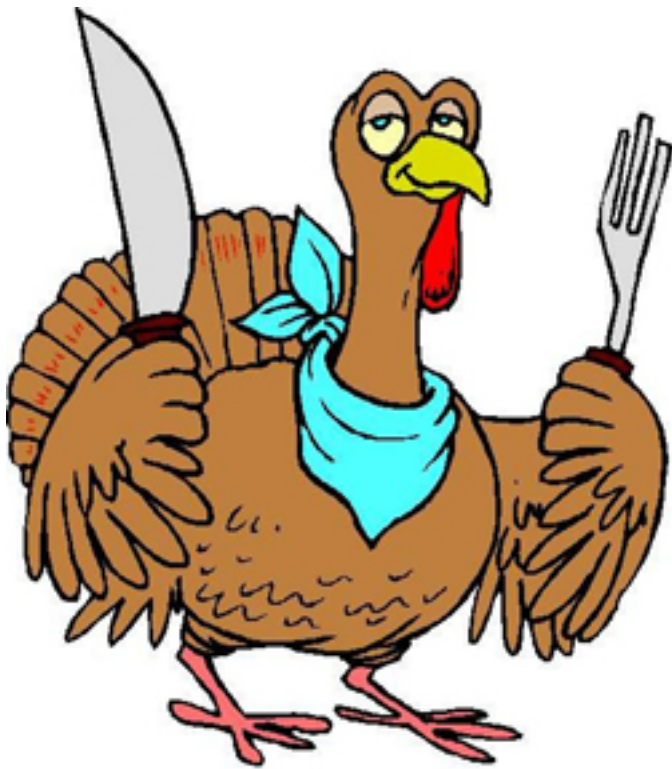


November 28, 2013

Written by Andrea

Wednesday, 27 November 2013 20:56 -



Advanced

21-15-9

Push ups

Squats

November 28, 2013

Written by Andrea
Wednesday, 27 November 2013 20:56 -

Intermediate

21-1-5-9

Push ups

Squats

Beginner

15-12-9

Push ups

Squats