Get Ripped and Chiseled Jari Love:



DVD



Language: English Run Time: about 60 min. Kind: Strength Training/Total Body Warm up: Workout: 50 min. Cool Down:

Bonus consists of: Ab Workout:

Equipment: Dumbbells, Step-bench Barbell (optional) Barbell plate (optional)

5 Min. Nutrition tips **Recipes**

5 min.

5 min.

Effectiveness:







Instruction:

Motivation:



Jari Love: Get Ripped and Chiseled

