



Video



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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

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Gym Jones Manual:

Decoding **Gym Jones Manual**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Gym Jones Manual**," a mesmerizing literary creation penned by a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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