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Summary:

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Smashwords â€œ 1 Minute Cardio 2.0: 5 Cardio Exercises ... In this 1 minute workout guide, I'll discuss five exercises and different ways to work the 1 minute clock. More 1 Minute Cardio 2.0: 5 Cardio Exercises, Without The Torture. 1 Minute Cardio 2.0 - FSEFitness 1 Minute Cardio 2.0: Five Cardio Exercises, Without The Torture. Five exercises where 1 minute makes a difference. Hate long boring cardio? Do you hate running for an hour at a time? Me too. Thatâ€™s why I starting looking for a different way. And that way is short cardio that getâ€™s the heart rate going, but doesnâ€™t leave us totally exhausted.