

# what's hiit workouts

## Understanding What's HIIT Workouts: The Ultimate Guide

**what's hiit workouts**, a revolutionary approach to fitness that has taken the world by storm. High-Intensity Interval Training, or HIIT, is characterized by short bursts of intense anaerobic exercise interspersed with brief recovery periods. This potent training method offers a myriad of benefits, from efficient fat burning and improved cardiovascular health to time-saving efficiency for busy individuals. In this comprehensive guide, we will delve deep into the core principles of HIIT, explore its various forms, discuss its numerous advantages, and provide practical advice for incorporating it safely and effectively into your fitness routine. Whether you are a seasoned athlete or a beginner looking for a powerful way to boost your fitness, understanding what makes HIIT so effective is the first step towards achieving your goals.

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### What Exactly is HIIT?

HIIT, or High-Intensity Interval Training, is a training strategy that involves alternating between periods of intense, all-out effort and short recovery or low-intensity periods. The fundamental principle is to push your body to its limits during the work intervals, which are typically quite short, ranging from 20 seconds to a few minutes. Following these high-intensity bursts, you engage in active recovery, which could involve light jogging, walking, or static stretching, for a similar or slightly longer duration. This cycle is repeated multiple times within a single workout session. The objective is to elevate your heart rate significantly during the intense phases, maximizing oxygen consumption and energy expenditure.

The duration and intensity of both the work and rest periods can be adjusted to suit individual fitness levels and specific training goals. For instance, a beginner might opt for longer recovery periods and slightly shorter high-intensity intervals, while an advanced athlete might shorten their rest and extend their work periods. The key element is the deliberate elevation of intensity to a level that is challenging and sustainable only for the prescribed interval. This contrast between maximal effort and recovery is what distinguishes HIIT from traditional steady-state cardio.

### The Science Behind HIIT's Effectiveness

The remarkable efficacy of HIIT workouts stems from a well-established physiological response. When you engage in high-intensity exercise, your body requires a significant

amount of energy very quickly. This demand leads to increased oxygen consumption and the depletion of immediate energy stores within your muscles. During the recovery periods, your body works overtime to replenish these energy stores and repay the oxygen debt accumulated during the intense bursts. This phenomenon is known as the Excess Post-exercise Oxygen Consumption, or EPOC, often referred to as the "afterburn effect."

EPOC means that your metabolism remains elevated for hours after your workout, continuing to burn calories at an accelerated rate even when you are at rest. This enhanced calorie expenditure contributes significantly to fat loss and improvements in body composition. Furthermore, the repeated stress on your cardiovascular system during intense intervals leads to significant improvements in aerobic and anaerobic capacity. Your heart becomes more efficient at pumping blood, and your lungs become better at oxygen uptake, leading to enhanced endurance and improved overall fitness.

HIIT also triggers important hormonal responses. It stimulates the release of growth hormone, which aids in muscle repair and growth, and can influence fat metabolism. The intense nature of the workouts also improves insulin sensitivity, which is crucial for regulating blood sugar levels and can reduce the risk of developing type 2 diabetes. This multifaceted physiological impact underscores why HIIT is such a potent tool for achieving rapid and sustainable fitness improvements.

### Common Types of HIIT Workouts

There are numerous ways to structure a HIIT workout, catering to different preferences and available equipment. Bodyweight HIIT workouts are incredibly popular due to their accessibility and versatility. These often involve exercises like burpees, jump squats, high knees, mountain climbers, and push-ups, performed in a circuit format. You might do 30 seconds of burpees followed by 15 seconds of rest, then move to jump squats for 30 seconds, and so on, completing several rounds.

Another common variation is equipment-based HIIT, which can leverage tools like kettlebells, dumbbells, battle ropes, or even treadmills and stationary bikes. For example, a kettlebell HIIT workout might include exercises such as kettlebell swings, goblet squats, and clean and presses, performed with intense effort for a set duration followed by brief rests. Cardio machines like treadmills, ellipticals, and rowers are also excellent for HIIT. A treadmill HIIT session could involve sprinting for 30 seconds and then walking or jogging for 60 seconds, repeated for a set number of intervals.

Running-based HIIT, often referred to as sprint interval training, is a highly effective form of HIIT. This involves short, maximal effort sprints on a track or road, interspersed with jogging or walking recovery. Cycling HIIT is also very popular, where participants pedal at maximum effort for short bursts on a stationary bike, followed by periods of easy pedaling. The adaptability of HIIT means you can tailor it to almost any activity or equipment, making it a highly sustainable fitness choice.

### Benefits of Incorporating HIIT

The advantages of integrating HIIT into your fitness regimen are extensive and well-documented. Perhaps the most sought-after benefit is its exceptional efficiency for fat loss. Due to the significant EPOC effect, HIIT workouts burn a substantial number of calories not only during the session but also for many hours afterward, leading to a greater overall

calorie deficit. This makes it an ideal choice for individuals looking to reduce body fat.

HIIT also leads to remarkable improvements in cardiovascular health. By regularly challenging your heart and lungs with high-intensity intervals, you strengthen your cardiovascular system, leading to lower resting heart rate, improved blood pressure, and increased endurance. This enhanced cardiovascular fitness can translate to better performance in everyday activities and a reduced risk of heart disease.

Beyond fat burning and cardiovascular gains, HIIT is highly effective at improving athletic performance. It enhances both your aerobic and anaerobic capacity, meaning you can sustain higher intensities for longer periods and recover more quickly. This translates to improved speed, power, and endurance for athletes across various sports. Furthermore, HIIT workouts can boost your metabolism, help build lean muscle mass, and improve insulin sensitivity, contributing to overall health and well-being.

### Who Can Benefit from HIIT Workouts?

HIIT is a remarkably versatile training method that can benefit a wide range of individuals, provided it is approached correctly. Athletes of all levels can use HIIT to enhance their performance, improve their speed, power, and endurance. For endurance athletes, it can help break through plateaus and improve their ability to perform at high intensities. For team sport athletes, it can improve the anaerobic capacity needed for explosive movements and quick bursts of speed.

For individuals looking for effective and time-efficient weight management solutions, HIIT is an excellent option. Its ability to burn a significant number of calories in a short period makes it ideal for busy schedules. People who struggle to find motivation for long, monotonous cardio sessions often find the varied nature and intense bursts of HIIT more engaging and satisfying.

However, it is crucial to note that while beneficial, HIIT is not suitable for everyone, especially beginners or those with certain pre-existing health conditions. It is a demanding form of exercise that requires a good baseline level of fitness. Individuals new to exercise, those with cardiovascular issues, joint problems, or other significant health concerns should consult with a doctor or a qualified fitness professional before attempting HIIT. Modifications and gradual progression are key to making HIIT safe and effective for a broader audience.

### How to Safely Start a HIIT Routine

Embarking on a HIIT journey requires a strategic and safety-conscious approach to maximize benefits and minimize the risk of injury. Before you begin, it's highly advisable to get a medical check-up, especially if you have any underlying health conditions or have been inactive for an extended period. This ensures you are physically prepared for the demands of high-intensity exercise.

Begin by building a solid foundation of general fitness. Engage in regular moderate-intensity aerobic exercise for at least a few weeks to improve your cardiovascular endurance and muscular strength. This preparation will make the transition to HIIT much smoother and safer. When you start your HIIT workouts, prioritize proper form over speed and intensity. Watch instructional videos, or better yet, work with a certified personal

trainer to learn the correct technique for each exercise.

Start with shorter workout durations and fewer intervals than you might initially think necessary. A common starting point is 15-20 minutes, including a thorough warm-up and cool-down. Gradually increase the duration, number of intervals, or intensity as your fitness improves. Listen to your body; rest is as crucial as the workout itself. Ensure you have adequate rest days between HIIT sessions to allow your muscles to recover and rebuild. Hydration and proper nutrition are also paramount for recovery and performance.

### Designing Your Own HIIT Workout

Creating a personalized HIIT workout allows for greater engagement and ensures the exercises align with your fitness goals and available resources. Start by selecting a form of exercise you enjoy, whether it's bodyweight, running, cycling, or using equipment. This enjoyment factor is crucial for long-term adherence.

Determine your work-to-rest ratio. For beginners, a 1:2 or 1:1 ratio (e.g., 20 seconds of work, 40 seconds of rest, or 30 seconds of work, 30 seconds of rest) is often recommended. As your fitness improves, you can progress to a 2:1 ratio (e.g., 40 seconds of work, 20 seconds of rest). The total duration of the work intervals should also be considered; aim for 10-20 minutes of actual work time within a session, excluding warm-up and cool-down.

Next, choose a selection of exercises that target different muscle groups and movement patterns. For bodyweight HIIT, you might include a lower body exercise (e.g., jump squats), an upper body exercise (e.g., push-ups), a core exercise (e.g., mountain climbers), and a full-body compound movement (e.g., burpees). Structure these into a circuit, performing each exercise for the chosen work duration before moving to the next with minimal rest in between. Once you complete the circuit, take your designated rest period before repeating for a set number of rounds. Always include a dynamic warm-up before and a static cool-down after your HIIT session.

### Frequently Asked Questions About HIIT

Q: What's the ideal frequency for HIIT workouts per week?

A: For most individuals, performing HIIT workouts 2-3 times per week is recommended. This allows for sufficient recovery time between sessions, which is crucial for preventing overtraining and promoting muscle repair and growth. It's important to vary your training and incorporate other forms of exercise like strength training and active recovery on non-HIIT days.

Q: How long should a typical HIIT workout session last?

A: A standard HIIT workout session, including warm-up and cool-down, typically lasts between 20 to 30 minutes. The intense work intervals themselves are short, often lasting 20-60 seconds, with brief recovery periods. The overall duration is kept concise due to the high intensity, making it a time-efficient option.

Q: Can HIIT help with weight loss?

A: Yes, HIIT is highly effective for weight loss. Its primary mechanism for fat reduction is the significant calorie expenditure during the workout and the elevated metabolism post-exercise (EPOC effect), often referred to as the "afterburn." This increased calorie burn, combined with a calorie deficit from diet, leads to substantial fat loss.

Q: What are the key differences between HIIT and LISS (Low-Intensity Steady State) cardio?

A: The fundamental difference lies in intensity and structure. HIIT involves short bursts of maximal effort followed by brief recovery periods, leading to a higher heart rate and greater calorie burn in a shorter time. LISS, on the other hand, involves sustained, moderate-intensity aerobic exercise for a longer duration, with a focus on building endurance and improving cardiovascular health at a steady pace.

Q: Is HIIT suitable for complete beginners?

A: While HIIT can be beneficial, it is generally not recommended for individuals who are completely new to exercise or have very low fitness levels. A foundational level of cardiovascular fitness and muscular strength is recommended before starting HIIT to reduce the risk of injury. Beginners should start with moderate-intensity workouts and gradually progress.

Q: What are the risks associated with HIIT workouts?

A: The primary risks associated with HIIT include muscle strains, sprains, and overuse injuries if proper form is not maintained, or if the intensity is too high too soon. Overtraining can also occur if workouts are too frequent or intense without adequate recovery. Individuals with pre-existing cardiovascular conditions should exercise extreme caution and consult a medical professional.

Q: Can I do HIIT every day?

A: It is generally not advisable to do HIIT workouts every day. The high intensity places significant stress on your body, and daily HIIT sessions can lead to overtraining, burnout, and an increased risk of injury. Adequate rest and recovery are vital for muscle repair and adaptation.

Q: How do I know if I'm working hard enough during a HIIT interval?

A: During the high-intensity intervals, you should feel breathless and find it difficult to hold a conversation. Your heart rate should be significantly elevated, typically reaching 80-90% of your maximum heart rate. If you can comfortably talk or sing, you are likely not working at a high enough intensity for that interval.

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**whats hiit workouts:** *Hiit: High Intensity Interval Workouts You Can Do at Home (Unlocking Your Ultimate Fitness Transformation With Metabolic Confusion Hiit)* David Brown, 101-01-01  
Uncover the science behind one of the most effective and efficient workout methods with our in-depth exploration of high-intensity interval training (hiit). This book breaks down the physiological mechanisms that make hiit a superior choice for burning fat, building muscle, and enhancing cardiovascular health. By combining short bursts of intense exercise with periods of rest or low-intensity activity, hiit maximizes workout benefits in minimal time. Drawing on cutting-edge

research and expert insights, this guide offers practical advice on designing hiit routines, optimizing performance, and ensuring safety. Here is a preview of what you'll learn... • What is hiit • Hiit vs steady state exercise • Hiit implementation • Sample hiit workouts for all levels • Hiit myths and pitfalls • The importance of metabolism • Hiit duration and intensity • Introduction to trx training This book delivers everything you need to know about hiit, but above that, the actual “meat” itself to get you started, the best guidelines for hiit, illustrated, easy to follow samples of various movements, sample hiit workouts and ideas for all fitness levels, beginners to advanced. Nutrition guidance for long term success and much more. Why wait? Take your fitness to another level today and get started with high intensity interval training at the comfort of your own home!

**whats hiit workouts: Exercises to Avoid with Diastasis Recti (and What to Do Instead) ,**

**whats hiit workouts: HIIT Training Facts** Sophie Carter, AI, 2025-03-14 HIIT Training Facts explores the science behind high-intensity interval training (HIIT), presenting a comprehensive guide for optimizing fitness. It examines HIIT's impact on key areas such as fat loss, endurance, and metabolic health, offering a scientifically validated alternative to traditional cardio. Readers will discover how strategically implemented HIIT protocols can boost VO2 max and improve glucose disposal, leading to enhanced athletic performance and a healthier metabolism. The book distinguishes itself by focusing on evidence-based recommendations and personalized training strategies, rather than a one-size-fits-all approach. It delves into the physiological responses to HIIT workouts, including hormonal changes and adaptations in muscle tissue. Through clear, accessible explanations, the guide bridges the gap between scientific research and practical application. The book progresses from fundamental concepts to the core benefits of HIIT, analyzing existing research and presenting practical workout strategies. Sample HIIT protocols are provided for different fitness levels, along with guidelines for warm-up and cool-down routines, empowering readers to design effective and safe HIIT workouts tailored to their individual needs and goals.

**whats hiit workouts: High Intensity Interval Training** Jade Marks, 2015-04-10 Want to keep in tiptop shape but don't have the time to devote long hours at the gym? This book is a guide to show you how HIIT can work to transform your own body effectively in the least amount of time. HIIT is a training program that minimizes time and equipment. Many of us are busy with our personal or business commitments and have lifestyles that don't lend themselves to spending hours in the gym. We have better things to do right? This book gives you a full 30 day HIIT workout PLUS an additional 50 free resources on where you can get tons of HIIT workouts that will keep you on pace and keep you looking hot in great shape. This is a no brainer! You can have your first HIIT workout under your belt within the next 30 minutes! We'll see you inside!

**whats hiit workouts: HIIT Your Limit** Len Kravitz, 2018-11-27 Get lean, build muscle, and stay healthy! A Fitness Hall of Fame inductee and world-famous exercise scientist explains high-intensity interval training and the nutrition that complements it, and provides a wealth of workouts, including workouts you can do at home, so you can get and keep the body you've always wanted.

High-intensity interval training (HIIT) is an extraordinarily effective form of training that mixes high- and low-impact activities during periods ranging from seconds to eight minutes. In *HIIT Your Limit*, Dr. Len Kravitz, a National Fitness Hall of Fame inductee and internationally-renowned exercise scientist for the past thirty-six years, explains what HIIT is and how it effects your entire body (externally and internally), gives 50 workouts and a plan to whip you into shape fast, and presents a wealth of nutritional and other advice to further its impact. HIIT was recently rated the #1 new fitness trend by the American College of Sports Medicine and is the key to staying fit for celebrities like David Beckham, Britney Spears, Hugh Jackman, and Scarlett Johansson. In addition to fat loss, it's been proven to have major health benefits on blood pressure, diabetes, and cholesterol. Through this groundbreaking volume you'll learn why, and see how to get fit quick and have a fun and truly sustainable exercise program, no expensive personal trainer required.

**whats hiit workouts: Hiit: High Intensity Interval Workouts You Can Do at Home (A Simple Clear Cut Guide to Losing Weight With High Intensity Interval Training Today)** Cody Olmstead, 101-01-01 You're about to learn everything you need to know about hiit training and

how it can improve your health, body, and lifestyle. Hiit is an enhanced method of interval cardio-respiratory exercises. Hiit calls for repetitive bouts of short period, high-intensity drill intervals combined with periods of lower intensity intervals of active recovery. It has been proven to be one of the most effective cardiovascular training methods that allows you to burn fat while maintaining muscle mass. Here is a preview of what you'll learn... • What is high intensity interval training? • Studies on high intensity interval training • How high intensity interval can help you lose weight? • High intensity interval workouts • Tips on how to burn off fat faster with hiit • A two-week meal plan to complement hiit • And much, much more! This book delivers everything you need to know about hiit, but above that, the actual “meat” itself to get you started, the best guidelines for hiit, illustrated, easy to follow samples of various movements, sample hiit workouts and ideas for all fitness levels, beginners to advanced. Nutrition guidance for long term success and much more. Why wait? Take your fitness to another level today and get started with high intensity interval training at the comfort of your own home!

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**whats hiit workouts: The Science of Weight Loss: What Works and What Doesn't** Margaret Light, 2025-03-10 The Science of Weight Loss: What Works and What Doesn't delves into the proven principles behind successful weight loss. This book explores the essential elements of achieving sustainable fat loss, debunking common myths and revealing the science behind metabolism, nutrition, and exercise. With evidence-backed insights on diet trends, exercise routines, and the impact of sleep and stress, it provides readers with a practical, realistic approach to weight management. Emphasising consistency and long-term lifestyle changes, this guide empowers individuals to make informed choices that lead to lasting results, offering clarity on what truly works for healthy, sustainable weight loss.

**whats hiit workouts:** *High-Intensity Interval Training* Marie-Therese Miller, 2024-08-01 High-intensity interval training (HIIT) is one of the most popular exercise methods in the world today. This title examines the history of this versatile way to work out. It also explains both the physical and mental benefits HIIT provides, complete with instructions for a variety of HIIT

exercises. Features include a glossary, references, websites, source notes, and an index. Aligned to Common Core Standards and correlated to state standards. Essential Library is an imprint of Abdo Publishing, a division of ABDO.

**whats hiit workouts: The Busy Person's Guide to Fitness: Quick Workouts for Maximum Results** Jens Belner, □ No Time for Fitness? No Problem! Get Fit in Minutes—Not Hours! Between work, family, and social life, who has time for the gym? The Busy Person's Guide to Fitness: Quick Workouts for Maximum Results is your shortcut to staying fit, strong, and energized—even on the busiest days! □ What This Book Offers: □ Time-Efficient Workouts - Burn fat and build muscle in just 10-20 minutes a day □ HIIT, Strength & Yoga Routines - Choose workouts that match your goals and schedule □ Smart Fitness Hacks - Stay active without setting foot in a gym □ Family-Friendly & Office Workouts - Get fit anywhere, anytime □ Science-Backed Strategies - Optimize results in minimal time □ Nutrition for Busy People - Simple meal plans that fuel your body without the fuss □ No More Excuses—Just Fast, Effective Fitness! Forget long, grueling gym sessions—this book delivers quick, powerful workouts that fit into your busy life. Whether you're at home, at the office, or on the go, you'll find a routine that works for you. □ Get stronger. Burn calories. Boost energy. All in less time. □ Download The Busy Person's Guide to Fitness today and start seeing results—FAST!

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**whats hiit workouts:** *Beginners Guide to HIIT Workouts High Intensity Interval Training* M. Usman, John Davidson, 2015-06-09 Table of Contents Introduction Chapter 1 - How to Use This Book Chapter 2 - The Basics of HIIT Chapter 3 - Is HIIT The Right Workout for Me? Chapter 4 - Simple HIIT Workouts Conclusion Author Bio Introduction So, you've tried out various workouts, weight loss programs, and gym rituals and things are working out all right, but you're not seeing results that satisfy you completely. That's exactly where a HIIT workout can help you. Cast aside the belief that a jog or brisk walk is a good enough daily dose of exercise for you, because sure, they help, but if you want to see real and sustained positive change with your body, a toned physique, and a slender figure, you need to step up the game to a whole new level. The most fundamental problem when it comes to weight loss, working out, and seeing positive change in our bodies, is that we often doubt ourselves. We hesitate or give up too early before we are able to notice the benefits that exercise can have on our lives. You see, exercise isn't just about shaping your body. It's a workout that affects your physical, emotional, and mental wellbeing. Without regular exercise and without looking after our physical health, we may as well kiss all other forms of health goodbye. Exercise is proven to be a truly powerful force in terms of fighting off the symptoms and onset of depression. Working out can have this beneficial effect on your brain by encouraging the release of serotonin, a chemical that can lift our mood and feelings of self-appreciation and confidence. It is this chemical that forms the basis of our self-esteem. Regular exercise and working out thoroughly, on a daily basis, will not only whip your body into shape and mold fatty tissue into lean muscle, but it also reduces your risk of developing a manner of nasty health problems in the future. You're probably already aware of the growing obesity and heart disease crisis. The simple fact is that both of these health complications can be fought off with the successful and determined implementation of regular exercise and fitness training. With HIIT workouts in particular, your heart and circulatory system are given a real run for their money. You will be strengthening your vital organ and improving your heart's ability to cope with stress and pressure - both in a physical and emotional sense. Now of course, working through a HIIT workout isn't a walk in the park. It takes real strength, persistence, and resilience and is certainly not for the faint hearted. If you're up for a real challenge, in terms of fitness and working out, then you're certainly in the right place. This book will provide a guide that walks through the basics of what a HIIT workout is, the benefits in terms of physical and mental health, the risks and precautions, and a number of helpful tips when undergoing a HIIT workout. This book will also present a number of simple and quick HIIT workouts and exercise activities that can be carried out at home or in thy gym. So, if you're ready to step up your game and head straight down the path to a stronger, leaner, and healthier body - read on. This is the beginning of crafting the body that you're striving for, the reflection in the mirror that will make you proud, confident, and even more optimistic about your health than ever before. It all starts here and it all starts now.

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**whats hiit workouts:** Dr. Jordan Metzl's Workout Prescription Jordan Metzl, 2016-12-13 Dr. Jordan Metzl's Workout Prescription is a compressed workout guide designed for busy professionals in today's world who have little time for fitness and want to maximize results. In this book, Dr. Jordan Metzl explains the science of the compressed, high-intensity workout and provides a series of progressive workouts ranging from 10 to 30 minutes that can be done anytime, anywhere, using minimal equipment. This book also guides you through topics like motivation, goals, and the importance of proper recovery. Dr. Metzl's high-intensity workout, combined with a scientifically designed and periodized training schedule, delivers maximum results in minimum time in a unique and compelling way that is equally effective for men and women, children and adults.

**whats hiit workouts:** *The Better Man Project* Bill Phillips, 2015-06-02 The Definitive Owner's Manual to the Male Body--One That's as Fun as It Is Useful! The Better Man Project is the ultimate handbook for any man who wants to live longer and, just as importantly, better. Written by Bill Phillips, editor-in-chief of Men's Health-the world's largest and most respected men's magazine-this 352-page manual is packed with thousands of useful tips and action items to upgrade your diet, fitness, health, relationships, career, and more (as quickly as possible), plus specific do-it-yourself plans to make you the best man you can be. The Better Man Project isn't just a reference guide to life. It's a great read too, with every health and fitness tip served with a side of Men's Health's trademark authority and humor. You'll feel stronger and healthier. You'll be stoked about waking up and attacking your day. You'll be more impressed than ever, no matter your age, by the guy staring back at you in the mirror. And, let's just say it: Your wife or girlfriend will probably be 20 to 25 percent more into you. Features include: \* Health and fitness self-tests so you can see how you stack up against other guys your age. \* The 70 powerfoods than all men should be eating \* A decade-by-decade cheat sheet of all the diagnostic tests you should have, and when. \* A troubleshooter's guide to common ailments and quick home remedies. \* Simple workouts that will help you pack on total-body muscle, find your abs, build big arms, or lose your belly fat. \* Special features on protecting your telomeres, reversing diabetes, preventing heart disease, and staving off dementia. \* 35 do-it-yourself projects that will make you more interesting, improve your posture, fix your diet, earn you a promotion, fill your wallet, and much more! Flat belly. Strong muscles. Career success. More respect. Greater happiness. Boatloads of fun. Good health for life! The Better Man Project shows you the way. You deserve better. Start today.

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