A STIGEORGE PROMOTION

## SPENI

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## body secret

"A dancer's physique is what we're after," says actor Kate Bosworth's trainer, Maria Leone, who gets the "avid equestrian" ready to ride by tightening her core and strengthening her legs. "We keep her toned using light spring resistance to strengthen her upper body. While doing legwork we always incorporate flexibility to increase range of motion of her legs."

