

Gym Guide In Hindi

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TOP 5 Gym Workout Tips for Beginners in Hindi

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2 Types of Exercise: f Aerobic exercises move large muscles and improve the health of your heart and lungs. Examples include walking, jogging, aerobic classes, bicycling, swimming, tennis and dancing. Walking is a good choice for beginners.

Starting an Exercise Program - Hindi

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Top 5 Workout Tips for Beginners | Complete Gym Guide (Hindi)

Its a step by step guide which will help you in getting the SUPER body you always wanted! #MyBollywoodBody #iKnowSUNNY Following is what we performed in this routine:

| DAY 1| Bodybuilding for BEGINNERS! (Hindi / Punjabi)

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