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Summer Fit in 30 Days

A lot of people from September to June eat a little too much and don't really keep a very good eye on their health. Then when it is around May or June they start exercising like crazy to get back in shape for the summer. If you are one of those people here are some exercises that will get you back in shape and ready for the beach in thirty days.

For 9 months, your physique has enjoyed plausible deniability, hidden beneath layers of dissembling fabric. But the arrival of summer exposes the truth. Lucky for you, these workouts can reverse a winter of neglect — in just 30 days. They employ density training, a technique that allows you to do more work in less time. You'll sweat enough to raise sea levels, while you burnish your muscles and torch fat. (Uncover the [6 mistakes that keep you fat.](#))

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