

CIRCUIT ONE

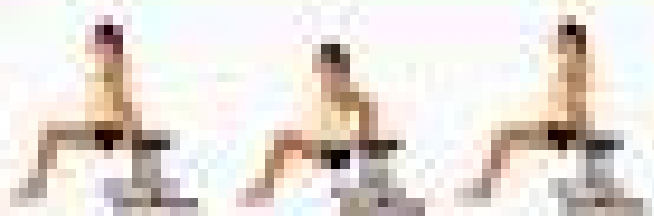
1.5
min

Weighted squat clean & press



1.5
min

Triceps dips



1.5
min

Commando 11.7 feet wall



CIRCUIT TWO

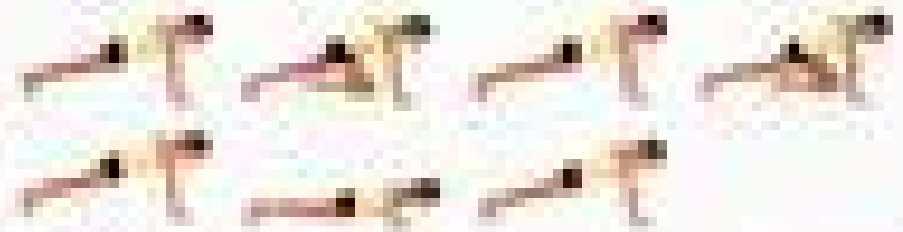
50
sec

Box walk



1.5
min

4 mountain climbers + 3 jacks per



1.5
min

Long levers



Bikini Body Guide En Fran Ais

Didier Musso



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