

FULL BODY 05

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

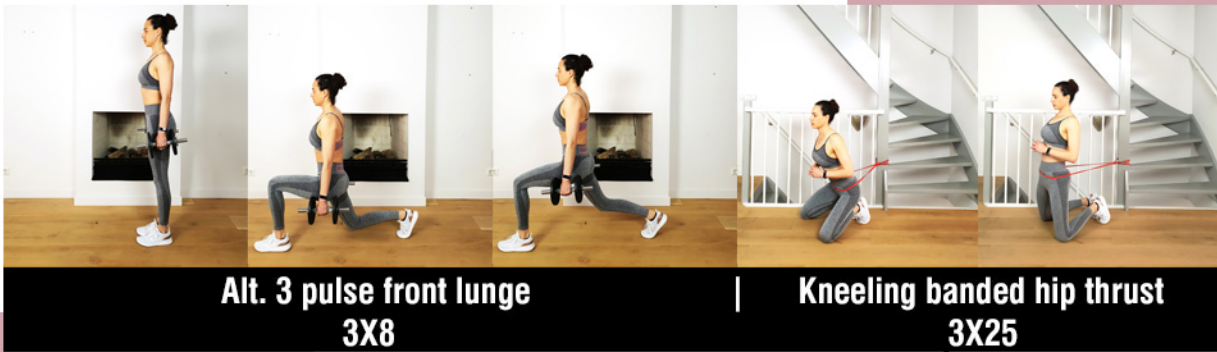
Superset A



Superset B



Superset C



Superset D

