



Core Workouts (An Integrated Life of Fitness)

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You may have heard people talking about exercising their core. Your chest, back, and stomach muscles are your core. These muscles are some of the most important in your body. Keeping them in shape is a big part of staying in shape now and in the future. Learn how to stay safe while working out your core muscles and how to stick with an exercise plan. Discover the connection between core workouts and overall fitness!

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