



Cross-Training (An Integrated Life of Fitness)

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Today, many athletes are using cross-training to push their bodies further. Cross-training means doing different sets of exercises meant to work different muscles. When athletes do a lot of one type of workout, cross-training can be a good way to make sure they don't forget to work out a different set of muscles. But cross-training isn't only for athletes. You can benefit from cross-training, too. Learn about how cross-training can help you lose weight or stay in shape, and find out how to stay safe while working out. Discover how cross-training can put you on a path to lifelong activity and fitness!

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