

I'm human



Brittany perille core

"I gave birth to my firstborn in June of 2018 and knew then that I had DR after giving birth to her but didn't know about Brittany's program at the time. I got pregnant again with my son before my firstborn turned 1 and my body never had a chance to fully recover beforehand. After I gave birth to my son I was so devastated with how my body looked and learned that my DR had gotten worse. After doing some research, I found Brittany's program and began implementing it almost immediately. I am still healing my core but have made so much progress and continue to do so! The pictures on the left was a few days PP and the ones on the right were this morning 16 months PP!" - Jessica N. verified buyerBRIANNE: "I've been preparing myself the whole year to become a personal trainer myself, and not only has this program kept me balanced and fully covered while I get to learn how to program my own workouts on my own but has also taught me so much. It's beautiful to see the love Bri put into her work not only on the look of the guide but the amount of information that you get from this program. Now about to finish school, I admire her work even more, the reason why is because she managed to pack almost a full year of school in one very easy to understand and very handy guide. This program guide will cover all the basics of your training, from evaluation to periodization, nutrition and cardiovascular conditioning. In other words, it's an amazing tool for beginners since it explains in a very easy-to-understand way how to determine your initial strength, rep range, and how to measure heart rate for conditioning, but also making it excellent for more advanced lifters since it will be a great reminder summary of the individualization principles that you can carry in a pdf on your phone or simply print it. I also love the exercises, on top of the game with this part TOO never get bored. SIMPLY AMAZING. Money well spent, you simply won't regret it." - Karol Correa verified buyer Brittany Yobe, recognized in the fitness industry as Brittany Perille, is a CPT residing in southern California. Brittany attended the University of California, Santa Barbara, supporting herself as a personal trainer at a local gym during the time. She graduated with a Bachelor's degree in sociology, anthropology, & psychology, later deciding to pursue a career in the fitness industry. Brittany received multiple personal training certifications. Utilizing the knowledge she acquired through these certifications & her own personal research, Brittany built a rigorous workout curriculum that transformed her body into its renowned physique. Brittany is also a pre & postnatal training specialist + a pre & postnatal corrective exercise specialist. Brittany trained herself through both pregnancies, following a prenatal program. She is also certified in metabolic flexibility. Through personally experiencing diastasis recti & having worked to recreate strength + functionality in her core, she has found her passion for pelvic health. Another specialty & passion Brittany has is glute building. With her credentials in pelvic health, she understands the importance of building glute strength beyond aesthetics. Brittany is also a co-founder of a gym bag accessory line with her sister - Perille Grade. Reddit and its partners use cookies and similar technologies to provide you with a better experience. By accepting all cookies, you agree to our use of cookies to deliver and maintain our services and site, improve the quality of Reddit, personalize Reddit content and advertising, and measure the effectiveness of advertising. By rejecting non-essential cookies, Reddit may still use certain cookies to ensure the proper functionality of our platform. For more information, please see our Cookie Notice and our Privacy Policy.

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