

DVD





Language: English Run Time: ca. 60 min.

Art: Cardio/Step Workout

Workout I 23 min.+4 min. Warm up Workout II 24 min.+4 min. Warm up

Cool Down/Stretch 5 min.

Effectiveness:





Instruction:





Motivation:





Kelly Coffey-Meyer's: 30-Minutes to Fitness Step Boxing

Written by Eva Tuesday, 03 July 2012 16:09 - Last Updated Thursday, 11 August 2016 11:02

Equipme Blancht, optional Dumbhells, and cruit curve but the continue of the c