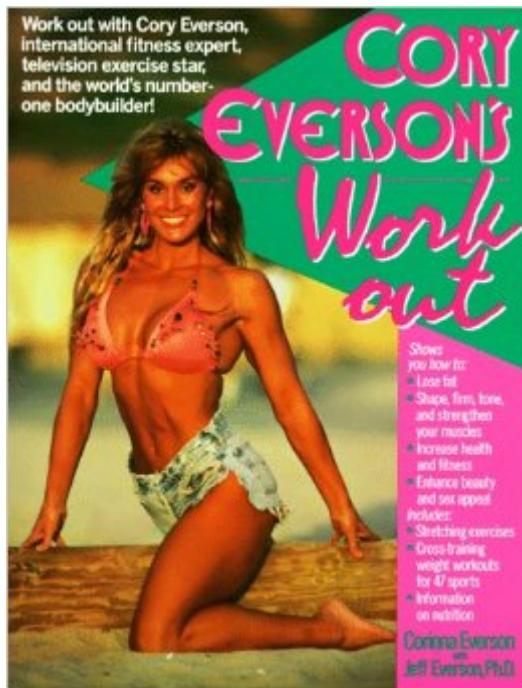


The book was found

Cory Everson's Workout



Synopsis

Six-time Ms. Olympia leads the charge into the fitness philosophy of the nineties. This comprehensive program ties weight training to such diverse sports as basketball, track, swimming, cycling, hockey, tennis, gymnastics, and more, providing adaptable routines targeted to beginners, intermediates, and advanced fitness devotees. 150 photographs.

Book Information

Mass Market Paperback: 192 pages

Publisher: Perigee Trade (October 18, 1991)

Language: English

ISBN-10: 0399516840

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Product Dimensions: 8.2 x 0.5 x 10.6 inches

Shipping Weight: 1 pounds

Average Customer Review: 3.8 out of 5 starsÂ [See all reviewsÂ \(4 customer reviews\)](#)

Best Sellers Rank: #1,094,696 in Books (See Top 100 in Books) #186 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Aerobics #933 inÂ Books > Sports & Outdoors > Miscellaneous > Reference #255814 inÂ Books > Reference

Customer Reviews

I found this book to be a useful reference in my weight training program. Cory gives good examples of many exercises, from beginner to advanced. I find her exercises more similar to mens than any other women's fitness book I've read. Because of this, it is most useful for the advanced weight lifter. One draw-back is that the publication date is old (1991). I would love to see Cory update this book in the near future. Overall, a great book.

Cory does an excellent job of describing exercises through text and pictures. Helps people of different fitness levels put together exercise programs for getting into shape. She also tailors special workout routines for those interested in preparing their bodies for any of 47 different sports. Excellent advice on aerobic exercise and nutrition. As a guy, I'm convinced the gorgeous pictures of Cory are worth the price of the book! Buy the book for that reason--and develop a great workout program for free!

I've bought this before having been working out for 15 years now. Yes it may be outdated but most

of the workouts we still teach today. Simple language is great for beginners to understand but she explains ways the advanced person can modify it. I lost my copy and now I'm buying it again. It's works very well...especially for different sports. I love how she shows women can be strong and muscular to different degrees and are absolutely beautiful.

I think Corey has great routines, but this book is pretty outdated. Give us some new material Corey. I wouldn't recommend this book.

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