

STRONG

FITNESS MAGAZINE

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Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. Consult with your healthcare professional to design an appropriate exercise prescription. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider. If you experience any symptoms of weakness, unsteadiness, light-headedness or dizziness, chest pain or pressure, nausea, or shortness of breath. Mild soreness after exercise may be experienced after beginning a new exercise. Contact your physician if the soreness does not improve after 2-3 days.

LADIES LIFT HERE PHOTOS BY AMANDA KULIK
MAIN PHOTO: ALIZAGAT INSET: GABBY BROST



March Radness

Gear up for spring by hitting one of these fitness events.

MAR 3-6

HE'S BACK

Kick off the fit season with one of the largest events of the year, the **Arnold Sports Festival** in Columbus, OH. Cheer on the athletes competing in dozens of sports then hit up the expo to meet your fitness heroes, score tons of samples and maybe catch a glimpse of Schwarzenegger himself.

MAR 19-20

CAMP OUT

Don't miss our first **STRONGCAMP** of 2016 in Burnaby, BC, hosted by one of our top three Ambassador Search winners, Robin Ball! You'll get two days of crazy workouts, nutrition advice, yoga and amazing memories. Register today at strong-camp.com.

APR 1-3

GO WITH THE FLOW

If downward dog is your jam, you'll want to stop by the **Yoga Conference & Show** in Toronto, ON. Check out over 250 exhibitors, attend lectures and of course, do some yoga (there's 20 hours of continuous practice!).

APR 30

MAD DASH

Challenge yourself by signing up for the **Warrior Dash 5k** obstacle course race in Kansas City, MO. Take on 12 obstacles (like Chaotic Cargo and Deadman's Drop), then celebrate your victory with a giant turkey leg and a free beer.

APR 24 MADE FOR A WOMAN

If you're no stranger to yokes and log presses, consider competing in the **2016 May Queen Strongwoman** competition hosted by Ladies Lift Here in Tyson's Corner, VA. Divisions include Novice, Open and Masters.

