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The Great AB Workout - WWWIN -

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15 Minutes and You're Done: Workouts - Real Simple -

- While you shouldn't give up on your home or gym exercise routine, you can certainly supplement it with exercises done at your desk (and, on those extra-long workdays, it's much better than doing nothing.) Here are a few aerobic tricks to try during your next break between tasks: Glance at the wall clock and rip off a minute's worth of jumping jacks.

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