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# 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,

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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 for each of them while exercising the other ...

### **Page 1 of 26**

Page 7 of 26 Frank Medrano is an extreme calisthenics athlete and personal trainer He was a track athlete in high school and became interested in bodybuilding soon after In 2010 he started doing calisthenics from watching YouTube videos and being inspired by the likes of Hit Richards and Kalosthenos Frank also changed his diet

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fitness and health routine This 45 day program is specifically designed for a beginner to exercise or someone who is rehabilitating after an injury For the purposes of this program, a "beginner" is someone who cannot do regular pushups at all or properly, cannot walk a mile in under 12 minutes, or has not exercised in several years

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Frank Medrano is a CALISTHENICS BODYWEIGHT expert who MOTIVATES and trains to build and gain muscle , lose fat and challenge your body to obtain strength through Go to Freeleticscom; EN Espa ol; tomatoes and feta or spinach egg with yogurt sauce in the Freeletics Nutrition Guide part of your daily