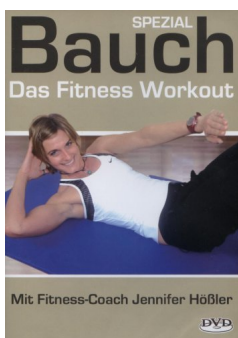


Jennifer Höbner: Abdominal Workout/ Bauch Spezial

Written by Eva

Sunday, 24 July 2011 19:31 - Last Updated Wednesday, 12 April 2017 16:00



DVD



Language:

German

Running Time:

about 50 Min.

Kind:

Toning/Strength

Warm up:

7 Min.

Workout I

13 Min.

Workout II

22 Min.

Stretch:

5 Min.

Equipment:

Effektiveness:



None

Instruction:



Motivation:



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