

Frank Medrano S Routine Workouts

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WORKOUTS Frank Medrano's Routine *6 day a week routine Monday Tuesday Friday Saturday Sunday Wednesday Thursday • 30 muscle -ups, • 100 standard push ups, • 4 sets /10 reps incline dumbbell press, • 4 sets/10 reps flat dumbbell press,

BEGINNER CALISTHENIC S - Free-eBooks

IT'S A SLOW PROCESS, BUT QUITTING WON'T SPEED UP Never mix SQUATS or LEG ROUTINE with upper body workouts (pushups, dips, pull ups) The reason behind this secret is: upper body muscle groups and leg muscle groups are unrelated to each other Hence, the break

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