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Weeks 12-9: Cardio. Yes,
there are a few genetic
freaks out there who have
such naturally high
metabolisms that they do not
need to utilize cardio as a
fat-burning tool leading up
to a competition. However,
for the rest of us mere
mortals, cardio is a
necessary evil. That said,
there should never be a need
for excessive amounts, which
will only serve to burn of
lean muscle--a definite no-no!

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