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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

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