

Proactive Core Kit

by

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ProActive Core is the complete guide for working out at home. The 64-page book shows readers how working the core muscles in the trunk, lower back, abdomen and hips develops and maintains core stability and strength to reduce body fat, increase lean muscle tissue, and build muscular function throughout the entire body.

This total home workout kit features a rubber resistance band and an activation card to access a complete instructional core workout video. Now everyone can tailor a home exercise program to suit their personal fitness requirements.

Also Available - Proactive Pilates, Proactive Yoga



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