



Beginner Gym Routine For Both Men And Female

Andreas Thorsen

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Beginner Gym Routine For Both Men And Female Andreas Thorsen

This book is all about the beginner gym-goer. It's aimed to help people start of their new and healthy lifestyle with the help of a good beginner book. In this book I cover the most essential exercises in the gym for getting a bit more muscle and it's a great way to get started of. Every muscle group is covered in this book. Back, Biceps, Triceps, Shoulders, Legs and Abs. So get the book today and have a great start too your fitness journey!

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