

Gym

Little focus on belly and legs

Generated on stgym.club

Egym

1x

Round of Egym

2x

Belly

3x

Abdominal Crunches on a Stability Ball

30x

Hanging Leg Raises

12x

Plank on a BOSU ball

1m

Them legs

3x

Deadlift

12x

Squat

10x