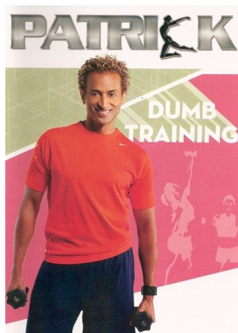


Patrick Goudeau: Dumb Training

Written by Christin

Monday, 21 November 2016 12:59 - Last Updated Thursday, 24 November 2016 18:08



DVD



Language:

English

Running Timer:

50 Min.

Kind:

Strength + Cardio

Warm up
Workout I

about 6 Min.

Workout II

Workout III

Workout IV

about 8 Min.

about 7 Min.

about 8 Min.

about 8 Min.

Abs

about 6 Min.

Cool down

about 5 Min.

Equipment:

Effectiveness:



Dumbbells

Instruction:



Motivation:



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