

Full Body Membara

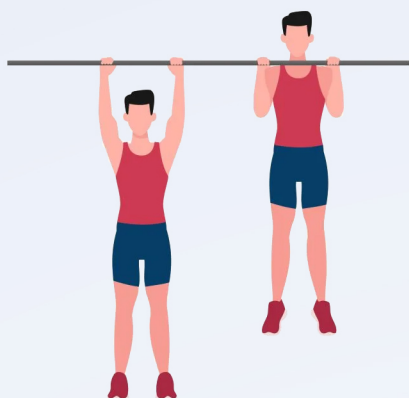
Program latihan oleh:

Tri Haryono

📷 @cayapataphoto

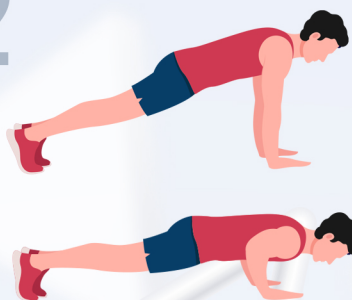
3 Set | Istirahat **5 detik** per gerakan | Istirahat **1 menit** per set

1



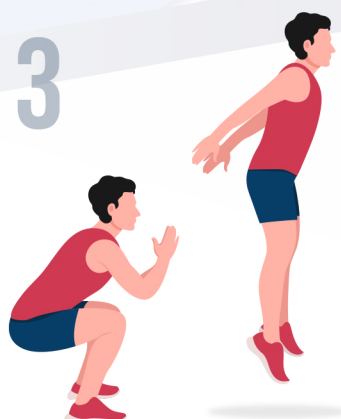
Pull-up **5 kali**

2

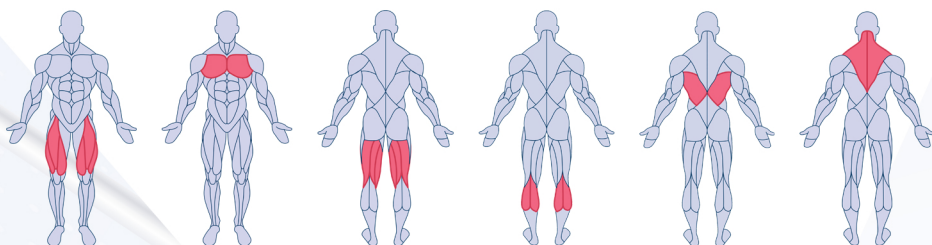


Push-up **10 kali**

3



Squat Jump **10 kali**



INFO LENGKAP



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