

Core Strength References for OLLI Needy Knees students
(Each of these books has an author who is a physician or physical therapist)

Rick Jemmett, 2003. *Spinal Stabilization: The new science of back pain*. 2nd edition. 130 p.
Detailed explanations of core strengthening exercises from beginning to Olympic levels.
Uses Swiss Ball and body weight.

http://www.amazon.com/Spinal-Stabilization-Science-Back-8596-2/dp/0968871518/ref=sr_1_1?ie=UTF8&qid=1461293338&sr=8-1&keywords=spinal+stabilization

Rick Jemmett, 2004. *The Athlete's Ball: Integrative Training. Developing the Athlete's Power Core*. 141 p.
Uses Swiss Ball, BOSU, and other props including free weights. More advanced but with the integrative training techniques introduced in his first book.

http://www.amazon.com/Athletes-Ball-Rick-Jemmett/dp/0968871550/ref=sr_1_2?s=books&ie=UTF8&qid=1461293777&sr=1-2

Tom Danielson and Allison Westfahl. 2013. *Tom Danielson's Core Advantage*. 207 p.
These core exercises aimed at bicyclists require only bodyweight and a towel.

http://www.amazon.com/Tom-Danielsons-Core-Advantage-Strength/dp/193403097X/ref=sr_1_1?s=books&ie=UTF8&qid=1461294907&sr=1-1&keywords=tom+danielson%27s+core+advantage+core+strength+for+cycling%27s+winning+edge

David Musnick and Mark Pierce. 2004. *Conditioning for outdoor fitness*. 2nd edition. 414 p. This book has exercises for all body parts and uses machines, free weights, Swiss balls, BOSU, and other props.

http://www.amazon.com/Conditioning-Outdoor-Fitness-Functional-Nutrition/dp/0898867568/ref=sr_1_1?s=books&ie=UTF8&qid=1461296113&sr=1-1&keywords=Musnick+outdoor+fitness