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Effects. Abdominal exercises are useful for building the abdominal muscles. This is useful for improving performance with certain sports, back pain, and for withstanding abdominal impacts (e.g., taking punches).

Abdominal exercise - Wikipedia

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Circuit training is a form of body conditioning or endurance training or resistance training using high-intensity. It targets strength building or muscular endurance. An exercise "circuit" is one completion of all prescribed exercises in the program.

Circuit training - Wikipedia

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