



Core Envy: A 3-Step Guide to a Strong, Sexy Core

By Westfahl



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Core Envy: A 3-Step Guide to a Strong, Sexy Core By Westfahl

Allison Westfahl's Core Envy will tone and sculpt your abs, back, stomach, and sides?and build a strong, sexy core you'll love showing off. Her *Core Envy* program solves the problems other abs programs ignore with a three-part approach to slim down and tone up. You'll clean up your diet, fire up your metabolism, and tighten up all the muscles of your core without a gym or equipment. In just three weeks, you'll start seeing results.

Westfahl is an acclaimed personal trainer who developed her effective core sculpting program for women at several of the nation's most prestigious health clubs. Her clients came to her because they were frustrated by traditional abs programs that involved impossible diets, endless cardio and crunches, sketchy supplements, and tedious calorie counting.

Allison's 8-week Core Envy program is a better way to tone and sculpt. *Core Envy* lays out a triple threat of cardio workouts, sculpting routines, and a diet makeover. It's a balanced approach that promotes both fitness and weight loss, and you won't need a gym to make it happen.

Allison's cardio and sculpting workouts average just 30 minutes and don't require special equipment. Her high-intensity cardio workouts coupled with full core functional exercises will make sure you slim down while you sculpt all the muscle groups you need for a sleek, toned core. Three levels let you amp it up or tone it down to match your current fitness level.

Allison streamlines dieting with healthy, flavorful foods and snacks that will keep you energized as you rev up your metabolism. Her tasty recipes and complete meal plans simplify calorie counting and make weight loss painless.

Core Envy will help you get the sleek, sculpted core you want. After Westfahl's 8-week program, you'll look great and feel confident rocking a fit and feminine look.

Allison Westfahl is an exercise physiologist, certified personal trainer, and fitness nutrition specialist. After earning an undergraduate degree from Yale, Westfahl moved to Denver to pursue a career in helping people live a healthy, active lifestyle. She quickly made her mark on the industry, becoming the youngest-ever Director of Personal Training at a nationally top-rated health club. She has managed and directed personal training teams at high-end health clubs in Boulder and Denver since 2003. Westfahl is known for creating innovative,

effective core strength and sculpting routines. She has trained elite professional athletes, helped choreograph workout videos for Gaiam, and been featured in publications ranging from Shape to Bicycling to the Denver Post. She holds an MS in exercise science and a coaching certification from USA Triathlon, and has earned a CPT, PES, and FNS from the National Academy of Sports Medicine.

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Editorial Review

Review

Review quotes go here

From the Back Cover

EVERYONE WANTS A STRONG, SEXY CORE

But even with strict diets, endless cardio and crunches, supplements, and calorie counting, results are hard to come by. Allison Westfahl's Core Envy program is a better way to tone and sculpt your body to build an amazing core that you'll love showing off.

The Core Envy program transforms your body in just 8 weeks with a triple threat of cardio workouts, sculpting routines, and a diet makeover. It's a balanced approach that promotes both fitness and weight loss, and you don't need a gym to make it happen.

You can do this! Allison's cardio and sculpting workouts average just 30 minutes, and the three levels allow you to amp it up or tone it down to meet your goals.

Allison streamlines your diet with healthy foods and snacks that will keep you energized as you rev up your metabolism. Her tasty recipes and complete meal plans simplify calorie counting and make weight loss painless.

As a seasoned personal trainer and knowledgeable exercise physiologist, Allison knows how to get results.

Follow the Core Envy program, and after 8 weeks you'll look great and feel confident rocking a lean, fit, and feminine look.

About the Author

Allison Westfahl is an exercise physiologist, certified personal trainer, and fitness nutrition specialist.

After earning an undergraduate degree from Yale, Westfahl moved to Denver to pursue a career in helping people live a healthy, active lifestyle. She quickly made her mark on the industry, becoming the youngest-ever Director of Personal Training at a nationally top-rated health club. She has managed and directed personal training teams at high-end health clubs in Boulder and Denver since 2003. Westfahl is known for creating innovative, effective core strength and sculpting routines. She has trained elite professional athletes, helped choreograph workout videos for Gaiam, and been featured in publications ranging from Shape to Bicycling to the Denver Post. She holds an MS in exercise science and a coaching certification from USA Triathlon, and has earned a CPT, PES, and FNS from the National Academy of Sports Medicine.

Users Review

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Luke Shaffer:

Do you among people who can't read satisfying if the sentence chained within the straightway, hold on guys

this kind of aren't like that. This Core Envy: A 3-Step Guide to a Strong, Sexy Core book is readable by simply you who hate those straight word style. You will find the data here are arrange for enjoyable looking at experience without leaving perhaps decrease the knowledge that want to supply to you. The writer regarding Core Envy: A 3-Step Guide to a Strong, Sexy Core content conveys prospect easily to understand by lots of people. The printed and e-book are not different in the written content but it just different in the form of it. So , do you continue to thinking Core Envy: A 3-Step Guide to a Strong, Sexy Core is not loveable to be your top record reading book?

Lea Wheeler:

Reading a book tends to be new life style in this particular era globalization. With examining you can get a lot of information which will give you benefit in your life. Having book everyone in this world could share their idea. Ebooks can also inspire a lot of people. A lot of author can inspire their own reader with their story or even their experience. Not only the story that share in the guides. But also they write about the ability about something that you need instance. How to get the good score toefl, or how to teach your children, there are many kinds of book that you can get now. The authors in this world always try to improve their ability in writing, they also doing some study before they write to the book. One of them is this Core Envy: A 3-Step Guide to a Strong, Sexy Core.

Jessica Rodriguez:

Do you have something that that suits you such as book? The guide lovers usually prefer to select book like comic, small story and the biggest the first is novel. Now, why not attempting Core Envy: A 3-Step Guide to a Strong, Sexy Core that give your fun preference will be satisfied by reading this book. Reading addiction all over the world can be said as the opportunity for people to know world much better then how they react when it comes to the world. It can't be mentioned constantly that reading routine only for the geeky man but for all of you who wants to possibly be success person. So , for all you who want to start looking at as your good habit, you can pick Core Envy: A 3-Step Guide to a Strong, Sexy Core become your starter.

Richard Graham:

The book untitled Core Envy: A 3-Step Guide to a Strong, Sexy Core contain a lot of information on that. The writer explains your girlfriend idea with easy approach. The language is very easy to understand all the people, so do not necessarily worry, you can easy to read that. The book was published by famous author. The author will take you in the new time of literary works. You can read this book because you can continue reading your smart phone, or product, so you can read the book inside anywhere and anytime. If you want to buy the e-book, you can available their official web-site in addition to order it. Have a nice read.

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