



# The Core Connection: Go from Fat to Flat by Using Your Abs for a Total Body Workout

*Chris Robinson*

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Pilates has proven to be one of the safest and most effective methods of exercise for more than 80 years - when taught and applied properly. Core coach Chris Robinson is a purist - he teaches the Pilates method exactly as it was prescribed by founder Joseph Pilates. But Chris adds a new dimension to Pilates, by using the same principles and combining them with traditional exercise (weights and cardio machines) for a total body workout. Each movement during the training session is initialized by the core muscle group - including the abdominal region, inner thighs and gluteous maximus - in order to protect and lengthen the spine. Core training strengthens your muscles, improves balance and flexibility, and tones your overall physique.

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