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Greg Brittenham is the author of Conditioning to the Core (4.50 avg rating, 4 ratings, 3 reviews, published 2013), Complete Conditioning for Basketball (

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Episode 153- greg brittenham (former knicks)

"Hit the Gym with a Strength Coach" - Greg Brittenham, former Strength & Conditioning Coach for New York Knicks, is on to talk about all things Core.

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In Conditioning to the Core, strength and conditioning coaches Greg Brittenham and Daniel Taylor deliver the definitive guide to training the torso.

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