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HIGH-INTENSITY CARDIO

THE FASTEST CARDIO WORKOUTS EVER

Use these high-voltage routines to burn away belly flab and finally reveal your abs

Illustrations by Kagan McLeod, By Alwyn Cosgrove, Photographs by Justin Steele, Posted Date: October 22, 2010

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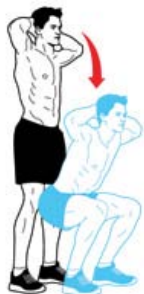
Brief, intense bouts of exercise can improve your cardiovascular fitness as much as jogging can.

Perform any of these quickie cardio routines at the end of your typical weight session. They're called "finishers," not just because doing them is a great way to finish off an exercise session, but also because they can help you finish off your fat.

The Leg Matrix

Do 1 set of each exercise without resting, and keep track of the time it takes you to complete the circuit. Rest for double that time, and then repeat the circuit. When you can finish the first circuit in 90 seconds, skip the rest period.

1. Bodyweight squat: 24 reps



2. Bodyweight alternating lunge: 12 each leg



3. Bodyweight split jump: 24 each leg

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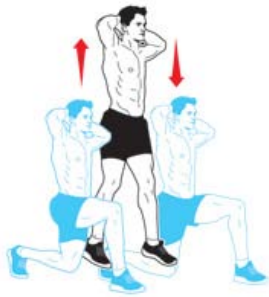
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4. Bodyweight jump squat: 12 reps. (For instructions, see [squat series](#) on the next page.)



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