

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



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### **Reviews**

*This publication is definitely not simple to begin on studying but really exciting to read. It is actually rally fascinating throgh reading time. Your life span will be enhance when you complete looking at this publication.*

*(Laurence Littell)*

## CORE FITNESS SOLUTION: MORE THAN 5,000 CUSTOMIZED WORKOUTS YOU CAN DO ANYWHERE



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 instructions are always clear, effective, and within the athlete s ability to execute. This is a great tool to have. - Blane Williams, Head Coach, The Heat Track Club (Marietta, GA) Core Fitness Solution is an incredibly useful guide for those who want to take their core to the next level. - Nadine Dumas, online transformation coach, I have been coaching youth football in metro Atlanta for 17 years. We were lucky enough to have Kendall Wood help develop our 7, 8, and 9 year old football players year round using the techniques and fundamentals taught in Core Fitness Solution....



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