

Susan Chung: Rapid Fire 4 Sweat

Written by Christin

Sunday, 27 November 2016 12:21 - Last Updated Monday, 05 December 2016 15:34



DVD



Sprache:

English

Dauer:

70 Min.

Art:

Kickboxing/Boxing

Warm up:

Round 1 Kickboxing

Round 2 Kickboxing

Round 3 Kickboxing

5:30 Min.

7:30 Min.

8:00 Min.

9:30 Min

Round 1 Boxing

Round 2 Boxing

Round 3 Boxing

8:00 Min.

8:00 Min.

9:30 Min.

Abs:

10:30 Min.

Stretching:

6:00 Min.

Equipment:

Dumbbells

Wrist Weights (optional)

or Boxing Gloves (optional)

Effektivenss:



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Instruction:



[here or available Motivation plus Trailer](#)



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