



Core Performance: The Revolutionary Workout Program to Transform Your Body and Your Life

By Mark Verstegen, Pete Williams

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Core Performance - by Mark Verstegen and Pete Williams - the breakthrough fitness program that has already shipped more than 50,000 copies in hardcover, is the first program that delivers strength and muscle mass, endurance and a lean body, balance and flexibility, athletic quickness and power--all in less than an hour a day. How? By giving you a personal coach who has worked with some of the most famous and successful athletes in the world today.

The intense focus on the muscles of your core--abs, lower back, hips, and thighs--will help you stand taller and prevent the back pain from which most people eventually suffer. The detailed nutrition section guarantees that you'll feed your muscles, starve your fat, and get boundless energy when you need it most. This program is like nothing you've ever seen before--it enables you to totally transform your body in just 12 weeks. The potential is within you, and the power to unleash that potential is within Core Performance.

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Editorial Review

Review

“This program has transformed me from a skinny college baseball player with little power into one of the best-conditioned players in Major League Baseball.” *?Nomar Garciaparra, shortstop, Chicago Cubs*

“This is the best decision I have ever made with regard to improving and educating myself as an athlete. I just wish I had made it sooner.” *?Mia Hamm, Olympic and world-champion soccer player*

About the Author

Mark Verstegen is recognized as one of the world's most innovative human performance experts. As the founder and president of Athletes' Performance, he directs teams of specialists to train U.S. Special Operations Forces personnel and some of the biggest names in sports. Verstegen serves as director of performance for the NFL Players Association and is an advisor to numerous leading performance-oriented companies. His latest book, *Every Day is Game Day*, will be released in January 2014. He lives in Arizona.

Pete Williams is the author or coauthor of a number of books, including Mark Verstegen's five book *Core Performance* franchise and *Every Day is Game Day*. An avid endurance athlete, he's the author of *Obstacle Fit* and coauthor of *Paddle Fit* and lives in Central Florida.

Users Review

From reader reviews:

Timothy King:

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