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exercise that's important to get your heart pumping and even get your energy levels up. Whether you're chasing a weight-loss goal or looking to boost endurance, there's a...

[Cardio Workouts: What You Need to Know - Verywell Fit](#)

[Primary Cardiology | Penn Medicine](#)

The 12 Best Ways to Get Cardio in No Matter Your Fitness Level

[24 Low-Impact Cardio Workouts for Fast Calorie Burn](#)

21 Cardio Exercises To Do At Home Or Outside In 2026

Cardiology Consultants of Philadelphia | Care As It Should Be

List of Cardio Exercises: 14 Fun Workouts - Healthline

Cardiology - Locations | Jefferson Health

What Happens to Your Body When You Do Cardio Every Day - Health

[The 20 best cardio exercises to do at home -](#)

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