

Mel B. - Totally Fit

Written by Eva

Monday, 06 August 2012 17:49 - Last Updated Thursday, 11 August 2016 11:02

sorry, translation is coming soon



DVD



Sprache:	English
Run Time:	about 115 min.
Kind:	Total body training
Warm up:	6 min
Cardio intensive:	20 min
Cardio:	16 min.
Arms:	12 min.
Chest/Back	11 min
Buttock:	11 min.
Legs:	11 min.
Abs:	11 min.
Bauch spezial:	9 Min.
Cool down:	6 Min.

Equipment

Dumbbells or filles plast Effective Chair



Instruction:



[here available plus Trailer](#)

Motivation:



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