

GLOWUP BADAN - WORKOUT PLAN

Berat: 90.0 kg | Tinggi: 140.0 cm | BMI: 45.92

Kategori: **Obese**

No	Exercise & Duration
1	Stairmaster 30 Menit

Generated on 12 November 2025, 10:54
GlowUp Gang - Stay Healthy! ■