sorry, translation is coming soon



DVD





Language: English Run Time: 56 min.

Kind: Strength training+Step Aerobic

Warm up 6 min.
Step Aerobic 8 min.
Toning/Strengtht: 39 min.
Cool down: 3 min.

Equipment: Effectiveness:





Dumbbells, Step BenchInstruction:





Gliding Discs, Resistan Medianation:





Cathe Friedrich's Low Impact Series: Athletic Training

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