

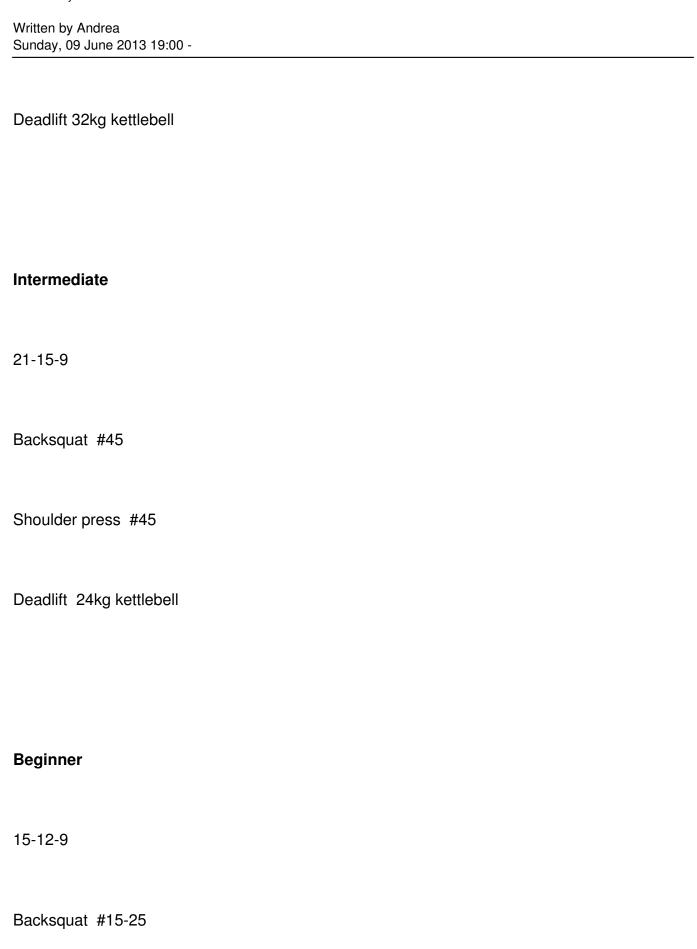
Advanced

21-15-9

Backsquat #65

Shoulder press #65

June 10, 2013



June 10, 2013

Written by Andrea Sunday, 09 June 2013 19:00 -

Shoulder press #15-25

Deadlift 16kg kettlebell