

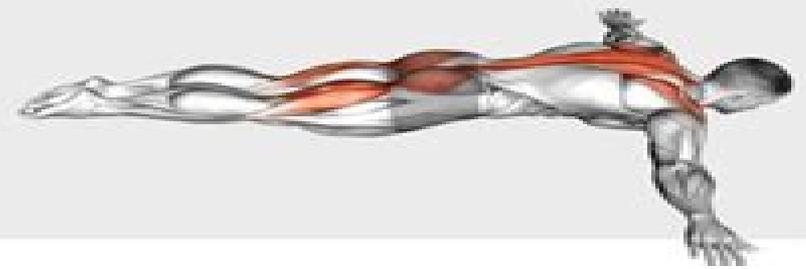
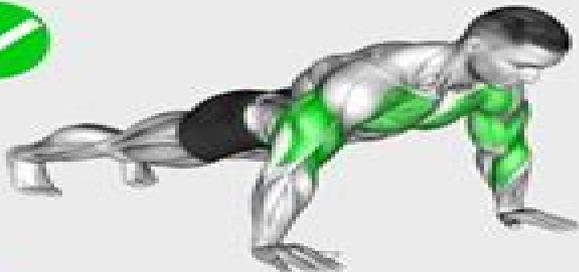
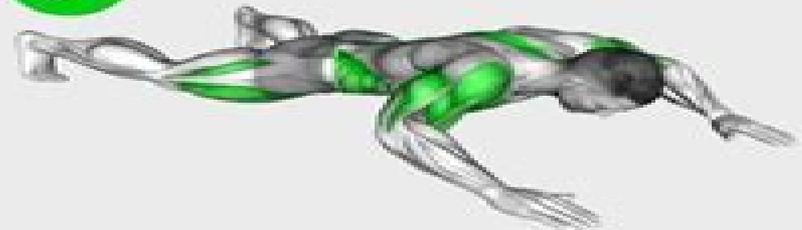
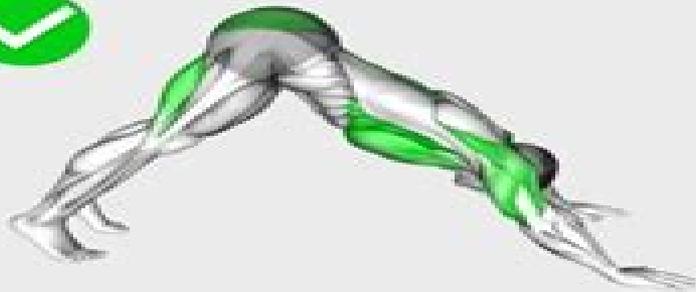
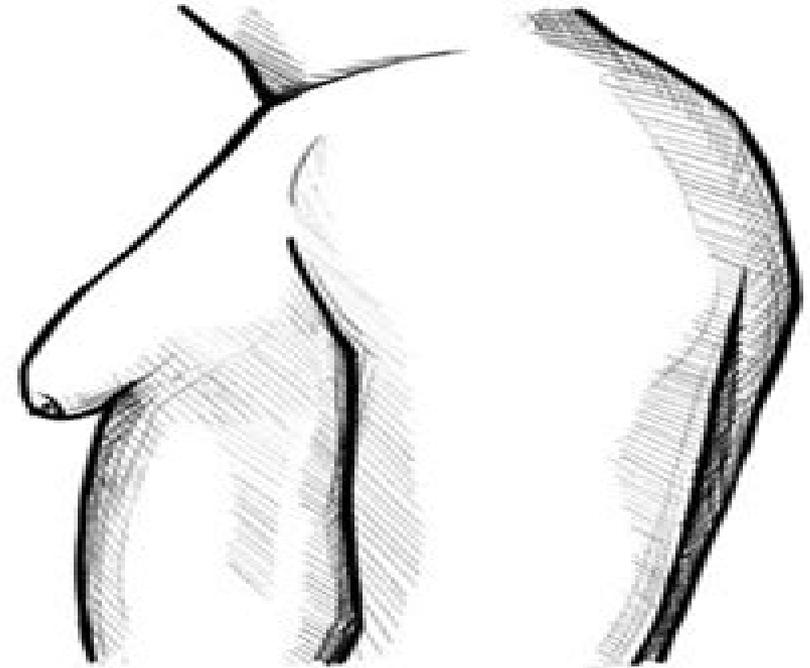
# DO THIS AT HOME

## MONDAY

- 20 SHOULDER TAPS
- 20 PLYO PUSH-UPS
- 25 LEG RAISES
- 1MIN FRONT PLANK

## TUESDAY

- 15 DUMBBELL CHEST PRESS
- 15 TRICEP KICKBACKS
- 1MIN SIDE PLANK
- 25 REGULAR SQUATS



# Fb Gym Guide

**Richard Bailey**



## **Fb Gym Guide:**

## Reviewing **Fb Gym Guide**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Fb Gym Guide**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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