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Moderate Intensity, 4-8 Sets, 15-25 Reps. Ab Goal = Injury Prevention: Train Abs 5-7X Per Week, Low Intensity, 1-3 Sets, 50-100 Reps. 14. Cardio Can Be Overrated. Cardio Won't Always Help You Lose Weight. Losing Fat (or Weight Loss) Is Primarily A Function Of Creating A Caloric Deficit; The Amount Of Cardio You Do Isn't Really Important At All. Jan 7th, 2024

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Author: May 6th, 2024

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