

360° WORKOUT *challenge*

01

COURSE

20mn

02

ABDOS

30mn

03

COURSE

20mn

04

ABDOS

30mn

05

COURSE

20mn

06

HIIT

30mn

07

ABDOS

30mn

08

COURSE

20mn

09

ABDOS

30mn

10

COURSE

20mn

11

COURSE

20mn

12

ABDOS

30mn

13

COURSE

20mn

14

ABDOS

30mn

15

COURSE

20mn

16

HIIT

30mn

17

ABDOS

30mn

18

COURSE

20mn

19

ABDOS

30mn

20

COURSE

20mn

21

COURSE

20mn

22

ABDOS

30mn

23

COURSE

20mn

24

ABDOS

30mn

25

COURSE

20mn

26

HIIT

30mn

27

ABDOS

30mn

28

COURSE

20mn

29

ABDOS

30mn

30

COURSE

20mn

TKC