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JY Fitness Timer Advertising:Appendix Screenshot: Software description: Version: 1.0.14 Developer: AlphaPod Category: Health and Fitness Price: 0.00 y Type of Distribution: Free Size: 15107 Download Date: September 28 17 Popularity: 310 Rating: 3.0/5 (Total Votes: 2) Advertising: Then Yeoh Fitness Suitable For You, Time Fit Jordan Yeoh's simple workout, which is designed to keep your workouts smooth and effective so you can focus on achieving the shape you want, no matter what your fitness goals may be. - Increasing muscle mass, building and toning, losing weight, bodybuilding or strengthening, this app will help you achieve your goals. Jordan Yeoh Fitness Timer turns your phone into your personal trainer whether you're at the gym or at home. It's perfect for learning styles such as HIIT, Tabata, CrossFit WODs (exercise day), Callistics, Cardio and other exercise sessions that you can think of! Spotify for your ultimate fitness soundtrack (requires premium membership), features a pro version: Full muscle access timer with advanced workout settings - Save the Interval Presets and Muscle Timer. Limit all audio unlocks - Remove all ads, muscle timers are special features that calculate the best rest time to help you achieve maximum fitness efficiency. The right rest period during your workout should be short enough to help you get a proper recovery so that you can continue to push yourself into the next stage. But short enough to make your heart rate for all exercise, planning the rest of the time and recovery time properly can increase your fitness level and at the same time keep you unscathed or taxed outside your body. Your muscle planning, rest schedule, depends on several factors such as the type of muscle group workout and exercise. Then plan the best vacation based on these factors that will make the most of your workout! about Jordan YeohJordan Yeoh. Start at the bottom, just like everyone else. He has endured through the pain of intense daily exercise and has received tremendous results for his body as well as his health. Yeoh is an expert in fitness, weight loss, training and self-development, ACE (American Council on Exercise) Personal trainer, his experience, commitment and commitment has inspired others to change their lifestyle and strive for the same goal: look good and confident about Alphapod, the Alphapod team consists of mobile developers and designers with a passion for human-centered design to provide the best digital experience for users. We specialize in designing and building mobile apps for iOS and Android, and their supportive ecosystem allows them to run smoothly on multiple devices and screens. Find out more about what we're doing on our or contact us on hello@alphapod.com What's new. In this version: - Various UI improvements - Permanent Sharing Features - Minor error-correcting screenshots: Fat Loss and Detox Drinks Pregnancy Recipes Week after Week Get Pregnant-Try to Get Pregnant Juices to Lose Weight Fast Super Abs in 30 Days Plume Air Report - Live and Forecast Smog Reports Comments on JY Fitness Timer Comments Found

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