

BOOTY & ABS: FEB WEEK 4

No Equipment



MON 20TH

15 MIN



NEW VIDEO
5 BEST GLUTE
BRIDGE EX's

THU 23RD

23 MIN



7 MIN



TUE 21ST

7 MIN



10 MIN



FRI 24TH
ACTIVE
REST

SAT 25TH
ACTIVE
REST

WED 22ND

ACTIVE REST

SUN 26TH

10 MIN



7 MIN

