

## CORE PERFORMANCE BY MARK VERSTEGEN



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Mark Verstegen zeigt dem Leser, was er erreichen kann, wenn er sein pers nliches Potenzial aussch pft. Doch ob nach der Core Performance ein weiteres Buch des Fitness Papstes wirklich notwendig ist?

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### **Core Performance Das revolution re Workout Programm f r**

Mark Verstegen, Jahrgang 1969, ist einer der f hrenden Experten f r Leistungssport. In seinem Trainingszentrum Athletes Performance in Tempe, Arizona, trainieren die besten Athleten der Welt.

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Mit seinem bahnbrechenden Trainingskonzept Core Performance ist der Fitnesscoach und Leistungsexperte Mark Verstegen weltber hmt geworden. berall auf der Welt trainieren Spitzenathleten verschiedenster Sportarten nach seinem Programm.

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### **Core Performance The Revolutionary Workout Program to**

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