



The awakeing Snail Workout



Created by *Utku işgören*

0 min.
0 sec.

Difficulty
3



Flexibility

0%



Strength

0%



Endurance

0%



Cardio

0%

0
Exercises

Tags:

1 x Round 1

Description

Exercise descriptions

This workout has been created by a user. Participation at own responsibility. Please always pay attention to your health, reach out for the limit but stop if it gets too tough.