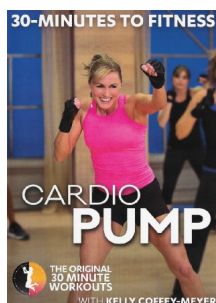


Kelly Coffey: 30 Minutes to Fitness/Cardio Pump

Written by Christin

Friday, 29 July 2016 16:08 - Last Updated Saturday, 18 February 2017 12:54



DVD



Sprache:

English

Dauer:

64 Min.

Kind:

Cardio/Total Body

Workout I Cardio/Boxing 30 Min.

Workout II Total Body 33 Min.

Premixes

All with Warm-up and Stretch

Equipment:

Ankle weights, Boxings gloves
optional; weights

Effectivity:



Instruction:



Motivation:



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