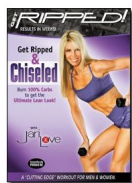


Jari Love: Get Ripped and Chiseled

Written by Eva

Thursday, 08 March 2012 15:04 - Last Updated Sunday, 27 November 2016 12:21



DVD



Language:	English
Run Time:	about 60 min.
Kind:	Strength Training/Total Body
Warm up:	5 min.
Workout:	50 min.
Cool Down:	5 min.

Bonus consists of:

Ab Workout: 5 Min.

Equipment:

Dumbbells, Step-bench Nutrition tips

Barbell (optional) Recipes

Barbell plate (optional) Effectiveness:



Instruction: 



Motivation: 



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[Redacted text]