BEFORE BREAKFAST BURPEES

DARFREE WORKDIJT © darehee com





- 10 burnees
- 10 iumping jacks
- 10 burnees
- 10 jumping jacks
- 10 burpees
- 10 jumping jacks
- 10 hurnees
- 10 jumping jacks
- 10 burnees
- 10 jumping jacks