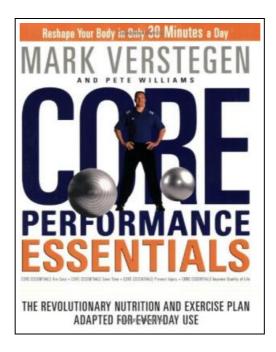
Core Performance Essentials: The Revolutionary Nutrition and Exercise Plan Adapted for Everyday Use (Paperback)



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Reviews

This is actually the best ebook we have read till now. Indeed, it can be enjoy, nevertheless an interesting and amazing literature. You will not feel monotony at whenever you want of the time (that's what catalogs are for regarding should you question me). (Jamar Stracke)

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RODALE PRESS, United States, 2007. Paperback. Condition: New. Language: English . Brand New Book. In Core Performance Essentials, Mark Verstegen--one of America s most innovative and respected performance coaches--presents a streamlined version of his remarkable Core fitness program. Eliminating all excuses for not working out, this book breaks down fitness essentials into a quick, easy-to-follow routine that takes only 30 minutes and requires no special equipment. There are dozens of workouts designed to improve flexibility, joint stability, and balance--and to create a lean, agile, powerful physique that s resistant to injury and the ravages of age. An ideal beginning workout for those who haven t exercised in years, Core Performance Essentials is also perfect for bodybuilders looking for flexibility, athletes looking to improve performance and decrease the chance of injury, back pain sufferers in need of relief, and, most of all, busy men and women who need to fit their exercise into a crowded schedule.

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