

"Baby Cindy"

Advanced and Intermediate

For 15 minutes do:

5 pull ups or progressions

10 push ups

15 squats

August 25, 2013

Vritten by Andrea Saturday, 24 August 2013 16:22 -	
Beginner	
For 10 minutes do:	
5 pull ups or progressions	
10 push ups	
15 squats	