

FREE PUBLIC WORLD-WIDE ACCESS @ THE LINK

[israelarmy.net/workout](http://israelarmy.net/workout)



[armyisrael.net/gym](http://armyisrael.net/gym)

•• 30lb, 50lb, 70lb, 100lb ••

DUMBBELLS

A CLEAN STRICT WHOLESOME  
RAW FOOD DIET

LIFT THE HEAVY DUMBBELLS

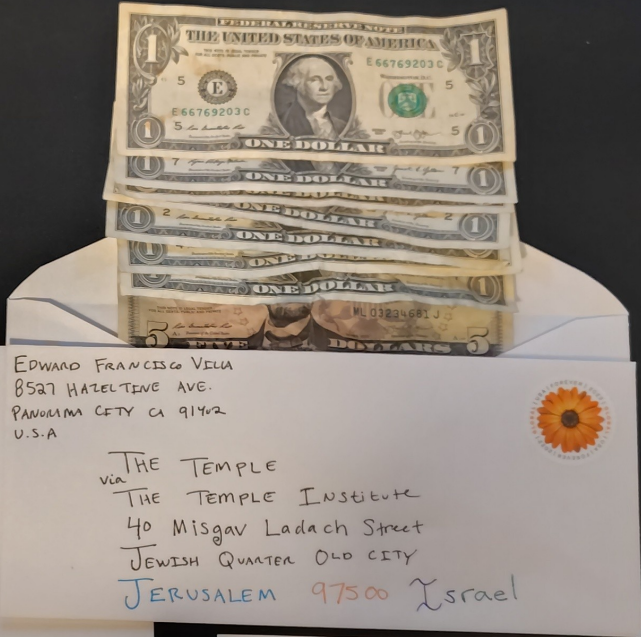


MAY GOD BLESS YOU

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The following places have been mailed the same mailing. Please do in kindness reach out to contact via e-mail or phone call or group video conferences call to kindly invite other training fitness organizations to discuss, study and give to each other opinions and thoughts of it.

You may access and freely give others this mailing by visiting the public link at the following address : [armyisrael.net/training](http://armyisrael.net/training)

May God bless all of you . May The Lord The King Immanuel Jesús bless all of you .

this is from \*A strict most clean organic whole-foods raw diet gradually increasing the dumbbell weights 15 - 30lb -50 -80-100lb dumbbells

Edward Francisco Villa in Panorama City California 91402

Gracie Barra Tarzana  
18065 Ventura Blvd, Encino, CA 91316  
email : [GBTarzana1@gmail.com](mailto:GBTarzana1@gmail.com)  
phone : 1 (818) 436-9155

Muy Thai Kick-Boxing  
7405 Bellaire Ave. North Hollywood, CA 91605  
email : [info@mtkgym.com](mailto:info@mtkgym.com)  
phone : 1 (818) 982-2790

Gracie Barra Brazilian Jiu-Jitsu  
Northridge, California  
19520 Nordhoff St #10th, Northridge, CA 91324  
visit their website @ : [www.gbnorthridge.com](http://www.gbnorthridge.com)  
email : [info@gbnorthridge.com](mailto:info@gbnorthridge.com)  
phone : 1 (818) 357-4074

Crunch Fitness Van Nuys  
6723 Van Nuys Blvd, Van Nuys, CA 91405  
phone : +1 818.742.6044  
visit their website @ : [www.crunch.com/locations/van-nuys](http://www.crunch.com/locations/van-nuys)

Mendys Fitness Van Nuys  
6371 Van Nuys Blvd, Van Nuys, CA 91401  
phone : 1(818) 399-0905  
visit their website @ : [www.mendysgym.com](http://www.mendysgym.com)

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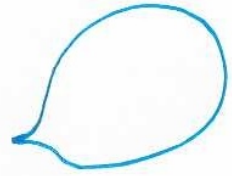


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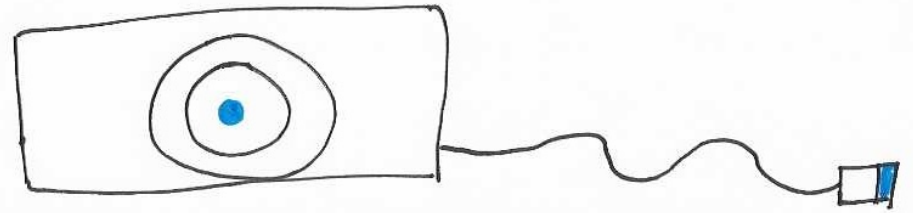
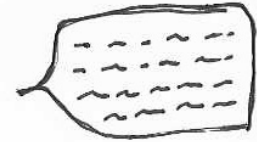
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[israelarmy.net](https://israelarmy.net) / Israel Defense Forces

KRAV MAGA

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Krav Maga Israel

visit their website @ : [www.kravmagaisrael.com](http://www.kravmagaisrael.com)

video voice group call them and invite each other to

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setup group Whatsapp, Facebook Messenger group video voice chats with each one another

email Krav Maga Israel at

[info@kravmagaisrael.com](mailto:info@kravmagaisrael.com)

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to other people and \*\*\*invite\*\*\* other Krav Maga even Israel army instructors for example at Israel training facilities  
around the world  
or any one for that matter around the world via video voice group conferencing e-mail private public chat groups

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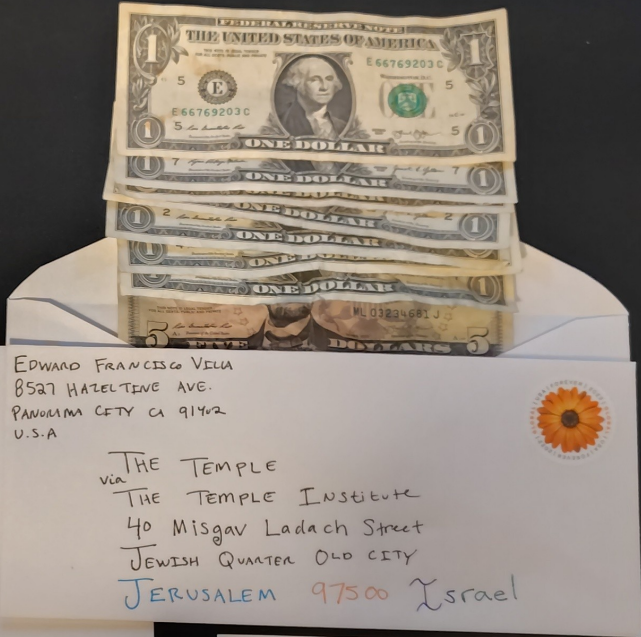
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