

Killer Cardio and Lower Body

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Synopsis

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New York powerhouse Kristi Molinaro leads an intermediate fitness level workout that requires extra stamina but zero weight equipment! You'll do squats, push-ups, and other hyper-effective exercise basics at a stepped-up pace to target legs, hips, glutes, and abs. You'll move fast from exercise to exercise and test your cardio endurance and muscles! Try this routine twice a week when you're feeling strong and energetic.

Reader's comments

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