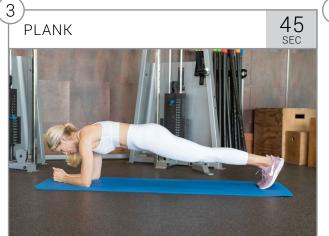
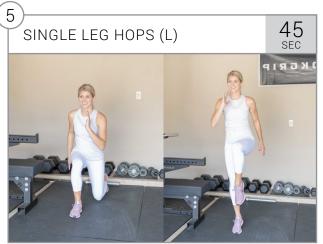
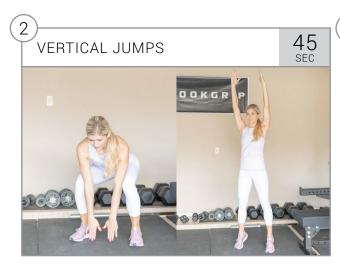
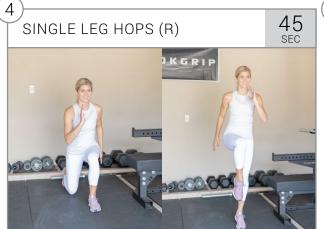
CONDITIONING WORKOUT 2018 Fall Challenge / Home













Instructions: Rest 60 seconds between each exercise; complete 3 total rounds

Glute Guide Add On Workout - Plyometrics

