

Cathe Friedrich's Low Impact Series: Athletic Training

Written by Eva

Saturday, 12 May 2012 18:51 - Last Updated Monday, 26 September 2016 15:04

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 Bench

Instruction:



Gliding Discs, Resistance Band

Motivation:



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