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The best thing about the Tabata workout is that you can perform these short, intense routines with your own body weight in the comfort of your own home, Reed says.

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Summary: The 5 Best Weight Loss Workouts For Men. So there you have it, my friend! I hope you've enjoyed this comprehensive guide on the 5 best weight loss workouts for men. I've shared with you what I consider to be the best weight loss workouts for men.

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