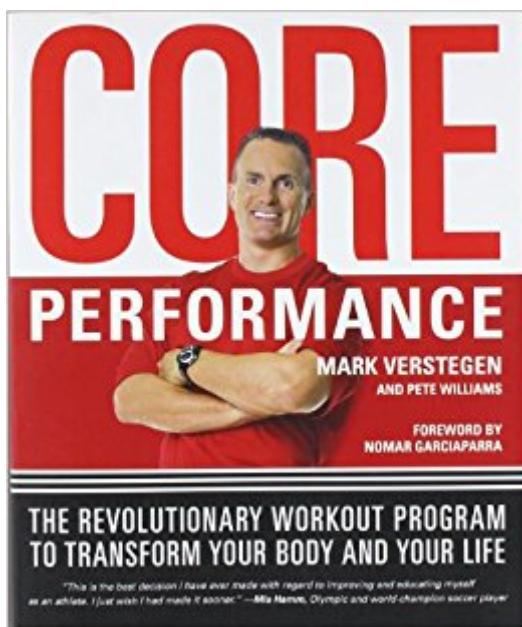


The book was found

# Core Performance: The Revolutionary Workout Program To Transform Your Body And Your Life



## Synopsis

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.

## Book Information

Paperback: 304 pages

Publisher: Rodale Books; Reprint edition (May 6, 2005)

Language: English

ISBN-10: 1594861684

ISBN-13: 978-1594861680

Product Dimensions: 7.5 x 0.5 x 0.4 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 153 customer reviews

Best Sellers Rank: #30,639 in Books (See Top 100 in Books) #41 in Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training #240 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

## Customer Reviews

âœThis program has transformed me from a skinny college baseball player with little power into one of the best-conditioned players in Major League Baseball.â•âœNomar Garciaparra, shortstop, Chicago CubsâœThis 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.â•âœMia Hamm, Olympic and world-champion soccer player

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.Â 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.

I started this after graduation from 6 months of training as a federal agent. I wanted something high paced, functional, and none of the "heavy weight" traditional nonsense. Each workout is right at an hour. You can push yourself very hard. At the conclusion I was stronger than I have ever been, and the interval runs pushed the limits of my cardio. If you want to be functionally strong and not spend all day with the meat heads do this. People will look at you like you are crazy until about 8 weeks in when you are doing crazy exercises they have never seen and you are strong as hell. good luck. Oh yeah, I have done this program about 3 times. DO DO DO take the rest weeks off.

I am only rating this book 4 stars because I was only able to take a portion of the routines/exercises from this book to put to good use for myself. I thought the book was going to be about improving your already fit body, but it is more like a workout you can do in place of the gym or this being your only fitness regime. I was looking for something to enhance my gym skills/quite literally- I thought I would be improving my core which would in turn improve my squats and technique in the gym. This book is just not meant for that. I am not looking for a workout in place of the gym, I want something that supplements my gym workouts. I did however find one section on mobility in the book to be extremely helpful for a warmup before leg day or any time you need more mobility work. I don't use any other part of the book other than this section, and honestly I would still have paid the same amount for just this one section... I just wanted more mobility/core work, and this book just didn't have that much to offer.

Absolutely love this book, not only was it in awesome condition, but it is one of the best books on core development and strength that I have ever read. I have has Multiple Sclerosis for a while. But over 14 months ago I was rear-ended, twice on the freeway.! Since then I can only say that I have been in pain and fear as never before. But, with the pt. , pain specialist and this book, I am hoping to

get to live a full pain free day within the next 6 month or so!

Don't buy this book...UNLESS YOU WANT TO DRAMATICALLY IMPROVE YOUR FLEXIBILITY, BALANCE, AND STRENGTH. I'm so glad Michael Seeklander recommended it!

Excellent information on building core strength

I was referred to this book by a friend at my gym. I had hurt my lower back surfing and was in a lot of pain. Due to all the pain I was in, I couldn't surf or workout and didn't know what to do. I thought about going to a doctor, but found out how much a MRI costs. I talked with a personal trainer at my gym as well, but that cost a bunch of money too. My friend at the gym let me borrow this book and I started to learn all about how important core strength is and also how my injury was due to a muscle imbalance. I followed the workouts in this book, and slowly but surely, my back was feeling much better. To make a long story short, I bought this book for myself and have been doing the exercises every since. And guess what, no more back pain whatsoever. I'm surfing and working out regularly and have never felt better. I would definitely recommend this book to anyone with a nagging injury or just to anyone who wants to be stronger and feel better everyday.

The formatting and typos are atrocious and nearly make the book unusable. Based on the other reviews, I'm going to assume that the physical book has only typos but not the horrid formatting problems. As far as content outside the actual workout, it's presented better in the Core Performance Essentials book, but is basically the same thing. That said, the nature of the program looks to be solid and worth following.

The content is fine but the exercise program and exercise charts on the kindle app are impossible to follow due to the way it is formatted. I've changed font size to attempt to correct this problem but it doesn't work. Without an exercise program to follow, this book is of minimal use.

[Download to continue reading...](#)

Core Performance: The Revolutionary Workout Program to Transform Your Body and Your Life  
Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout Routines, Workout Books, Workout Plan, Abs Workout, Abs Training) (Bodybuilding Series)  
Butt Workout (6-Week Plan): The Best Butt Workout Guide And Butt Workout Routines To Give You The Lifted Butt You've Always Wanted (How to Get an Amazing Butt, No Gym Needed, Sculpt Perfect Curves)

Calisthenics: 18-Minute Calisthenics Workout Plan for Beginners: The Most Superior Collection of Exercise and Fitness Books (Bodyweight Exercises, Calisthenics ... Workout Plan, Calisthenics Workout,) Calisthenics: Calisthenics Guide: BodyWeight Exercises, Workout Progression and Training to Be Fit (Calisthenics, Calisthenics Bodyweight Workout, Calisthenics ... Workout, Bodyweight Exercises Book 1) The Isometric Exercise Bible: A Workout Routine For Everyone (abs, building muscle, anti aging, exercise workout, home workout Book 1) The 90-Day Home Workout Plan: A Total Body Fitness Program for Weight Training, Cardio, Core & Stretching Hockey Workout: Complete Off-Season Hockey Workout: Hockey agility & speed drills, hockey plyometric workouts, hockey core exercises, hockey weight training and anaerobic training for hockey players. The 22-Day Revolution: The Plant-Based Program That Will Transform Your Body, Reset Your Habits, and Change Your Life Spartan Fit!: 30 Days. Transform Your Mind. Transform Your Body. Commit to Grit. How To Build The Rugby Player Body: Building a Rugby Player Physique, The Rugby Player Workout, Hardcore Workout Plan, Diet Plan with Nutritional Values, Build Quality Muscle BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Pilates: 20 Minute Workouts for Strength, Weight Loss, and Flexibility. Improve Your Performance, Strengthen Your Core Muscles, and Change Your Body for Life. (Work out,Flat Stomach,Weight loss) Improving Your Body Image Through Catholic Teaching: How Theology of the Body And Other Church Writings Can Transform Your Life. No-Risk Abs: A Safe Workout Program for Core Strength Heal Your Pain Now: The Revolutionary Program to Reset Your Brain and Body for a Pain-Free Life Gunnar Peterson's CORE SECRETS 2 DVD SET: BUN BATTLE & ACCELERATED TRAINING CAMP (An advanced full body workout) with Brooke Burke Calisthenics: Workout Routines - Full Body Transformation Guide (calisthenics workouts, calisthenics for beginners,calisthenics books, calisthenics program) Superhero Six-Pack: the Complete Bodyweight Training Program to Ripped Abs and a Powerful Core: (Calisthenics Exercises for Getting Shredded and Developing Extreme Core Strength) Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

FAQ & Help