

VERSTEGEN CORE PERFORMANCE



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Mark Verstegen Author of Core Performance

Mark Verstegen is the author of Core Performance (4.01 avg rating, 318 ratings, 17 reviews, published 2004), Every Day Is Game Day (4.11 avg rating, 99 r

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Meet the EXOS Leadership and Executive Team

EXOS executive team and extended leadership team invest in innovative health and performance solutions in order to help people achieve their goals. One of the world's foremost experts on human performance, Mark Verstegen pioneered the concept of integrated performance training, which he's brought to the world's top athletes

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How Mark Verstegen Exos Founder Is Tackling the Obesity

Mark Verstegen founded the high-tech performance center Exos. Now, the smartest man in fitness is taking on the nation's obesity crisis. Mark Verstegen is on a mission to make America healthier.

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Sports Performance EXOS formerly Core Performance

The Performance Life Mark Verstegen Discusses the Body's Powerhouse Muscle in ESPN's Body Issue. Core

Performance founder Mark Verstegen lets ESPN writer David Flemming in on a little secret: the glutes are the epicenter of all athletic movement.

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Page 2 Movement EXOS formerly Core Performance

The Core Performance Endurance program, tailored for runners and other endurance athletes, is an integrated system of mindset, nutrition, movement, and recovery. One of the keys of the program is elasticity training your body to store and release energy efficiently.

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Mark Verstegen M S Executive Profile Biography Bloomberg

Mr. Mark Verstegen, M.S., is the Founder of Core Performance, LLC and serves as its President. Mr. Verstegen serves as Advisor of STACK Media, Inc. Mr. Verstegen serves as an Executive Producer of

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Mark Verstegen Wikipedia

Mark Verstegen is the President and Founder of Athletes Performance and Core Performance. He serves as the Director of Performance for the NFL Players Association, and, introduced by J rgen Klinsmann in 2004, is an athletic coach for the German national football team.

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In the Gym With Mark Verstegen Athletes Performance

In the Gym With Mark Verstegen, Athletes Performance. Never one to follow the pack, Mark Verstegen set out to give athletes a new kind of training camp. Core Performance has the same core

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