

Denise Austin: Get fit fast

Written by Eva

Sunday, 24 July 2011 19:00 - Last Updated Sunday, 21 August 2016 12:18



DVD



Language:

English

Run Time:

about 110 min.

Kind:

Strength and Toning

Level I

Level II

Level III

Legs/Buttocks

11 min.

11 min.

15 min.

Arms/Shoulders

11 min.

11 min.

15 min.

Abs/Back

11 min.

11 min.

15 min.

Equipment:

Dumbbells

Effectiveness:



Instruction:



[here available](#)

Motivation:



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here you can find a Trailer