

Complete Guide To Fitness

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Beginner's Guide to Gym Terms / Slang / Lingo REP: One **complete** repetition of the exercise you are performing SET: A collection of reps performed in a row COMPOUND ...

BEGINNER'S GUIDE TO THE GYM | Reese Regan Hopefully this video is helpful to those of you that may be nervous going into a **gym** for the first time. I've outlined the basic parts of ...

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