



# Core Performance Women: Burn Fat and Build Lean Muscle

Mark Verstegen, Peter Williams

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**Core Performance Women: Burn Fat and Build Lean Muscle** Mark Verstegen, Peter Williams  
**A world-class trainer to high-profile athletes showcases his breakthrough core-strength program for women who are serious about performing better in all aspects of their lives.**

World-renowned strength and performance coach Mark Verstegen has trained top-notch athletes and countless workaday warriors in getting into the best shape of their lives. He's spent years developing a variety of strategies for a wide range of clients, and he knows the essential keys for building lean muscle, increasing strength and endurance, and breaking through plateaus. Expanding on his successful Core Performance brand, Verstegen shares his valuable, revolutionary program tailor-made for women.

*Core Performance Women* is geared toward developing the right mind-set for success, while presenting a targeted nutrition and workout plan to guarantee results. Essential to Verstegen's program is his focused approach to proper recovery and muscle regeneration, which helps athletes gain full advantage of their time in the gym and prevent injury. Verstegen offers his strategies for success, revealing his "non-diet" plan and four new rules for nutrition, including fast-food meal plans for women on the go. Packed with full-color photographs detailing each exercise, along with full workout routines and integrated meal plans, *Core Performance Women* takes every woman to the top of her game.



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