

The High Performance Handbook: Review Examining Eric Cressey's Customized Training System Released

SUMMARY: *DietsAndFitnessGuides.com releases a review of The High Performance Handbook a newly launched home study course offering users a highly customizable approach to their training.*

Eric Cressey's new program The High Performance Handbook has just been released to the public generating a frenzied buzz of excitement throughout the fitness personal training community, prompting an investigative review from DietsAndFitnessGuides.com's Vince Delmonico.

"In an ideal world everybody who wanted to get in peak condition would have the opportunity to work one-on-one with a trainer who was able to give them the perfect workout and diet for their own unique needs," reports Delmonico. "Unfortunately though, most people just don't have access to these kinds of skilled professionals, so they are forced to rely on generic fitness plans that can often do more harm than good. So, when I heard about Eric Cressey's High Performance Handbook I was eager to review it for my website visitors. This program promises to provide users with personalized workouts designed to account for an individual unique needs, and I wanted to see if it was something I could recommend to my followers."

Delmonico's review explains that the system is much more than a handbook. The program, which is delivered digitally online includes a highly focused video database containing over 200 instructional videos to ensure that viewers perform all of the exercises using perfect form. In addition customers receive Training Templates, four Supplemental Conditioning Options, an Exercise Modifications Library, and Special Populations Guide, as well as several bonuses. The High Performance Handbook Gold Package also includes access to The High Performance Handbook Nutrition Guide, which Delmonico asserts is one of the best parts of the program.

"One of the things that impressed us the most about Cressey's program was the fact that it starts off with a self-assessment," says Delmonico. "This is so key, and it is something that unbelievably is left out of just about every other training guide we've reviewed. This evaluation puts the reader on the right track to for the rest of the program which continues to provide customized options to help you meet your needs and achieve your goals."

[Those wishing to purchase The High Performance Handbook, or for more information, click here.](#)

Vince Delmonico reviews diets, fitness guides and other self help programs on his website DietsAndFitnessGuides.com. Delmonico's The High Performance Handbook review is available at the following web address: <http://www.dietsandfitnessguides.com/eric-cresseys-the-high-performance-handbook-review/>

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