



HARD CORE STRENGTH

Power up your middle with this abs-centric workout—zero crunches required!

BY MALLORY CREVELING

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A lot of my clients started out not wanting to lift heavy weights. Then they got the results, and now they go after the heavier weights. They're strong. They're confident—not just in a gym, but in their everyday lives. That's why weights win.
—Joanna Castro
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