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**gymjonessalvation** "JonesWorthy". One of our oldest and hardest named workouts. It is a series of squats, KB swings, and pull-ups. The workout looks like this:

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The First round is 80x Squat + 40x Swing + 20x Pull-up, The Second round is 64x Squat + 32x Swing + 16x Pull-up, The Third round is 48x Squat + 24x Swing + 12x Pull-up, The Fourth round is 32x Squat + 16x Swing + 8x Pull-up, The Fifth round is 24x Squat + 12x Swing + 6x Pull-up, The Last round is 12x Squat + 6x Swing + 3x Pull-up



# Gym Jones Manual

**Russ Brown**



## **Gym Jones Manual:**

## Embracing the Song of Phrase: An Mental Symphony within **Gym Jones Manual**

In a world used by displays and the ceaseless chatter of quick connection, the melodic splendor and emotional symphony developed by the published term frequently fade into the backdrop, eclipsed by the constant noise and disruptions that permeate our lives. Nevertheless, located within the pages of **Gym Jones Manual** a marvelous literary prize full of natural emotions, lies an immersive symphony waiting to be embraced. Crafted by an elegant musician of language, that charming masterpiece conducts visitors on a mental journey, skillfully unraveling the hidden melodies and profound affect resonating within each cautiously crafted phrase. Within the depths with this emotional assessment, we will explore the book is central harmonies, analyze its enthralling publishing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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