



CIRCUIT BURNOUT
DR. MONIQUE ST. PIERRE

Upper Body Circuit
Sport Yoga: Lower Body
Total Body Circuit
Sport Yoga: Upper Body
Lower Body Circuit
Abs & Burn
On

Upper Body Toning
Abs & Asses
Total Body Toning
Lower Body Toning
Abs & Burn
On

Upper Body Toning
Sport Yoga: Lower Body
Total Body Toning
Abs & Burn
Lower Body Toning

Abs & Asses
Sport Yoga: Upper Body
Total Body Circuit
Upper Body Toning
Lower Body Circuit

02:49

Abs & Asses
Upper Body Toning
Upper Body Circuit
Total Body Toning
Total Body Circuit
Sport Yoga: Upper Body
Sport Yoga: Lower Body
Lower Body Toning
Abs & Burn

02:38

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