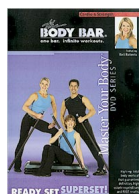


Keli Roberts: Ready, Set, Superset

Written by Eva-Maria

Sunday, 24 July 2011 19:42 - Last Updated Thursday, 25 October 2018 16:33



DVD



Language:

English

Run Time:

about 50 min.

Kind:

Intervaltraining

Strength/Endurance

Warm up:

7 min.

Cardio/Strength

32 min.

Abs:

5 min.

Cool Down

6 min.

Equipment:

Effectiveness:



Stepboard, Body bar

Instruction:



Motivation:



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[here available in trailer](#) ~~Wing off the film's debut at the Berlin Film Festival and~~