

ABC 3G 12:41 AM

Programs

Exercises

Level 1 Equip. Muscles Modality +



Exercise #1
description



Exercise #2
description



Exercise #3
description



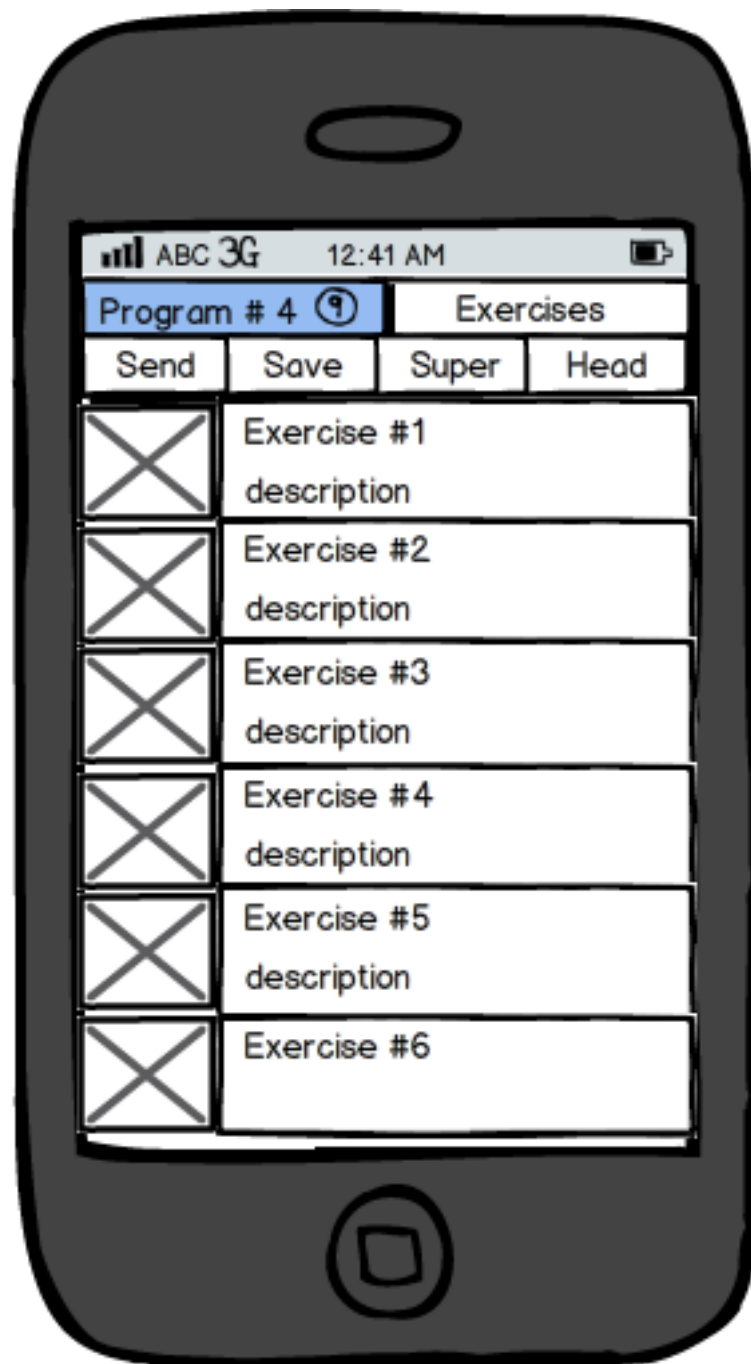
Exercise #4
description

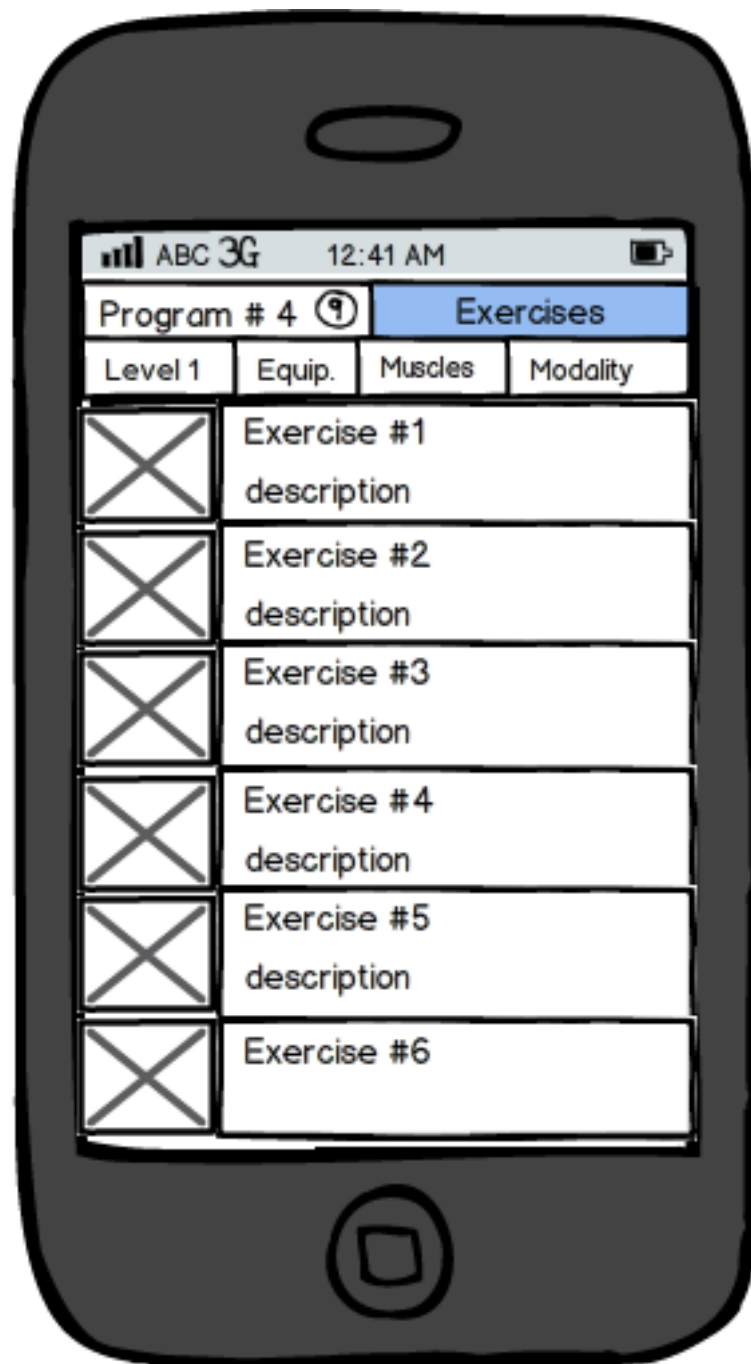


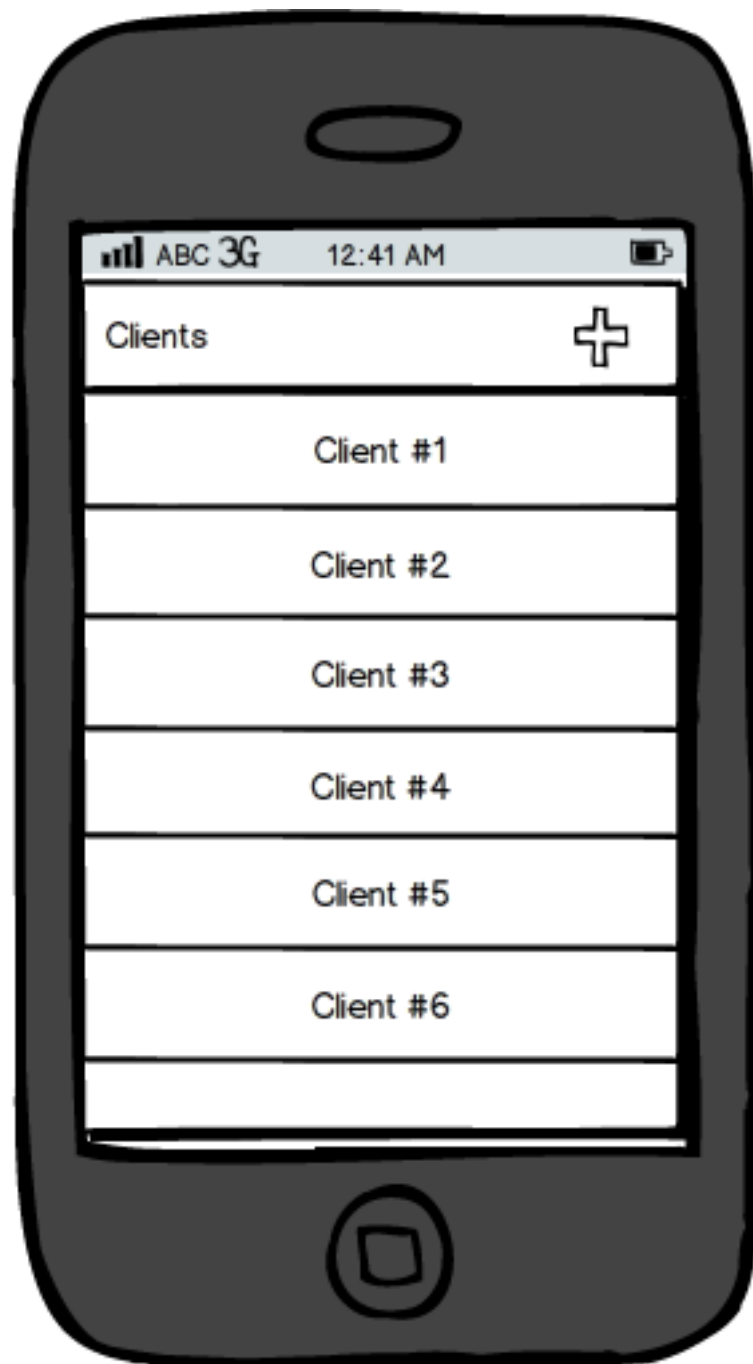
Exercise #5
description

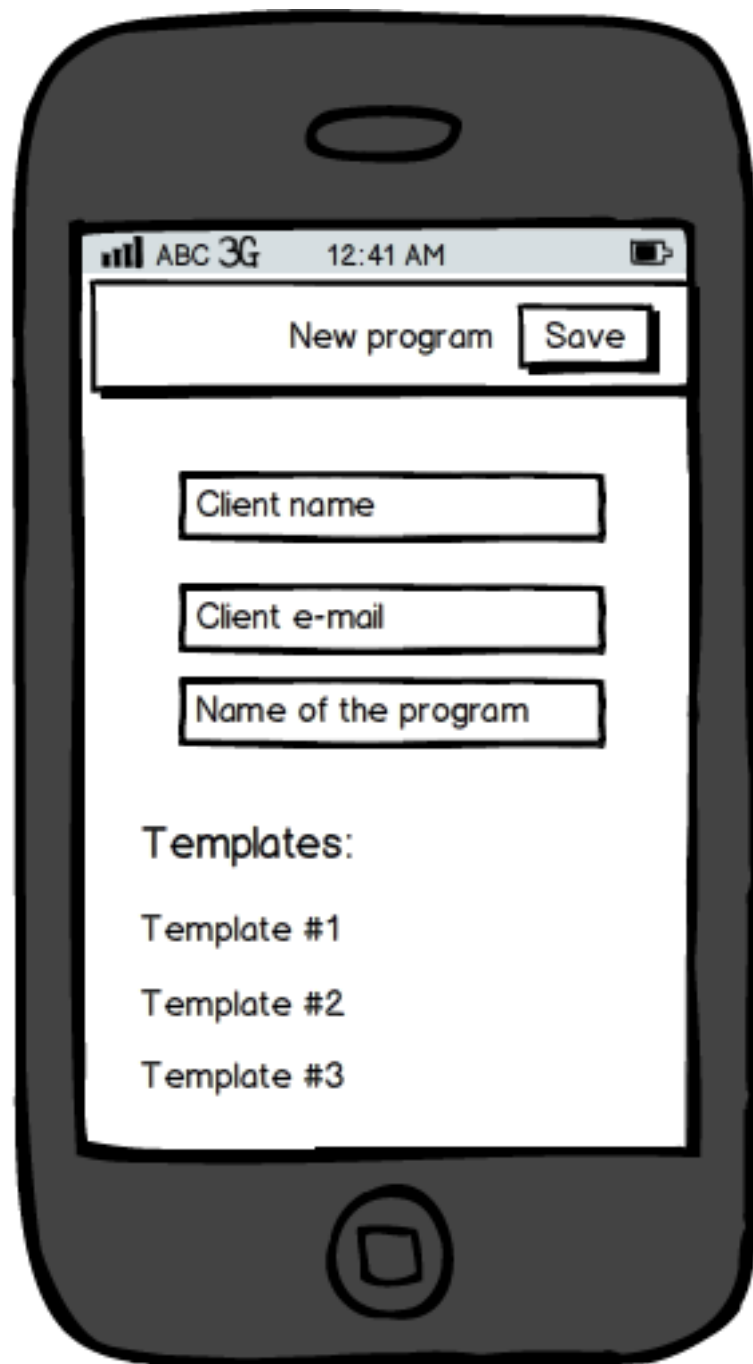


Exercise #6









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New program

Save

Client name

Client e-mail

Name of the program

Templates:

Template #1

Template #2

Template #3

