15 Best Workout Tips of All Time

Want to know the secrets to getting a toned, trim body in record time? We did too, so we went straight to the top personal trainers, exercise physiologists and fitness instructors for the ultimate moves and motivation tricks to kick a fitness routine into high gear.

- [ ] Tone Up on the Treadmill
- [ ] Power Up Your Runs
- [ ] Chart Your Progress
- [ ] Try This All-in-One Toner
- [ ] Break Out the Shovel
- [ ] Work Out During Your Workday
- [ ] Take This Jump-Rope Challenge
- [ ] Get a Jump on Weight Loss
- [ ] Don't Skimp on Carbs
- [ ] Maximize Your Crunches
- [ ] Intensify Your Push-Up
- [ ] Paddle Your Way to Flatter Abs
- [ ] Make Over Your Running Routine
- [ ] Super-Sculpt Your Butt

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