell them to work up to 30 repetitions or work up to 1 minute (Kindle Edition only one sport are

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science has shown that it s possible to strengthen your muscles you re taking in one minute, our Urban FIRE I progressive process of 1.

<http://urbanfireoakland.blogspot.com/>

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<http://www.realsimple.com/health/fitness-exercise/core-strengthening-exercises>

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Previous Next 1 of 13 Core exercises build abs and other core muscles. Core strength exercises strengthen your core muscles, including your abdominal muscles, back

<http://www.mayoclinic.org/healthy-lifestyle/fitness/multimedia/core-strength/sls-20076575>

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<http://www.womenshealthmag.com/fitness/core-workout-routine>

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<http://www.jacksonfreepress.com/news/2008/feb/18/controversy-over-civil-rights-museum-growing/>

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<http://www.fitnessmagazine.com/workout/abs/express/5-minute-core-workout-strong-abs-and-back/>

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Try the 12-minute workout (at the bottom of the page) to train your upper and lower abs and obliques, and work on deep core strength, or mix and match any of the  
<http://greatist.com/move/best-bodyweight-exercises-abs>

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