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# PERFORMANCE AT THE CORE

**A STRONG CORE IS THE FOUNDATION FOR ANY WINTER SPORT. JUST ASK TWINLAB-SPONSORED PRO FREESTYLE SKIER SEAN HARTEL.**

With only a few years on the scene, Sean Hartel is quickly establishing himself as the one to watch on the slopes. With his unique tricks and incredible speed, this young skier knows that his performance is only as strong as his core. The point at which all movement originates, a solid base is an essential part of overall fitness training. And the benefits are clear: increased protection for the back, better-controlled movement, and a more stable platform for winter sports.

So before heading downhill, look inside to see how Twinlab's Ripped Fuel products can help redefine your core and maximize performance.\*



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