



Core Performance Women: Burn Fat and Build Lean Muscle

Mark Verstegen, Peter Williams

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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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Rachel Garber:

This Core Performance Women: Burn Fat and Build Lean Muscle book is not really ordinary book, you have after that it the world is in your hands. The benefit you have by reading this book will be information inside this guide incredible fresh, you will get details which is getting deeper anyone read a lot of information you will get. This particular Core Performance Women: Burn Fat and Build Lean Muscle without we know teach the one who reading through it become critical in thinking and analyzing. Don't end up being worry Core Performance Women: Burn Fat and Build Lean Muscle can bring whenever you are and not make your tote space or bookshelves' turn out to be full because you can have it in your lovely laptop even telephone. This Core Performance Women: Burn Fat and Build Lean Muscle having great arrangement in word along with layout, so you will not sense uninterested in reading.

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Nicole Williams:

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