

The background of the image is a collage of three women's midsections. On the left, a woman wears a red sports bra with black polka dots and dark red leggings. In the center, a woman wears a white long-sleeved shirt with a pink grid pattern. On the right, a woman wears a red sports bra and grey leggings. All three women have toned, visible abdomens.

# CORE ENVY

A 3-STEP GUIDE TO A  
STRONG, SEXY CORE

ALLISON WESTFAHL

# Ebook Online Core Envy 3 Step Guide Strong

**Hannah Westlake, Jon White (Editor)**



### **Ebook Online Core Envy 3 Step Guide Strong:**

Core Envy Allison Westfahl, 2025-11-04 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 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 *Core Strength Training Book* Hannah Westlake, Jon White (Editor), 2023 *Core Strength Training* DK PUBLISHING, Dorling Kindersley, Inc., 2012-12-17 Shares instructions for more than one hundred fifty body sculpting exercises with detailed anatomical diagrams identifying which muscles are involved and how they work together

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