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Nice Post! That gym looks amazing, makes me want to workout. weird? I like cardio machines too (even tho tt doesnt) They help organize my workout and keep me going for longer. for some reason the time on there helps me stay on track better.

Primary Cardio Machines -vs- Secondary Cardio Machines

Artistic gymnastics is a discipline of gymnastics in which athletes perform short routines (ranging from approximately 30 to 90 seconds) on different apparatuses, with less time for vaulting. The sport is governed by the Fédération Internationale de Gymnastique (FIG), which designs the Code of Points and regulates all aspects of international elite competition.

Artistic gymnastics - Wikipedia

Larisa Andreea Iordache (Romanian pronunciation: [laˈrisa anˈdreeˈa jorˈdake]; born 19 June 1996 in Bucharest) is a Romanian artistic gymnast and the current leader of the Romanian women's artistic gymnastics team.. As early as 2008, the Romanian press was referring to Iordache as "The New Nadia" due to the potential that she had. She won a bronze medal at the 2012 Summer Olympics in the ...

Larisa Iordache - Wikipedia

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