

Activity Plan

Activity Plan 6 (AP6)

After Waking Up

06:45 pm | dddad | 1 Exercises | 12:32 Mins | 321 Kcal Burn

Description:

wer

Items Required:



Skipping Rope



Mat

Exercises:

Set 1



qqq

121x

Evening

No Exercise Available

Before Sleep

No Exercise Available