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## Core Performance Essentials The Revolutionary

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## **Core Performance: The Revolutionary Workout Program to ...**

Chapter 1 Summary: Core Performance Essentials is not just a diet and exercise program but an integrated lifestyle system that incorporates four elements of the Core Essentials sphere. Those components are Mindset, Nutrition, Movement, and Recovery.

## **Core Performance Essentials: The Revolutionary Nutrition ...**

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.

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streamlined version of his remarkable Core fitness program.

## **Core Performance Essentials The Revolutionary Nutrition**

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Core Performance Essentials boils down fitness essentials into a quick, easy-to-follow routine that requires minimal equipment and can be done in a hotel room, family room-even an office. It offers the benefits of yoga-with exercises designed to improve flexibility, joint stability, and balance-yet it also demonstrates easy, necessary strength moves using just body weight.

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"Core Performance Essentials" is about building an exercise foundation for the average person/weekend athlete to improve health and well being. "Core Performance" is for the competitive athlete that wants to undertake a comprehensive, rigorous training program to improve performance

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