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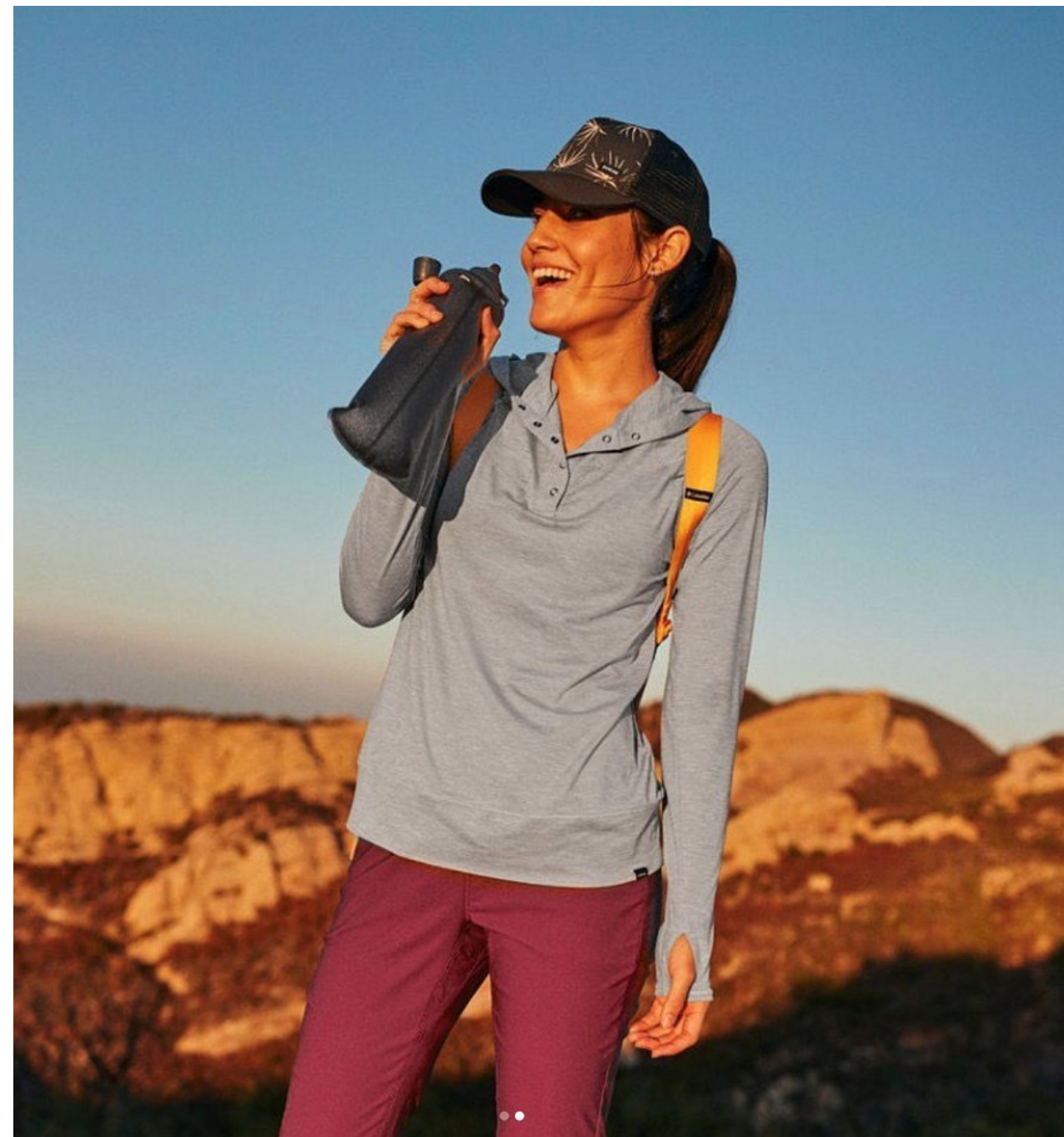
Filthy FINISHERS

Want to up your workout game like never before? These explosive endings will do the job

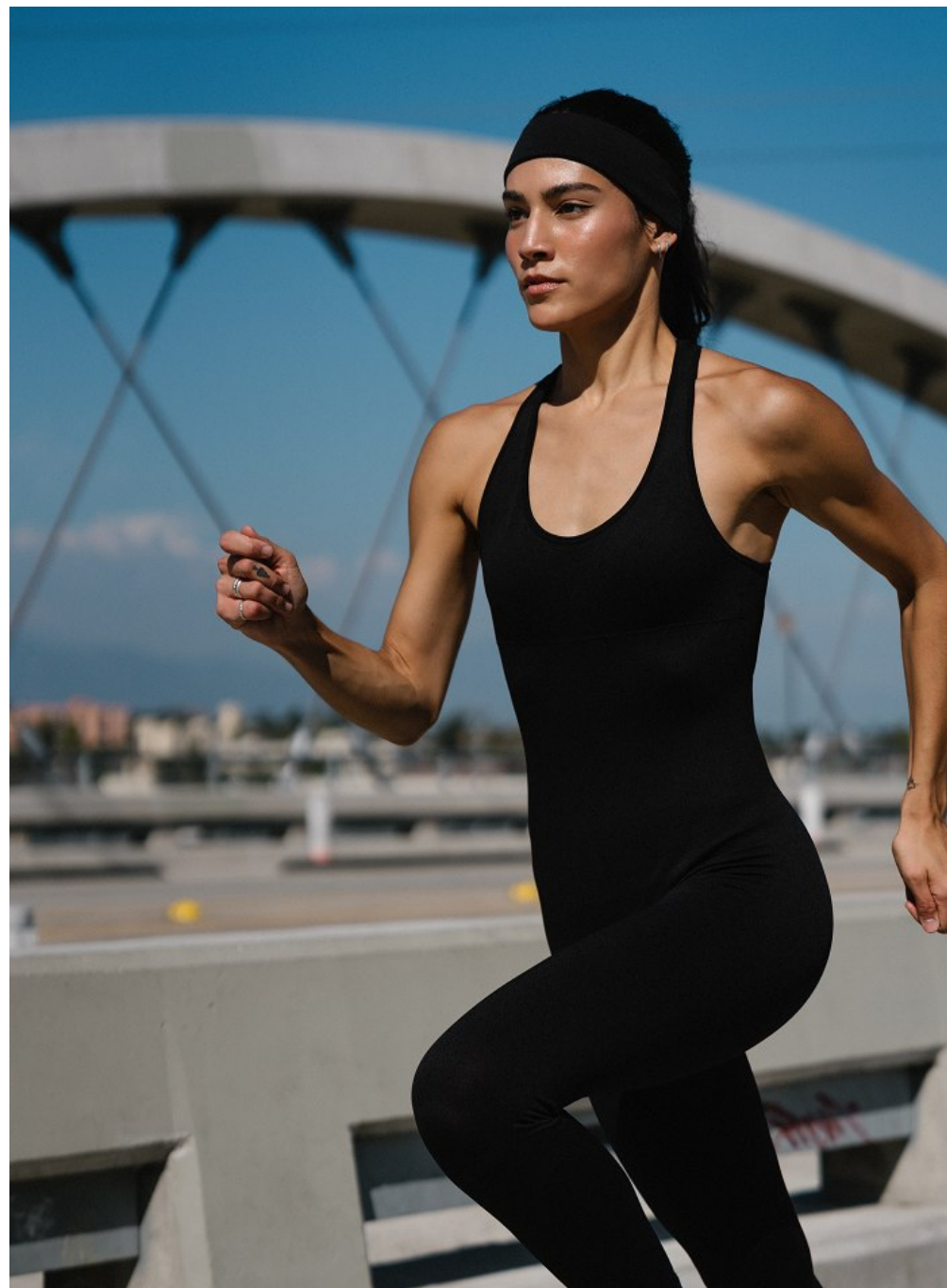
You know when you've challenged yourself during a workout. And if you're all about the calorie burn, this usually translates to red cheeks, sweaty limbs and your heart going full throttle. Feels good, right? If, however, you suspect you don't quite give 100% - or even 80% - during a session, you'd do well to add a little something special into the mix. A filthy finisher, if you will. Usually consisting of two to five moves, it's a mini workout to tag on to the end of any sesh with the aim of expending those last energy reserves in the most

says Luke Barnsley, master trainer at Third Space, London. 'As the intensity increases, your body taps into its anaerobic energy systems to build lean muscle. It's tough, but it separates the committed from the day trippers.' The payoff - as committed HIITers will know - lasts. Studies have shown that the more calories you burn in a workout, the more you'll burn after it, thanks to excess post-exercise oxygen consumption (EPOC to its mates), which depends more on intensity than

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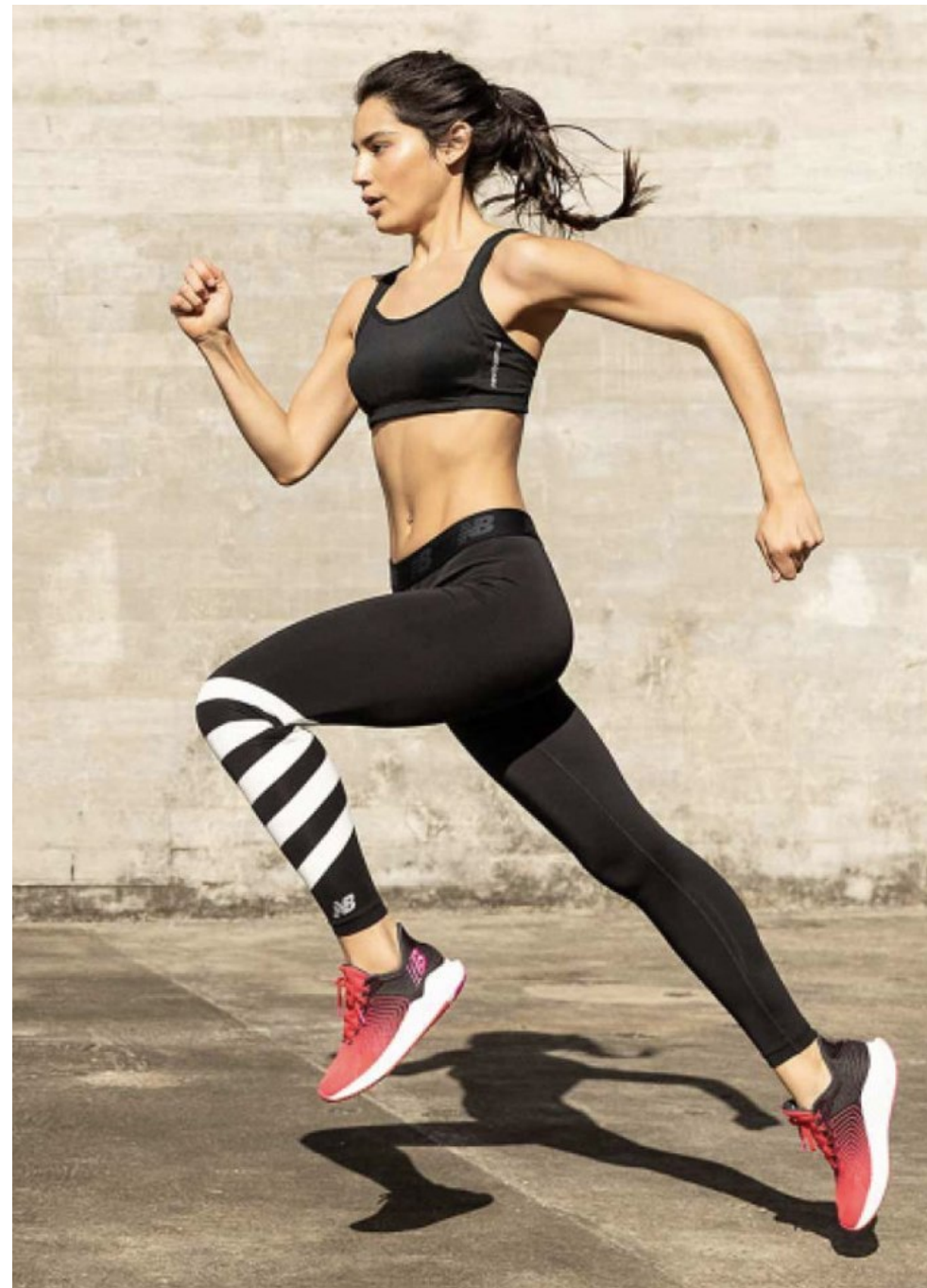


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CGM
CAROLINE GLEASON
MANAGEMENT



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