CrossFit Praha

Bc. Jozef Mihaľ

CrossFit Praha
CROSSFIT PRAHA
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Reebok

FT 21-15-9
KB SW
BURPEE KB SW
3 MIN REST
FT 21-15-9
WALLBALL
BURPEE
+ 50 HANGING LEG LIFTS
I.B
II
III

HOOSIER
CROSSFIT

CROSSFIT
PRAHA

CROSSFIT

Reebok