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we decided to cobble together 30 of these for our list of some essential exercises that could boost your gym routine so whether you re a crossfitter a powerlifter or bodybuilder we guarantee you ll find something in this list that will meet your needs full body workouts are one of the most efficient and effective types of training whether you re performing them with barbells dumbbells or even full body workouts at home with no equipment at all you can exercise at home without any equipment by practicing yoga poses and strength training exercises that use your body weight for resistance examples of vigorous activity include hiit workouts running cycling swimming brisk walking and playing cardio intensive sports like basketball or soccer we ve rounded up the 10 best and most powerful exercises to do every single day do these for 30 days straight or twice a week to see and feel a difference add variety and new challenges to your home workout with cardio exercises that boost the intensity of your fitness regimen powerful explosive movements that use body weight allow you a maximum cardio workout with no equipment necessary

30 exercises that should be in your workout routine

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