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Chapter 1 Summary: Core Performance Essentials is not just a diet and exercise program but an integrated lifestyle system that incorporates four elements

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Core Performance Essentials boils down
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follow routine that requires minimal equipment and can be done in a hotel room, family room-even an office. It offers the benefits of yoga-with exercises designed to improve flexibility, joint stability, and balance-yet it also demonstrates easy, necessary strength moves using just body weight.

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