



Videos

Sign in

Hide Filters

Search videos...

Collections

All videos

Live Zoom Classes

See all (44)



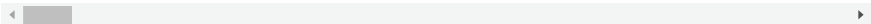
Rosie Zoom 12-8-21



Rosie Zoom 12-1-21



Rosie Zoom 11-1-21
full bc



Upper body, Shoulders + Arm Focus

See all (2)



Biceps Series: Split stance w
rotation - 2 varied sets



Tricep + Butt Series: 2
Variations