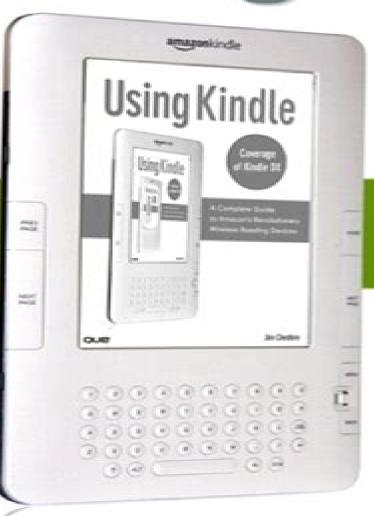
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by retaining lean muscle mass we burn more calories at rest and will ultimately look leaner as we lose fat not to mention we can design our strength routines to still work a diversity of energy systems to maintain our overall cardiovascular health best cardio exercises for weight loss health and fitness - Mar 14 2023

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using training i e cardio crossfit etc in an attempt to lean a lifter out is often counterproductive it sends contradictory signals to the body for adaptation and eats up some of the very finite resources each athlete has for recovery **cardio for leanness** - Aug 07 2022

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