

full body workout and cardio

The ultimate guide to combining a **full body workout and cardio** can unlock significant health and fitness benefits. Integrating these two fundamental training components into your routine is a highly effective strategy for improving cardiovascular health, building lean muscle, boosting metabolism, and enhancing overall physical function. This comprehensive approach ensures you address all major muscle groups while simultaneously challenging your heart and lungs. Whether you are a beginner seeking to establish a solid fitness foundation or an experienced athlete looking to optimize performance, understanding how to effectively blend strength training and aerobic exercise is paramount. This article will delve into the science behind this powerful combination, provide actionable strategies for structuring your workouts, and offer practical tips for maximizing your results.

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Understanding the Synergy of Full Body Workouts and Cardio

The strategic integration of a **full body workout and cardio** is not merely about performing two different types of exercise; it's about harnessing their synergistic power to create a more efficient and effective training regimen. A full body workout targets all major muscle groups in a single session, promoting balanced strength development and functional movement patterns. Simultaneously, cardiovascular

exercise, or cardio, directly enhances the efficiency of the heart and lungs, improves blood circulation, and increases endurance. When combined, these elements create a metabolic environment that is primed for fat loss and muscle building, leading to superior body composition improvements and enhanced athletic performance.

The principle of synergy here suggests that the combined effect is greater than the sum of its parts. When you engage in a full body strength training session, your muscles expend energy and create micro-tears that require repair and rebuilding, a process that burns calories even post-workout (the afterburn effect or EPOC). Introducing cardio either before or after this session can amplify this effect. Cardio elevates your heart rate and keeps it elevated for a sustained period, significantly increasing the total calorie expenditure for that workout session. Furthermore, improved cardiovascular fitness makes your strength training sessions more productive, as your body can deliver oxygen and nutrients to working muscles more efficiently.

Benefits of Combining Full Body Workouts and Cardio

The advantages of a well-designed program that includes a **full body workout and cardio** are multifaceted, extending beyond simple calorie burning. This approach contributes to a holistic improvement in physical well-being. One of the most significant benefits is enhanced fat loss. By combining the calorie-burning power of cardio with the muscle-building effects of strength training (which boosts resting metabolism), you create a potent recipe for reducing body fat. This is particularly effective because muscle tissue is metabolically active, meaning it burns more calories at rest than fat tissue.

Beyond aesthetics and weight management, this combined approach drastically improves cardiovascular health. Regular cardio strengthens the heart muscle, lowers resting heart rate, reduces blood pressure, and improves cholesterol profiles, significantly lowering the risk of heart disease and stroke. Simultaneously, the full body workout builds functional strength, which translates to improved performance in daily activities and sports. It enhances bone density, which is crucial for preventing

osteoporosis, and improves joint health by strengthening the muscles and connective tissues surrounding them. This comprehensive approach also leads to better mood regulation and reduced stress levels, thanks to the release of endorphins during exercise.

Improved Cardiovascular Health

Cardiovascular exercise is the cornerstone of a healthy heart. By elevating your heart rate and sustaining it for a prolonged period, cardio strengthens the heart muscle, making it more efficient at pumping blood. This leads to a lower resting heart rate and blood pressure, both key indicators of good cardiovascular health. Furthermore, consistent cardio helps to improve the body's ability to utilize oxygen, enhancing stamina and endurance not just for exercise, but for all physical activities.

Enhanced Fat Loss and Metabolism Boost

The combination of full body strength training and cardio is a powerhouse for fat loss. Strength training builds lean muscle mass, which increases your resting metabolic rate, meaning you burn more calories even when you're not exercising. Cardio directly burns a significant number of calories during the workout itself. When performed together, this duo creates a substantial calorie deficit, essential for shedding excess body fat. The afterburn effect (EPOC) from a strength workout can be further amplified by the sustained elevated heart rate during cardio, leading to greater overall calorie expenditure.

Increased Muscle Strength and Tone

A full body workout ensures that all major muscle groups – legs, chest, back, shoulders, arms, and core – receive adequate stimulation. This balanced approach promotes proportional muscle development and prevents imbalances that can lead to injury. As you build muscle, your body

becomes stronger and more toned, improving your overall physique and functional capabilities. This strength gain also makes everyday tasks easier and reduces the risk of strain or injury.

Improved Bone Density and Joint Health

Weight-bearing exercises, inherent in both full body strength training and many forms of cardio, are crucial for stimulating bone growth and increasing bone density. This is particularly important as people age, helping to prevent osteoporosis. Furthermore, the strengthening of muscles and connective tissues around joints provides better support and stability, which can alleviate joint pain and reduce the risk of injuries such as sprains and strains.

Better Mood and Stress Reduction

Exercise, in general, is a well-known mood enhancer. The release of endorphins, often referred to as "feel-good" hormones, during physical activity can help reduce feelings of stress, anxiety, and depression. The combination of a challenging full body workout and invigorating cardio can provide a powerful mental uplift, contributing to overall psychological well-being and a more positive outlook.

Structuring Your Full Body Workout and Cardio Routine

Successfully integrating a **full body workout and cardio** requires thoughtful planning to ensure effectiveness without overtraining. The frequency, intensity, and timing of these workouts are key considerations. A common approach is to perform full body strength training 2-3 times per week, with cardio sessions interspersed on alternate days or performed after strength training. The goal is to allow adequate recovery time for muscle groups while consistently challenging the cardiovascular system.

When deciding on the order, performing strength training before cardio can be beneficial if your primary goal is muscle hypertrophy. This is because you can lift heavier weights when you are fresh. However, if your main objective is endurance or cardiovascular improvement, doing cardio first might be preferable, or splitting them into separate sessions. Intensity management is crucial; aim for moderate to vigorous intensity for cardio to reap the most benefits, and progressively overload your muscles during strength training by increasing weight, reps, or sets over time.

Determining Frequency and Schedule

A balanced schedule for a **full body workout and cardio** typically involves 2 to 3 full body strength training sessions per week, with at least one rest day between them. Cardio can be incorporated on the same days as strength training or on separate days. For instance, you might do strength training on Monday, Wednesday, and Friday, with cardio on Tuesday, Thursday, and Saturday. Alternatively, performing a shorter cardio session after your full body workout can be time-efficient, provided you have the energy levels to maintain intensity.

Beginners might start with 2 full body workouts and 2-3 cardio sessions per week, gradually increasing frequency as their fitness improves. Experienced individuals might opt for 3 full body workouts and 4-5 cardio sessions, ensuring sufficient recovery is built into the week. The key is consistency and listening to your body to avoid burnout and injury.

Order of Exercises: Cardio Before or After Strength?

The decision of whether to perform cardio before or after your full body strength workout depends on your primary fitness goals. If building maximal muscle strength and size is your priority, performing your full body workout first is generally recommended. This ensures you have maximum energy reserves to lift heavier weights and perform more repetitions with good form. Cardio performed afterwards can then serve as a metabolic finisher, aiding in calorie expenditure and recovery.

Conversely, if your main objective is to improve cardiovascular endurance or for specific sports training, performing cardio before your strength session might be more appropriate. However, it's crucial to keep the cardio session relatively short and at a moderate intensity to avoid fatiguing your muscles significantly before lifting. For general fitness and weight management, performing cardio after your strength workout is often a highly effective strategy, maximizing both calorie burn and the post-exercise metabolic effect.

Intensity and Duration Considerations

For cardiovascular benefits, aim for moderate to vigorous intensity. This can be measured using the talk test (you can speak short sentences but not sing) or by monitoring your heart rate. For moderate intensity, aim for 50-70% of your maximum heart rate, and for vigorous intensity, aim for 70-85%. The duration of cardio sessions can range from 20 to 60 minutes, depending on your fitness level and goals. For full body strength training, focus on completing 3-4 sets of 8-12 repetitions for most exercises, ensuring the last few reps are challenging.

Full Body Workout Components

A comprehensive full body workout and cardio plan requires attention to the fundamental movements that engage all major muscle groups. Each session should ideally include exercises that target the lower body, upper body pushing muscles, upper body pulling muscles, and the core. This ensures balanced development and functional strength. Incorporating compound exercises, which work multiple muscle groups simultaneously, is highly efficient and effective for full body training.

When designing your full body routine, consider including movements such as squats, lunges, deadlifts, push-ups, rows, and overhead presses. These exercises are fundamental for building a strong and resilient physique. The core should not be overlooked, as it plays a critical role in stabilizing the body during all movements and preventing injuries.

Lower Body Exercises

Targeting the lower body is essential for building a strong foundation. Compound movements like squats work the quadriceps, hamstrings, and glutes effectively. Variations such as goblet squats or barbell back squats can be used. Lunges, in their various forms (forward, backward, lateral), are excellent for unilateral leg strength and balance, engaging the quads, hamstrings, and glutes. Deadlifts, a cornerstone of strength training, work the entire posterior chain, including the hamstrings, glutes, and lower back, along with the traps and forearms. Glute bridges and calf raises can be added as accessory exercises to further develop these areas.

- Squats (e.g., Barbell Back Squat, Goblet Squat)
- Lunges (e.g., Forward Lunge, Reverse Lunge, Walking Lunge)
- Deadlifts (e.g., Conventional Deadlift, Romanian Deadlift)
- Glute Bridges
- Calf Raises

Upper Body Pushing Exercises

Upper body pushing movements primarily target the chest, shoulders, and triceps. The push-up is a highly effective bodyweight exercise that can be modified for all fitness levels, from knee push-ups to decline push-ups. The bench press, using dumbbells or a barbell, is a classic for chest development. Overhead presses, whether with dumbbells or a barbell, are crucial for shoulder strength and development. Dips, either on parallel bars or a bench, are excellent for targeting the chest and triceps.

- Push-Ups (various modifications)
- Bench Press (Dumbbell or Barbell)
- Overhead Press (Dumbbell or Barbell)
- Dips

Upper Body Pulling Exercises

To balance the pushing movements, upper body pulling exercises are vital for developing the back and biceps. Pull-ups and chin-ups are king for upper body pulling strength, targeting the latissimus dorsi, rhomboids, and biceps. If these are too challenging, assisted pull-up machines or resistance bands can be used. Rows, such as dumbbell rows, barbell rows, or cable rows, effectively target the mid-back muscles. Bicep curls, using dumbbells or barbells, can be added as accessory work.

- Pull-Ups/Chin-Ups (assisted if needed)
- Dumbbell Rows
- Barbell Rows
- Cable Rows
- Bicep Curls

Core Strengthening Exercises

A strong core is fundamental for stability, power transfer, and injury prevention. Planks, in their many variations (front plank, side plank), are excellent for building isometric strength in the abdominal muscles and obliques. Crunches and bicycle crunches effectively target the rectus abdominis and obliques. Leg raises are great for the lower abdominal muscles. Russian twists engage the obliques and improve rotational strength.

- Plank (front and side variations)
- Crunches
- Bicycle Crunches
- Leg Raises
- Russian Twists

Cardio Options for Enhanced Fitness

When it comes to the cardio component of a **full body workout and cardio routine**, the options are vast and can be tailored to individual preferences and fitness levels. The goal is to elevate your heart rate into the target zone and sustain it for a sufficient duration to achieve cardiovascular benefits. Whether you prefer high-intensity interval training (HIIT) for time efficiency or steady-state cardio for sustained endurance, there's an activity for everyone.

Choosing cardio activities you enjoy is crucial for long-term adherence. Variety is also beneficial, as it can prevent boredom and work different muscle groups, reducing the risk of overuse injuries. Consider activities that are accessible and fit into your lifestyle, whether it's a gym-based machine, an outdoor pursuit, or a home-based workout.

High-Intensity Interval Training (HIIT)

HIIT involves short bursts of very intense anaerobic exercise followed by brief recovery periods. This method is highly effective for burning calories in a shorter amount of time and can significantly boost your metabolism for hours after the workout. Examples include sprinting intervals, cycling sprints, or burpee intervals. Due to its intensity, HIIT is typically performed 1-3 times per week to allow for adequate recovery.

Steady-State Cardio

Steady-state cardio involves maintaining a consistent, moderate intensity for an extended period. This type of training is excellent for improving cardiovascular endurance and is less taxing on the body than HIIT, making it suitable for more frequent sessions. Popular forms include jogging, cycling at a moderate pace, swimming, and using the elliptical trainer. This form of cardio is often performed on rest days from strength training or after a full body workout.

Low-Impact Cardio Options

For individuals with joint issues or those seeking a gentler approach, low-impact cardio options are highly beneficial. These activities provide cardiovascular benefits without putting excessive stress on the joints. Examples include swimming, cycling (especially stationary cycling), using an elliptical machine, walking, and water aerobics. These can be incorporated into a weekly routine without

significant risk of injury.

Recreational Cardio Activities

Incorporating enjoyable recreational activities into your cardio routine can make fitness sustainable and fun. Activities like hiking, dancing, playing sports (e.g., tennis, basketball), or even brisk walking with a friend can provide a good cardiovascular workout while keeping you motivated. These activities often provide a full-body challenge and can be a great way to destress.

Sample Full Body Workout and Cardio Plans

To illustrate how a full body workout and cardio can be structured, here are sample plans for different fitness levels. These are templates and should be adjusted based on individual capabilities, recovery, and specific goals. The key is progression and listening to your body.

Beginner Plan (3 Days/Week)

Monday: Full Body Strength + Light Cardio

- Warm-up: 5 minutes light cardio (e.g., jogging in place)
- Squats: 3 sets of 10-12 reps
- Push-ups (on knees if needed): 3 sets of as many reps as possible (AMRAP)
- Dumbbell Rows: 3 sets of 10-12 reps per arm

- Plank: 3 sets, hold for 30 seconds
- Cool-down: 5 minutes stretching
- Cardio: 20 minutes brisk walking or cycling (moderate intensity)

Wednesday: Active Recovery or Light Cardio

- 30-40 minutes of light activity like yoga, a leisurely walk, or swimming.

Friday: Full Body Strength + Light Cardio

- Warm-up: 5 minutes light cardio
- Lunges: 3 sets of 10-12 reps per leg
- Overhead Press (light dumbbells): 3 sets of 10-12 reps
- Glute Bridges: 3 sets of 12-15 reps
- Bicycle Crunches: 3 sets of 15-20 reps per side
- Cool-down: 5 minutes stretching
- Cardio: 20 minutes elliptical or stair climber (moderate intensity)

Intermediate Plan (4–5 Days/Week)

Monday: Full Body Strength

- Warm-up: 5-10 minutes dynamic stretching
- Barbell Squats: 3 sets of 8-10 reps
- Bench Press (Barbell or Dumbbell): 3 sets of 8-10 reps
- Barbell Rows: 3 sets of 8-10 reps
- Overhead Press (Barbell or Dumbbell): 3 sets of 8-10 reps
- Romanian Deadlifts: 3 sets of 8-10 reps
- Pull-ups (or assisted): 3 sets of AMRAP
- Plank: 3 sets, hold for 60 seconds
- Cool-down: 5 minutes stretching

Tuesday: Moderate Intensity Cardio

- 40-45 minutes of jogging, cycling, or swimming.

Wednesday: Full Body Strength

- Warm-up: 5-10 minutes dynamic stretching
- Deadlifts: 1 set of 5 reps (after warm-up sets), 3 sets of 6-8 reps
- Incline Dumbbell Press: 3 sets of 8-10 reps
- Lat Pulldowns: 3 sets of 10-12 reps
- Dumbbell Lunges: 3 sets of 10-12 reps per leg
- Dips: 3 sets of AMRAP
- Leg Raises: 3 sets of 15-20 reps
- Cool-down: 5 minutes stretching

Thursday: High-Intensity Interval Training (HIIT)

- Warm-up: 5 minutes light cardio
- Example HIIT: Sprint for 30 seconds, walk for 60 seconds. Repeat 8-10 times.
- Cool-down: 5 minutes stretching

Friday: Moderate Intensity Cardio or Active Recovery

- 30-40 minutes of a preferred cardio activity or a restorative activity like yoga.

Tips for Maximizing Your Results

To truly capitalize on the benefits of a **full body workout and cardio** regimen, certain principles should be consistently applied. Proper nutrition plays a pivotal role, providing the necessary fuel for workouts and the building blocks for muscle repair and growth. Adequate hydration is also critical for performance and overall health. Consistency in your training is arguably the most important factor for seeing long-term results.

Progressive overload is the key to continued improvement in strength training. This means gradually increasing the demands placed on your muscles over time, whether through heavier weights, more repetitions, more sets, or reduced rest periods. For cardio, increasing duration, intensity, or frequency will lead to better cardiovascular adaptation. Listening to your body and prioritizing recovery through sleep and rest days is equally important to prevent overtraining and injury, allowing your body to adapt and grow stronger.

Proper Nutrition and Hydration

Fueling your body correctly is paramount. Ensure a balanced diet rich in lean proteins, complex carbohydrates, and healthy fats to support muscle repair, energy levels, and overall health. Protein is essential for muscle synthesis, while carbohydrates provide the energy needed for intense workouts. Staying adequately hydrated is crucial for performance, cognitive function, and temperature regulation during exercise. Aim to drink water consistently throughout the day, especially before, during, and after workouts.

Progressive Overload

To continue making progress in your strength training, you must gradually increase the stress on your muscles. This principle of progressive overload can be applied by increasing the weight you lift, the number of repetitions or sets performed, or reducing the rest time between sets. For cardio, you can increase the duration of your sessions, the intensity (e.g., faster pace, higher resistance), or the frequency of your workouts. Consistent challenge is what drives adaptation and improvement.

Prioritize Sleep and Recovery

Your body repairs and rebuilds muscle tissue during rest, particularly during sleep. Aim for 7-9 hours of quality sleep per night. Incorporate rest days into your training schedule to allow your muscles to recover and prevent overtraining. Active recovery, such as light stretching or walking on rest days, can also aid in blood flow and muscle soreness reduction. Ignoring recovery can lead to plateaus, injuries, and decreased motivation.

Listen to Your Body

Paying attention to your body's signals is crucial for a sustainable and injury-free fitness journey. Persistent fatigue, sharp pain, or extreme soreness can be indicators that you need more rest or that your current training intensity is too high. It's important to distinguish between muscle soreness, which is a normal part of training, and sharp or joint pain, which may signal an injury. Don't be afraid to adjust your workouts, take extra rest days, or consult with a healthcare professional if needed.

Conclusion

Embracing a training regimen that strategically combines a **full body workout and cardio** offers a powerful pathway to achieving comprehensive physical fitness. This integrated approach not only promotes efficient fat loss and builds lean muscle mass but also significantly enhances cardiovascular health, improves bone density, and boosts overall well-being. By understanding the principles of synergy, proper structuring, and effective implementation, individuals can create a sustainable and rewarding fitness journey. Whether you are aiming to improve athletic performance, manage your weight, or simply live a healthier life, the fusion of full body strength training and consistent cardiovascular exercise provides a robust and effective solution.

Remember that consistency, progressive overload, and adequate recovery are the cornerstones of any successful fitness program. Tailor these guidelines to your personal needs, preferences, and fitness level, and don't hesitate to seek professional guidance if you require a more personalized plan. The commitment to a balanced routine of full body workouts and cardio will undoubtedly lead to significant and lasting improvements in your health and vitality.

FAQ

Q: How many days a week should I do a full body workout and cardio?

A: A good starting point for most individuals is 2-3 full body strength training sessions per week, with cardio sessions interspersed on alternate days or performed after strength training. For example, you could do strength training on Monday, Wednesday, and Friday, and cardio on Tuesday and Thursday. Listen to your body; if you feel overly fatigued, consider reducing the frequency or intensity.

Q: What is the best time of day to do my full body workout and

cardio?

A: The "best" time is largely individual and depends on your personal schedule and preferences. Some people prefer morning workouts for a metabolism boost and to get it done early, while others find evenings more effective for stress relief. The most important factor is consistency, so choose a time when you are most likely to stick to your routine.

Q: Can I do a full body workout and cardio on the same day?

A: Yes, you can do a full body workout and cardio on the same day. A common strategy is to perform your full body strength training session first, followed by your cardio session. This ensures you have sufficient energy for your strength training. Alternatively, you can split them, doing cardio in the morning and strength training in the evening, or vice versa. Ensure you have adequate warm-up and cool-down periods and monitor your energy levels.

Q: How long should my cardio sessions be when combined with a full body workout?

A: If performing cardio after your full body workout on the same day, aim for 20-30 minutes of moderate-intensity cardio. If doing cardio on separate days, sessions can be longer, ranging from 30-60 minutes. The duration will also depend on the intensity of the cardio (e.g., HIIT sessions are shorter).

Q: What are the most effective exercises for a full body workout?

A: Effective full body workouts incorporate compound movements that engage multiple muscle groups. Key exercises include squats, deadlifts, lunges, push-ups, pull-ups, overhead presses, and rows. Incorporating core exercises like planks and crunches is also vital for overall stability and strength.

Q: Should I prioritize cardio or strength training if I want to lose weight?

A: Both cardio and strength training are crucial for weight loss. Strength training builds muscle, which boosts your resting metabolism, meaning you burn more calories throughout the day. Cardio burns a significant amount of calories during the workout itself. A combination of both, as in a full body workout and cardio routine, is generally the most effective strategy for sustainable weight loss and improved body composition.

Q: How can I prevent injury when doing a full body workout and cardio?

A: Proper form is paramount for all exercises to prevent injury. Always warm up before your workout with dynamic stretches and cool down with static stretches. Listen to your body; do not push through sharp pain. Ensure adequate rest and recovery between workouts, and gradually increase the intensity and volume of your training rather than making drastic jumps. If you are new to exercise, consider working with a qualified trainer to learn proper technique.

Q: Can I do HIIT cardio every day with my full body workout?

A: It is generally not recommended to do high-intensity interval training (HIIT) every day, especially when combined with full body strength training. HIIT is very demanding on the body and requires adequate recovery. Aim for 1-3 HIIT sessions per week, interspersed with moderate-intensity cardio or rest days, to allow your body to recover and adapt effectively.

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full body workout and cardio: Fitness For Every Body: Inclusive Workout Routines Designed For All Fitness Levels, Ages, And Abilities Brian Smith, Fitness For Every Body: Inclusive Workout Routines Designed For All Fitness Levels, Ages, And Abilities is a comprehensive guide that promotes inclusivity and accessibility in fitness. It covers various aspects of fitness, including cardiovascular workouts, strength training, flexibility and mobility, nutrition, yoga and pilates, adapting workouts for physical disabilities, mental health, workout safety and injury prevention, creating a sustainable fitness routine, tracking progress, community and social fitness, and more. This book aims to provide readers with the tools and knowledge they need to set realistic fitness goals, choose the right workout plan, overcome challenges, and embrace a healthy and active lifestyle that is suitable for all individuals, regardless of their age, fitness level, or physical abilities.

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full body workout and cardio: *Get Fit For Free: Progressive Total Body Home Workouts With No Equipment Needed* Kelly Ferguson, Get fit in the privacy of your own home! Once-fat-kid turned

certified personal trainer Kelly Ferguson brings you five full-body home workouts that are designed to target your major muscle groups for progressive full-body strengthening and sculpting, starting with the very basics. Whether you are a complete beginner to exercise or simply looking for some great workouts you can do without having to set foot in a gym, you will find a workout tailored to your individual fitness level.

full body workout and cardio: Warrior Workouts, Volume 1 Stewart Smith, 2017-12-05

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full body workout and cardio: Weight Training Fundamentals Paul Nam, 2023-12-11

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- exercises geared toward functional strength that can be utilized in real-world situations, from playing sports to lifting furniture
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- compound, multijoint exercises that replace the less-effective isolation exercises found in many fitness books
- no-nonsense dietary information utilizing a new and innovative food pyramid developed by the UCLA Center for Human Nutrition that will optimize strength gains, recovery, and physical progress

full body workout and cardio: Introduction to Physical Education, Fitness, and Sport Daryl Siedentop, Hans Van Der Mars, 2022-06-06 The ninth edition of *Introduction to Physical Education, Fitness, and Sport* is as robust and instrumental as ever for students preparing for careers in the various physical activity fields. And the latest version of this long-running and seminal text is chock-full of new material for budding teachers, coaches, fitness professionals, recreation leaders, and program leaders. This book covers a broad spectrum of careers and professions, including those in physical education, health, dance, fitness, sport, recreation, athletic training, and athletic administration. The authors provide an overview of the respective professions and offer a

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