

Twitter Thread by Cardio Arena



Cardio Arena

@CadioArena



Try this effective full-body workout! ■

- Increase Strength.
- Build More Muscle.
- Have Greater Flexibility.
- Maximize Workout Efficiency.
- Burn More Calories in Less Time.

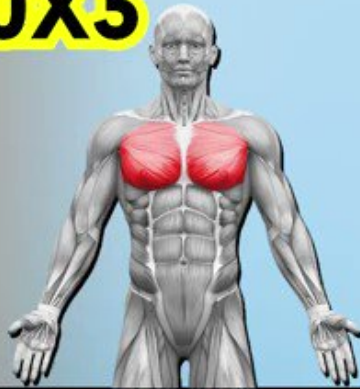
FULL BODY WORKOUT



20x4



10X3



20X4



15X3

