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Stewart "Stew" Smith is a graduate of the U.S. Naval Academy, a former Navy SEAL, and author of several fitness books such as The Complete Guide to Navy SEAL Fitness, The Special Ops Workout, and S.W.A.T. Fitness. Stew has trained thousands of students for Navy SEAL, Special Forces, SWAT, FBI, ERT, and many other military, law enforcement, and fire fighter professions.

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According to ACSM (American College of Sports Medicine) guidelines healthy adults should aim to complete a strength training routine that incorporates core exercises twice a week. It's best to focus on ab training at the end of your workout.

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