

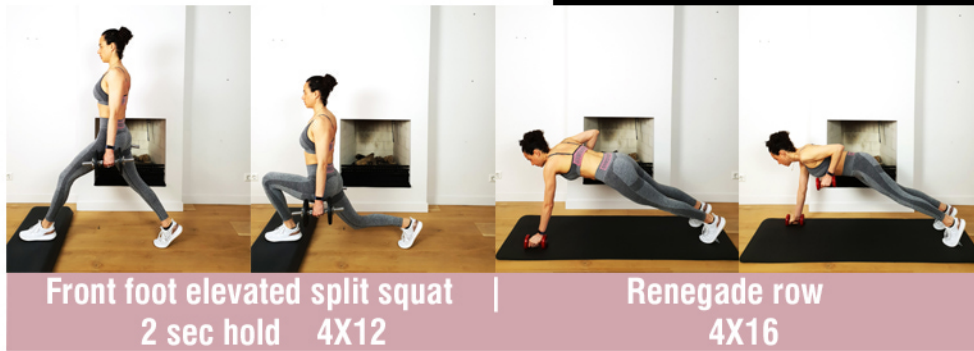
FULL BODY 04

Home workout
Level: intermediate/advanced
Time: 30-35 min

Superset A



Superset B



Superset C



Superset D

