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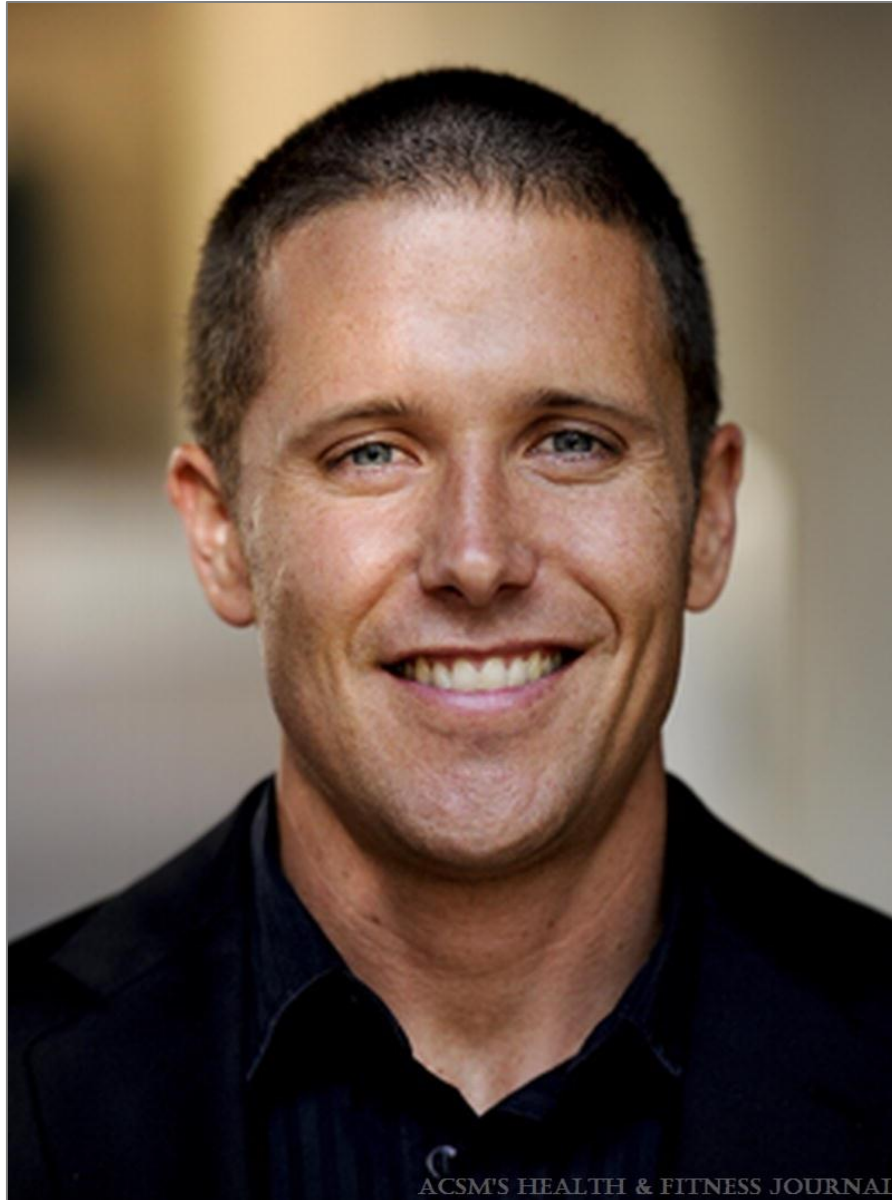
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[HIGH-INTENSITY CIRCUIT TRAINING USING BODY WEIGHT: Maximum Results With Minimal Investment](#)

Klika, Brett; Jordan, Chris

ACSM's Health & Fitness Journal. 17(3):8-13, May/June 2013.

doi: 10.1249/FIT.0b013e31828cb1e8

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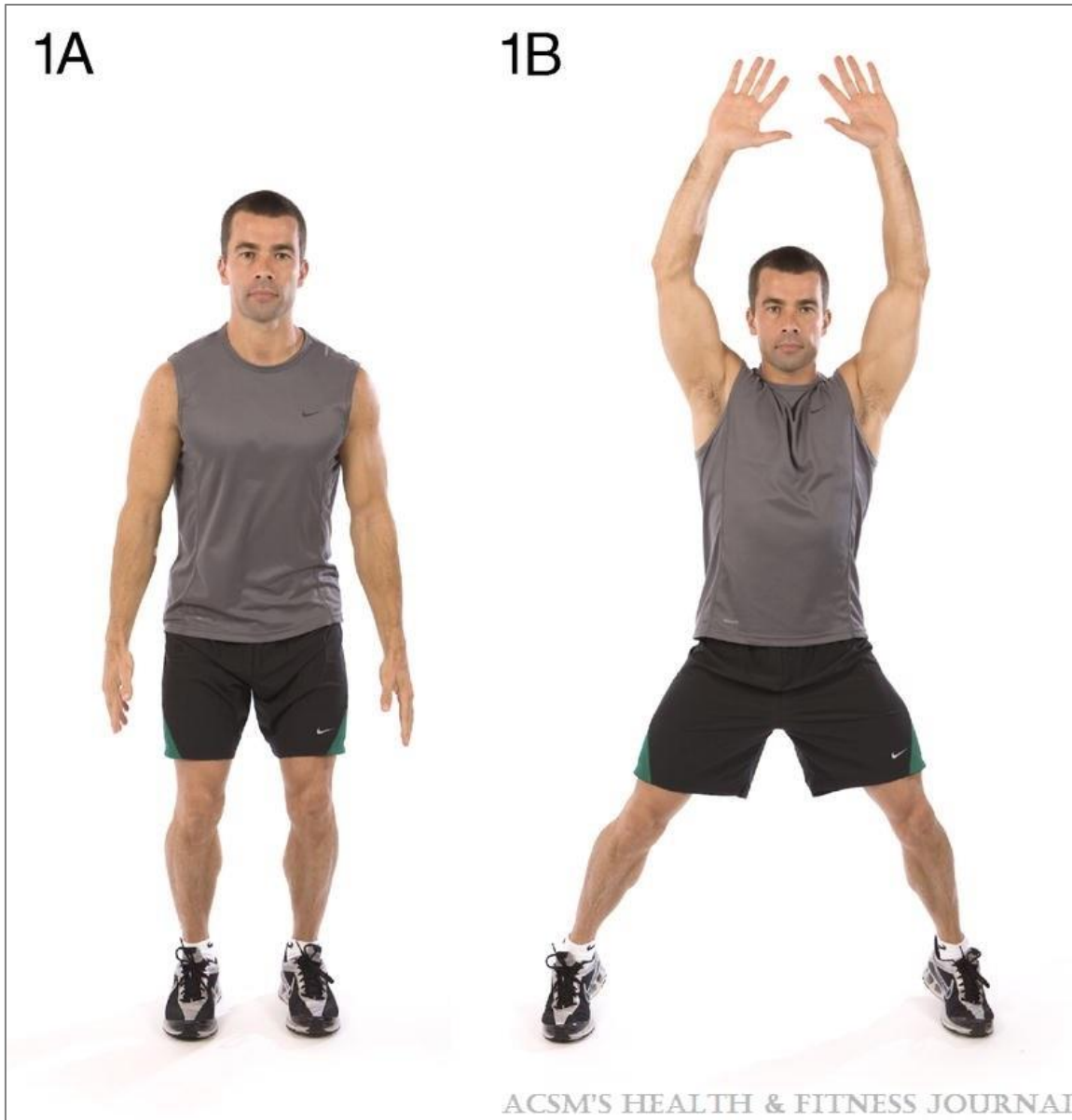
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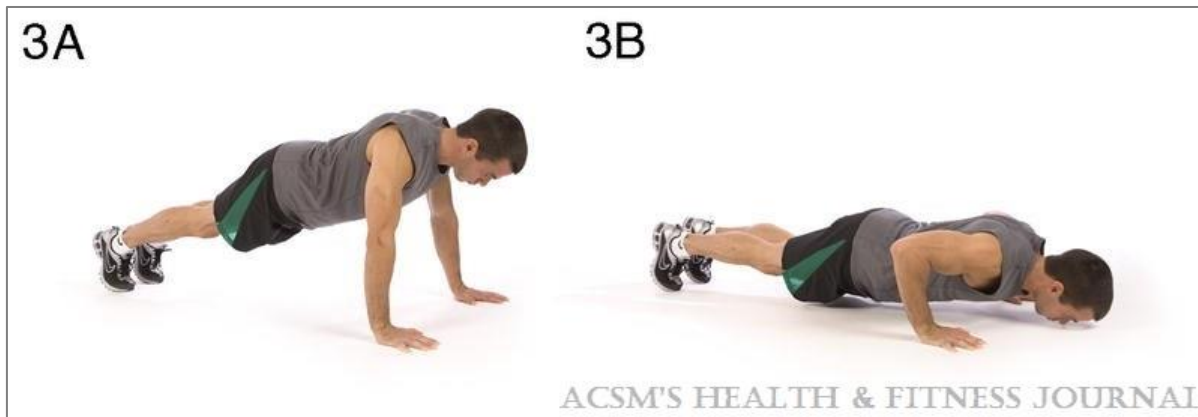


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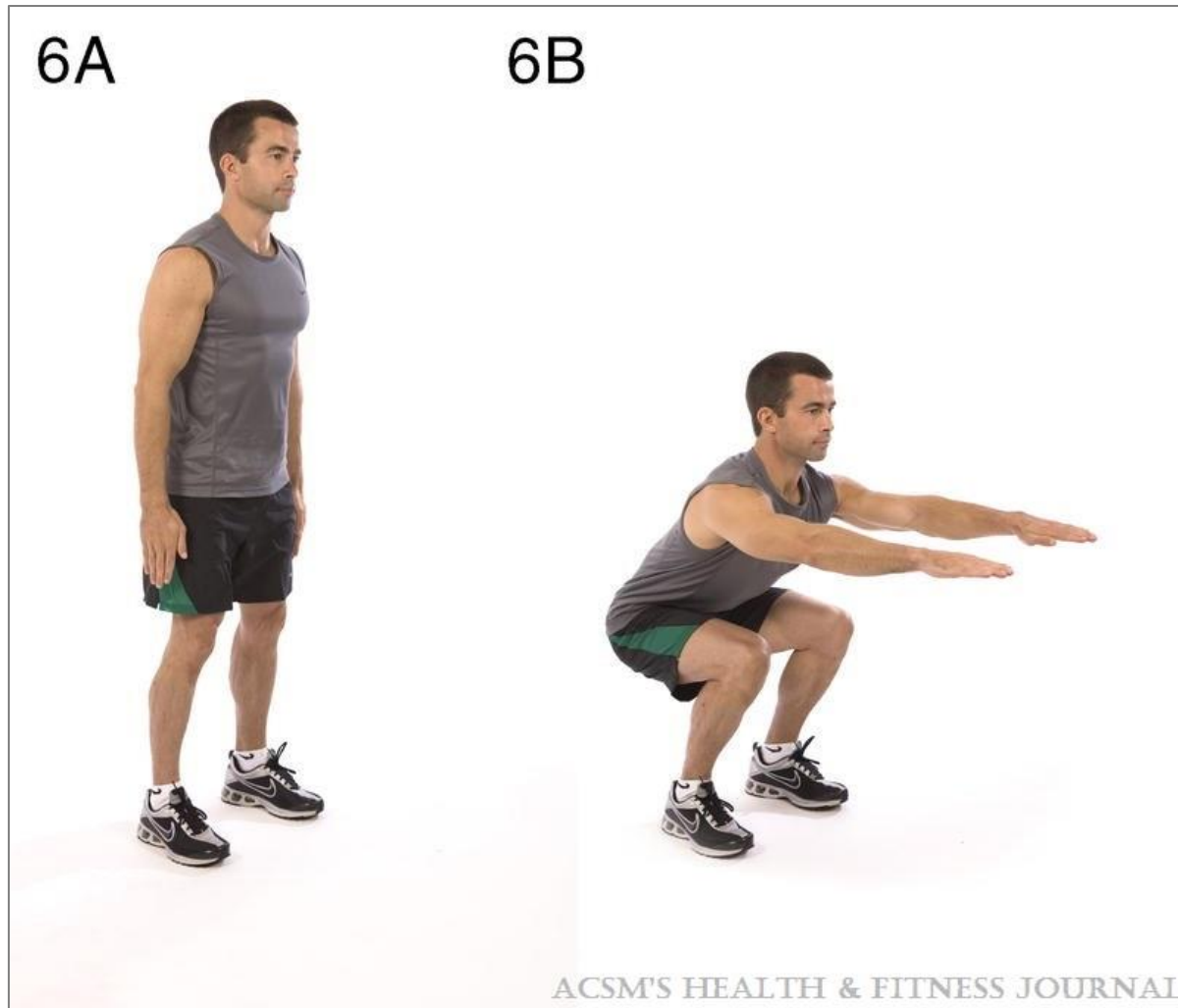


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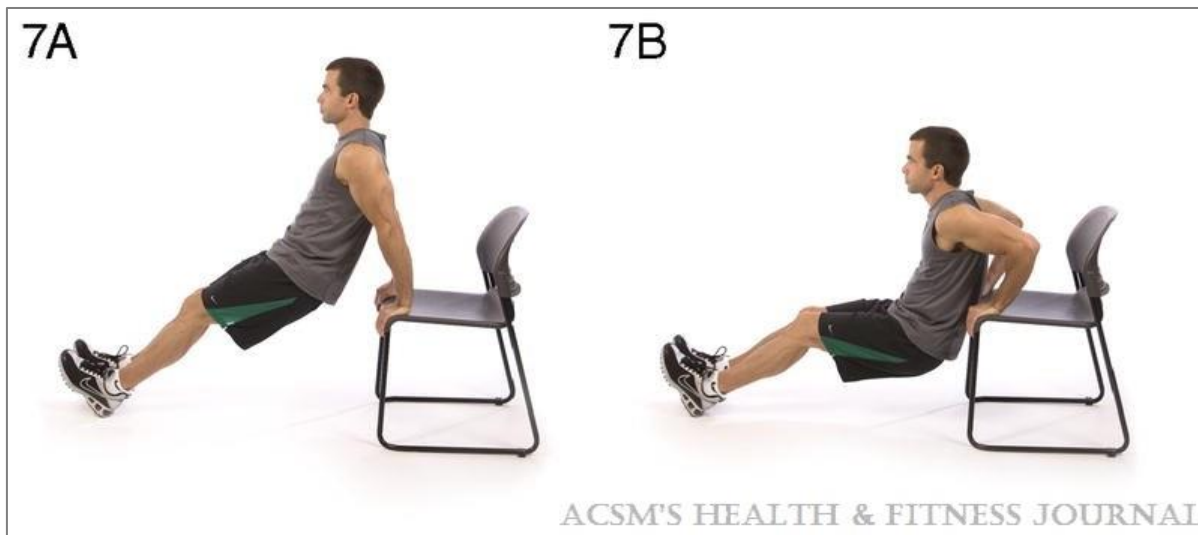


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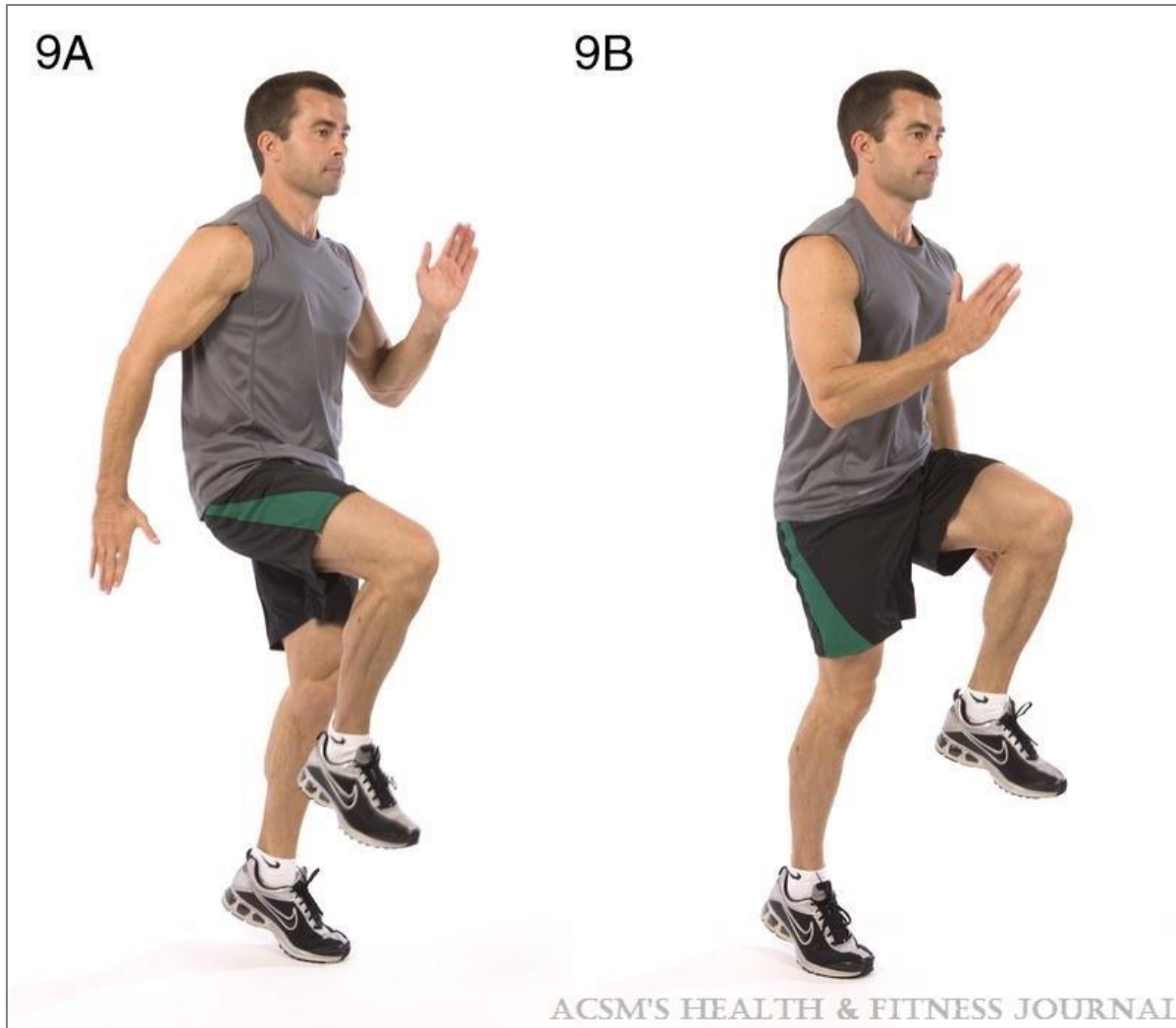


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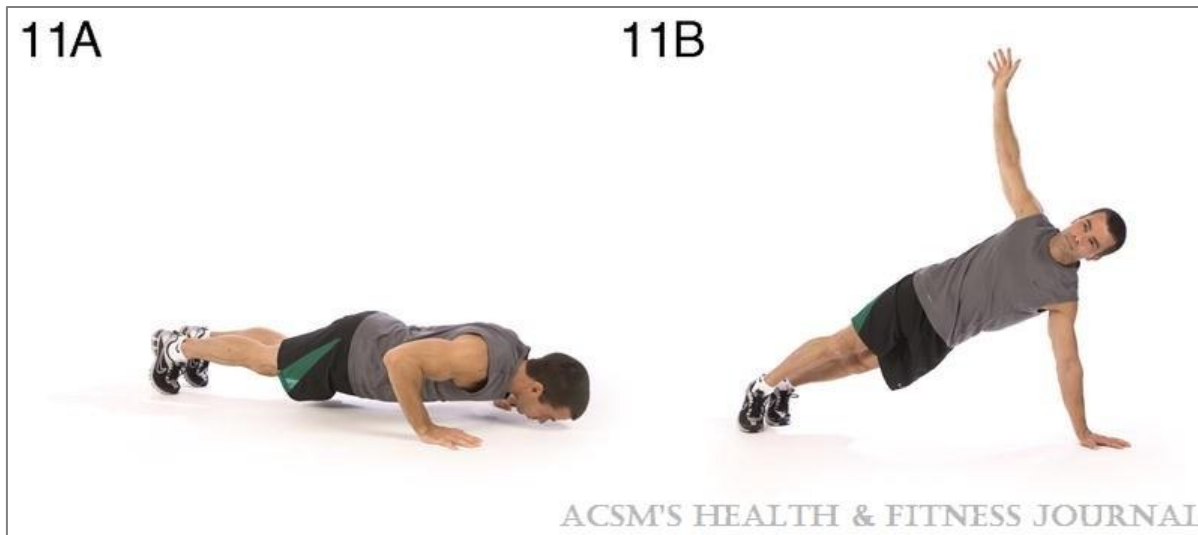


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