

2. Lay on the bench with your feet flat on the Владислав Back in operation with 4 workouts! ground, driving through to your hips. Your back 12376 scores should be arched, and your shoulder blades 2 add-ons **Install App Workout routines** Gain Strength / Bulking / Cutting AtletIQ — fitness service that brings together coaches and athletes into one social network with a special designer of workout routines and mobile assistant for their performance. Affiliate program for coaches © 2018 — AtletIQ.com