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Full Body Workout

Want to work a hundred and twenty-seven muscles at one time in ten minutes? You are probably thinking “Is that even possible?”. Well it turns out it is! Click on one of the links to find out how to work 127 muscles in ten minutes.

Look around your gym. You might spot some exercises--forgotten classics and surprising newbies--you've never tried but really should. Here are two I discovered that, done in succession, can give you a [full-body workout](#) in less time than it takes to wait for a latte at Starbucks.

[Full Body Workout : Men's Health](#)

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