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## **Paddling | the issn scoop**

So before your eyes start to roll back because you've seen more data in this "The Complete Book of Core Training: The Definitive Resource for Shaping and Strengthening the "Core" — the Muscles of the Abdomen, Butt, Hips, and Lower Back. Paddling, specifically outrigger canoe paddling, utilize all the core muscles,

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Spine surgery done for the right indications is very successful. It sounds like you have at least been able to keep up your core strength somewhat with PT. I never lost strength or muscle control, just had pain in my ass and down the . I was given some abd exercises and told to try to keep my lower abs

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