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By Gerald Secor Couzens

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<http://www.active.com/fitness/articles/the-best-15-minute-core-workout-879942>

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May 15, 2015 The Core Program: 15 Minutes a Day That Can Change Your Life by Peggy Brill, Gerald Secor Couzens 2003 | ISBN: 0553801392, 0553380842 | English | 242 pages

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15- minute workout | Women's Health Magazine -

MORE 15-MINUTE WORKOUT. Burn fat and shape up in 15 minutes with one surprising tool. 15-Minute Workout: Core Exercises. By Caitlin Carlson.

<http://www.womenshealthmag.com/tags/15-minute-workout>

Abs & Core Workout Programs - beachbody.com -

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http://www.beachbody.com/category/fitness_programs/abs_core.do

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<http://www.biblio.com/9780553801392>

How to Lose Belly Fat: The 15- Minute HIIT Belly -

This fast workout combines high-intensity interval training with standing abs exercises to help you score a flat tummy fast

<http://www.shape.com/fitness/workouts/15-minute-belly-fat-blaster-workout>

15 Minutes and You're Done: Workouts - Real -

15 Minutes and You re Done: The Workouts Exercise in less time with quick workout plans that tone, strengthen, and relieve stress.

<http://www.realsimple.com/health/fitness-exercise/workouts/15-minute-workouts>

Strength Training for Those Everyday Tasks - -

Sep 23, 2001 THE CORE PROGRAM: 15 Minutes a Day That Can Change Your Life, By Peggy W. Brill with Gerald Secor Couzens, Bantam Books \$24.95, 256 pages. Physical
<http://articles.latimes.com/2001/sep/24/health/he-49192>

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THE CORE PROGRAM: 15 Minutes a Day That Can Change Your Life, By Peggy W. Brill with Gerald Secor Couzens , Bantam Books \$24.95, 256 pages. Physical therapist Peggy
<http://articles.latimes.com/keyword/strength-training/recent/5>

Health Book Review: The Core Program: Fifteen -

Aug 16, 2012 This is the summary of The Core Program: Fifteen Minutes a Day That Can Change Your Life by Peggy Brill, Gerald Secor Couzens.
http://www.youtube.com/watch?v=fqN_VtbnHxE

Books: The Core Program: Fifteen Minutes a Day -

The Core Program: Fifteen Minutes a Day That Can Change Your Life (Paperback) By: Peggy Brill, Gerald Secor Couzens
<http://www.tower.com/core-program-fifteen-minutes-day-that-can-change-gerald-secor-couzens-paperback/wapi/101124985>

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Nothing is more important to strength, health and vitality than strong core muscles. Using the core program, you'll give your body a head-to-toe workout that will
<http://www.terapeak.com/worth/the-core-program-fifteen-minutes-a-day-that-can-change-your-life-by-peggy/200889105969/>

Women's Health: The 15- Minute Core Workout -

Nov 26, 2012 15-Minute Workout: Core Exercises Hit your muscles from all angles with this routine to sculpt a tight, sexy midsection.
<http://www.womenshealthmag.com/fitness/core-workout-routine>

VODempire.com: VOD: Quick Workouts -

and Feel Fantastic in Just 10 Minutes a Day! Fit and Fabulous in 15 Minutes. Authors: The Core Program: Fifteen Minutes a Day That Can Change Your Life
http://vodempire.com/1-11717424011-Quick_Workouts

Customer Reviews: The Core Program: Fifteen -

All All Departments Auto & Tires Baby

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Peggy Brill - Books, Biography, Contact -

Peggy Brill is a published author. Published credits of Peggy Brill include The Core Program: Fifteen Minutes a Day That Can Change Your Life.

<http://www.jacketflap.com/peggy-brill/195790>

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<https://www.overdrive.com/media/209890/the-core-program>

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