



Every Day Is Game Day: Train Like the Pros With a No-Holds-Barred Exercise and Nutrition Plan for Peak Performance

Mark Verstegen, Peter Williams

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Noted sports performance expert and bestselling author of *Core Performance*, Verstegen reveals the training program he uses with elite athletes and U.S. Special Operations Forces.

As founder and president of EXOS, Mark Verstegen has trained the world's top athletes in sports including the NFL, Major League Baseball, and worldwide soccer powers, along with the most elite "tactical athletes"—U.S. Special Operations Forces personnel.

More than a decade ago, Verstegen's groundbreaking book *Core Performance* revolutionized the fitness industry and made core conditioning and functional training mainstream. In his new book, Verstegen presents his most hardcore program yet: a demanding system that challenges readers to perform at the highest level.

Borrowing heavily from his regimens used by the military and NFL-combine hopefuls, Verstegen breaks the system down into tough but easy-to-follow workouts that help readers become faster, more explosive, and more powerful while moving with greater efficiency and with far less potential for injury. If you've ever wanted to perform like the top sports champions or elite fighting forces, this is the book for you.

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Do you have favorite book? Should you have, what is your favorite's book? Guide is very important thing for us to understand everything in the world. Each book has different aim or maybe goal; it means that reserve has different type. Some people truly feel enjoy to spend their time and energy to read a book. These are reading whatever they get because their hobby is reading a book. Why not the person who don't like looking at a book? Sometime, person feel need book after they found difficult problem or even exercise. Well, probably you'll have this Every Day Is Game Day: Train Like the Pros With a No-Holds-Barred Exercise and Nutrition Plan for Peak Performance.

Henry Knight:

A lot of people always spent their free time to vacation or even go to the outside with them friends and family or their friend. Do you realize? Many a lot of people spent many people free time just watching TV, or maybe playing video games all day long. If you want to try to find a new activity this is look different you can read the book. It is really fun for you personally. If you enjoy the book you read you can spent the whole day to reading a book. The book Every Day Is Game Day: Train Like the Pros With a No-Holds-Barred Exercise and Nutrition Plan for Peak Performance it doesn't matter what good to read. There are a lot of people that recommended this book. These people were enjoying reading this book. When you did not have enough space bringing this book you can buy often the e-book. You can m0ore very easily to read this book out of your smart phone. The price is not too costly but this book offers high quality.

Irma Patterson:

This Every Day Is Game Day: Train Like the Pros With a No-Holds-Barred Exercise and Nutrition Plan for Peak Performance is new way for you who has intense curiosity to look for some information mainly because it relief your hunger of information. Getting deeper you upon it getting knowledge more you know or else you who still having little bit of digest in reading this Every Day Is Game Day: Train Like the Pros With a No-Holds-Barred Exercise and Nutrition Plan for Peak Performance can be the light food in your case because the information inside this kind of book is easy to get through anyone. These books create itself in the form that is reachable by anyone, yep I mean in the e-book contact form. People who think that in publication form make them feel tired even dizzy this publication is the answer. So there is not any in reading a reserve especially this one. You can find actually looking for. It should be here for you actually. So , don't miss this! Just read this e-book kind for your better life and knowledge.

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