

TRÄNINGSPROGRAM

Ben, rumpa, bål



av Christina S

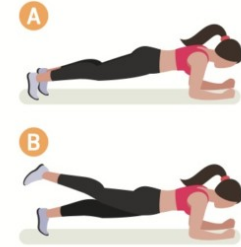
START



12 x

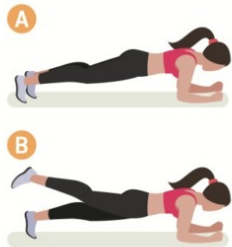


12 x



12 x

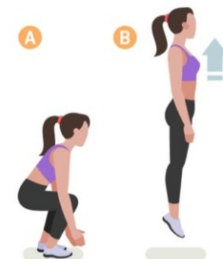
MÅL



12 x



12 x



12 x



Vila mellan varv: 1,5 min



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