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For I know the plans I have for you, says the Lord, plans to prosper and not harm you, plans to give you hope and a future. - Jeremiah 29:11 XSport Fitness Friends who raise together, stay together 🤝 - Black Friday specials are always good until Monday! Get your gym buddy a membership and receive a free month! #gymbuddy #gym #gymmotivation #gymlife #motivation #fitness #fitnessjourney #fitnation XSport Fitness When we strive to become better than ourselves, everything around us improves too. #happyfriday #bodybuilding #gains #positivity #muscles #beastmood #beaboss #live #love #respect #beyou #gymlife #fitmom #fitchick #lovelylifestyle♥ #nevergiveup #pushyolimits XSport Fitness Heavy lines are a great way to build your back. Once I really started pushing myself on them, I saw a lot of progress with strength and size! With this exact workout, I went 45 degrees and heavyweight. Make sure you have that good shape because an injury is the last thing you want 🙄 #fitness #bodybuilding #powerlifting #xsportfitness #rows #bulking #backday #backworkout XSport Fitness Meet our Coach! : DONALD SMITH 🏋️‍♂️ . Donald has been part of the Darien XSport team for many years! Working with a variety of clients, he is a fitness professional who is motivated to make sure you are on track to achieve your fitness goals! .. Stop and schedule a free PTX session with Donald today! #fitness #personaltraining #pt #training #work #workout #gym #gymmotivation #motivation #gymlife #bodybuilding #wotd #crossfit XSport Fitness Work on Week 2, Day 8 to be back in the gym. Work on the Covid weight gain of 2020. #workoutmotivation #lawofattraction #Friday #LegDay #selfhelp #personaldevelopment #goodvibes #veteran #healthyliving #exercise #thinkpositive #mindbodysoul XSport Fitness I may not be the best, but that's what I strive to be. I may never make it, but I will never stop trying #me #arms #gym #love #loveyourself #photooftheday #happy #workout #style #fitness #summer XSport Fitness a lot of space and everyone practices social distancing in the right way. - Cortez W. - Portage Park - Chicago, IL THANKU FOR THE RE-OPENER. Perfectly put in place by remaining in harmony with the Covid-19 regulations. It was nice to train again! - P.L. - Naperville, IL XSport staff being responsible by trying to establish social distance between machines and keep things clean. Lots of cleaning and paper towel dispenser through the installation. A great job. - - Manuel C. - Elston - Chicago, IL Good place to have a workout and has enough space at social distance - Kevin A. - Addison, IT I'm so glad they reopened! They have added more sanitizing stations and so far they have been well supplied with paper towels, disinfecting, and hand gel. - Ada F. - Bricktown - Chicago, IT A lot of space and everyone practical practice distancing in the right way. - Cortez W. - Portage Park - Chicago, IL THANKU FOR THE RE-OPENER. Perfectly put in place by remaining in harmony with the Covid-19 regulations. It was nice to train again! - P.L. - Naperville, IL XSport staff being responsible by trying to establish social distance between machines and keep things clean. Lots of cleaning and paper towel dispenser through the installation. It's a great job. - Manuel C. - Elston - Chicago, IL Good place to have a workout and has enough space at social distance - Kevin A. - Addison, IT I'm so glad they reopened! They have added more sanitizing stations and so far they have been well supplied with paper towels, disinfecting, and hand gel. - Ada F. - Bricktown - Chicago, IT A lot of space and everyone practices social distancing in the right way. - Cortez W. - Portage Park - Chicago, IL THANKU FOR THE RE-OPENER. Perfectly put in place by remaining in harmony with the Covid-19 regulations. It was nice to train again! - P.L. - Naperville, IL XSport staff being responsible by trying to establish social distance between machines and keep things clean. Lots of cleaning and paper towel dispenser through the installation. It's a great job. - Manuel C. - Elston - Chicago, IL Good place to have a workout and has enough space at social distance - Kevin A. - Addison, IT I'm so glad they reopened! They have added more sanitizing stations and so far they have been well supplied with paper towels, disinfecting, and hand gel. - Ada F. - Bricktown - Chicago, IL

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