

# Hard2thecore health and wellness

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los angeles, CA, 90008

Phone: 13237045087

OverviewHard2thecore health and wellness. Building confidence through fitness and healthy living. Our goal is to provide a professional and superior workout to give our clients the best results. We also provide diet plans and provide supplements to aid in your diet that prove the best results. We specialize in calisthenics, cardio,weight training,cycling, hiking,diating and meal plans to lose weight,gain weight,muscle and to promote eating healthier . We also have flexible pricing to fit any budget. Y AddressHard2thecore health and wellness is located in los angeles, CA, 90008

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