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Goblet Squat

Start standing with feet slightly wider than hip-width apart. Hold a kettlebell or dumbbell with both hands at chest height, elbows bent and in line with shoulders. Pull shoulders down away from the ears. Inhale as you lower the hips down and back into a squat, like you're reaching for a seat. Avoid buckling knees inward. Then, exhale and drive the ground away to stand back up with abs engaged and back flat. Repeat for 30 to 45 seconds.



3

Archer Row

Start standing with left leg back, holding a kettlebell or dumbbell in left hand. Hinge forward at the waist, resting right forearm on right thigh and letting left arm hang straight down. Engage the abs and keep your back flat. Then, row left elbow back, bringing weight up to your rib cage. Straighten arm back down. Keep shoulders down away from ears the entire time. Repeat for 30 to 45 seconds, then switch sides.

3 Questions for Joanna

WHAT INSPIRES OR MOTIVATES YOU?
I have an 8-year-old daughter, and my breakup with her father turned my world upside down, but therapy and lifting weights helped me through it. That's what works for me, carving out time to get fitter and stronger. I need to be well myself in order to wake up early and help others be healthier, happier, and more confident.

HOW DO YOU ENCOURAGE CLIENTS WHO ARE STRUGGLING?
I have a client who I asked to write a letter to herself, asking for forgiveness. Because realistically, we all have setbacks. That's just normal life. We acknowledge what happened, consider the outside factors, and then move on from there.

WHAT'S YOUR PERSONAL MANTRA?
"Lift weights and wash your parts." You cannot have a bad day if you had a solid workout and then you're clean.

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