

Core Boot Camp

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The first video from top personal trainer and former Cirque du Soleil performer - Kristy Lee Wilson's new Champion Training Core DVD Workout Series. This core boot camp is bound to get you that flat stomach you've always wanted. Kristy uses pilates based exercises to target the core from all directions. The exercises included in this workout are advanced and guaranteed to challenge you. Exercises are performed for one minute with no rest in between. Perform the entire boot camp 2-3 times for a core burning workout like no other! For more of Kristy's Champion Training DVD Series please visit her personal website at kristywilson.com.

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