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5 Fun Summer Workouts to Blast Calories

Exercising can get boring after a while if you do the same thing over and over again. It is super easy to mix up your work out and exercise routine in the summer. Here are five fun ways that can help you stay in shape this summer.

Recreational pursuits such as biking, hiking, and inline skating allow you to reap up to six times more fat-blasting, body-shaping benefits than cruising around the neighborhood on foot. And you don't have to be a hard-core athlete or fitness freak to get the most out of the five we're suggesting. Top off your normal weekday exercise routine with one of these exhilarating weekend activities, and you'll be firmer and fitter by mid-July.

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