

HOW DO I KEEP FIT DURING QUARANTINE?

DOMINIK KRÓL

•

WHEN THE GOVERNMENT CLOSED THE GYMS, I WORKED OUT AT HOME FOUR TIMES A WEEK



• AFTER THEY OPENED THE GYMS, I STARTED ACTIVELY WORKING OUT AGAIN AND NOW I CURRENTLY WORK OUT FIVE TIMES A WEEK



- EXERCISING IN THE GYM IS THE ONLY ACTIVE ACTIVITY I DO, I'M VERY HAPPY THAT THEY REOPENED THE GYMS AND I CAN DEVOTE MYSELF FULLY TO IT



END

THANK YOU FOR YOUR ATTENTION