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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:

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

JA Banks



Gym Jones Manual:

Unveiling the Energy of Verbal Beauty: An Emotional Sojourn through **Gym Jones Manual**

In a global inundated with monitors and the cacophony of quick interaction, the profound energy and mental resonance of verbal beauty usually disappear into obscurity, eclipsed by the continuous assault of noise and distractions. Yet, nestled within the lyrical pages of **Gym Jones Manual**, a interesting function of fictional brilliance that impulses with fresh feelings, lies an unforgettable trip waiting to be embarked upon. Composed by way of a virtuoso wordsmith, this enchanting opus books readers on an emotional odyssey, lightly exposing the latent potential and profound impact stuck within the elaborate internet of language. Within the heart-wrenching expanse of this evocative evaluation, we will embark upon an introspective exploration of the book is key styles, dissect its fascinating writing type, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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