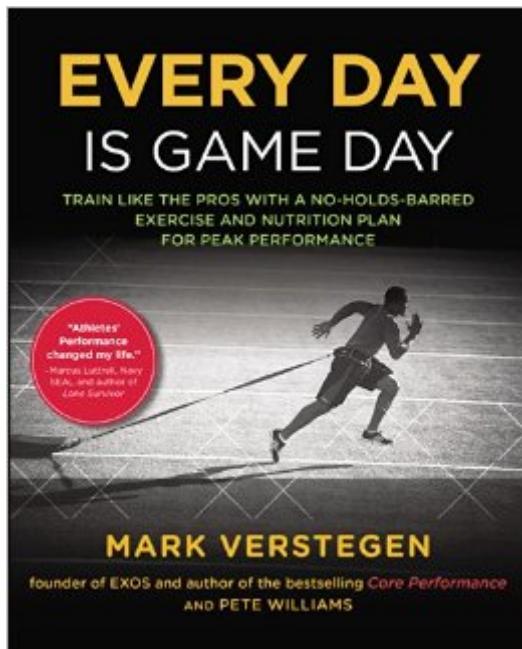


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# Every Day Is Game Day: Train Like The Pros With A No-Holds-Barred Exercise And Nutrition Plan For Peak Performance



## Synopsis

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.

## Book Information

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## Customer Reviews

This book is excellent and has lots of useful information, as long as you have the correct expectation. This book is not for beginners nor for those folks who just want to train 2-3 times per week. There are better books out there for this type of audience, including some books by the authors like "Core Performance Essentials" (for beginners and people wanting to work out only 30min 3x per week) or "Core Performance" (for people who want to go to the level above). Many

ideas from this book will be familiar to those who have read a book from the "Core Performance" series, but you will also find new material. The program consists on 7 units: "Pillar Prep", "Mov Prep", "Plyometrics", "Movement Skills", "Medicine Ball", "Relative Power", and "Energy Systems Development (ESD)". The workout lasts 15 weeks and there is some room to choose your weekly schedule which consists in 5-6 training days. The days are classified as "Power" (at least 3 such days per week), "Movement skill" (at least one weekly day), "Regeneration" (at least one weekly day), "Complementary" (optional activities like yoga, pilates, etc), and "Off days" (at least 1 per week). I have not yet tried the workout, but it seems quite good, but I would not try it unless you already have a good fitness base. Some of the exercises (such as those in "Movement skills") seem to specifically address athletes (including "tactical athletes" like military personnel, firefighters, etc.). A challenge with this workout is the variety of equipment it requires. For example it requires a wall where you can throw medicine balls. I'm not sure this is easy to find, at least without disturbing neighbors and I guess most gyms won't allow it.

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