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if you want to strengthen your body and add lean muscle to your physique aim to keep your body guessing by switching up your toning exercise routine every four weeks suggests couto who designed the toning workout below these uber effective moves will hit all the major muscle groups in just 30 minutes

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summer has arrived and there s no better inspiration for sculpting your body than warm weather so how about some toning workouts tone up those arms abs and butt we ve put together these fourteen key exercises so you can create your own toning workout

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