



## Core Fitness Solution: More Than 5,000 Customized Workouts You Can Do Anywhere (Paperback)

By Michael De Medeiros, Kendall Wood

FAIR WINDS PRESS, United States, 2014. Paperback. Book Condition: New. 254 x 202 mm. Language: English . Brand New Book. The promise of building a six-pack is found in many places. Results, however, are not. With Core Fitness Solution, those results are finally attainable. With more than 5,000 customizable solutions in this book, you pick the exercises. You decide the workout, the location, the duration and the intensity. Finally, a leaner middle, a stronger core, and the set of abs you've always wanted can be yours. Former editor-in-chief of Men's Fitness, Michael de Medeiros, and King of Abs, Kendall Wood, have handpicked the most effective exercises to target all areas of your midsection. Crafting your core has never been so simple. As a professional athlete, I believe wholeheartedly in core fitness. I wish this was available to me during my playing days. - Verron Haynes, former pro football player As a trainer of many youth athletes that have had national and international success, I have had the opportunity to work with Kendall Wood for a few years. I have witnessed him utilizing these same techniques outlined in this book with noticeable, rapid improvement in strength and conditioning. His...

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