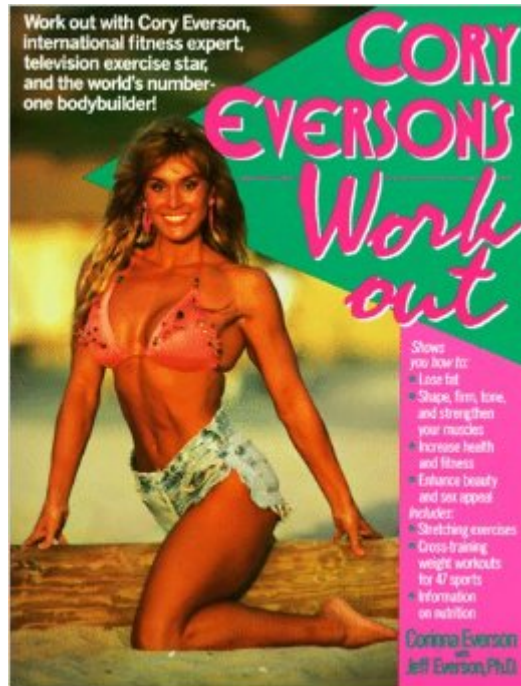


The book was found

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

ISBN-13: 978-0399516849

Product Dimensions: 8.2 x 0.5 x 10.6 inches

Shipping Weight: 1 pounds

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

Best Sellers Rank: #1,094,696 in Books (See Top 100 in Books) #186 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Aerobics](#) #933 in [Books > Sports & Outdoors > Miscellaneous > Reference](#) #255814 in [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 Yes it may be outdated but most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.

[Download to continue reading...](#)

Cory Everson's Workout Cory Helps Kids Cope with Sexual Abuse: Playful Activities for Traumatized Children Strength Training Anatomy Workout II, The (The Strength Training Anatomy Workout) Calisthenics: 30-Day Greek God Beginners Bodyweight Exercise and Workout Routine Guide - Calisthenics Muscle Building Challenge (Street Bodyweight Exercises, Calisthenics Workout Routines) Calisthenics: Becoming A Greek God - Shredded Through Calisthenics And Street Workout (Bodyweight Training, Street Workout, Calisthenics) The Imagineering Workout Eat Yourself Fit: Make Your Workout Work Harder Love Your Workout Hypnosis / Guided Imagery CD - Love to Exercise! Get Motivated! Happy Herbivore Light & Lean: Over 150 Low-Calorie Recipes with Workout Plans for Looking and Feeling Great The Badass Body Diet: The Breakthrough Diet and Workout for a Tight Booty, Sexy Abs, and Lean Legs The Stretch Workout Plan: Simple Exercises to Improve Flexibility, Increase Mobility and Relieve Tension BODYMINDER Workout and Exercise Journal (A Fitness Diary) Get In Shape With Exercise Ball Training: The 30 Best Exercise Ball Workouts For Sexy Abs And A Slim Body At Home (Get In Shape Workout Routines and Exercises Book 2) The 15-Minute Standing Abs Workout Plan: Ten Simple Core Exercises to Firm, Tone, and Tighten Your Midsection Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) An Ultimate Home Workout Plan Bundle: The Very Best Collection of Exercise and Fitness Books HIIT IT! (Fitnessista's Get More From Less Workout and Diet Plan to Lose Weight and Feel Great Fast) The 90-Day Home Workout Plan: A Total Body Fitness Program for Weight Training, Cardio, Core & Stretching Pilates : Workout routines to change your body Harvard Medical School The Joint Pain Relief Workout: Healing exercises for your shoulders, hips, knees, and ankles (Harvard Medical School Special Health Reports)

[Dmca](#)