

[PDF] The Core Performance: The Revolutionary Workout Program To Transform Your Body & Your Life

Mark Verstegen, Pete Williams - pdf download free book



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Description:

Review By Mark Verstegen and Pete Williams; Foreword by Nomar Garciaparra

"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

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"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.

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