

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



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:



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Equipment: Bench, optional Dumbbells

2 / 2