

Clare Nasir's Boot Camp

Written by Eva

Sunday, 11 November 2012 17:26 - Last Updated Thursday, 18 August 2016 18:06



DVD



Language:	Englisch
Running time:	80 Min.
Kind:	Strength/Cardio
Punch inkl. Warm up:	20 Min.
Kick:	20 Min.
Tone:	20 Min.
Crunch&Cool down:	20 Min.
Nutrition tips	

Effectiveness:



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