

# [PDF] Core Performance Essentials: The Revolutionary Nutrition And Exercise Plan Adapted For Everyday Use

Mark Verstegen, Pete Williams - pdf download free book

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## Description:

**Review** "Do this routine three times a week . . . and consider your New Year's resolution accomplished."--Health magazine

*"There is no doubt that my body has undergone drastic change working with Mark, but just as important is the mental change in me and in my life."--Curt Schilling*

**About the Author MARK VERSTEGEN**, founder and president of Athletes' Performance, is a widely sought-after performance coach, consultant, and motivational speaker who resides in Scottsdale, Arizona.

**PETE WILLIAMS** is a veteran journalist who writes about fitness, business, and sports. He lives in Safety Harbor, Florida.

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