

Sale Name: GRAND OAKS FARM EQUIPMENT AND HOME FURNISHINGS
LOT 490 - Bollinger Exercise Mat, 66"

EXERCISE MAT

5 STEPS TO FITNESS

STEP 1

- 1. Warm up for 5 minutes
- 2. Do 10 minutes of aerobic exercise
- 3. Do 10 minutes of strength training
- 4. Do 10 minutes of flexibility exercises
- 5. Cool down for 5 minutes

STEP 2

- 1. Warm up for 5 minutes
- 2. Do 10 minutes of aerobic exercise
- 3. Do 10 minutes of strength training
- 4. Do 10 minutes of flexibility exercises
- 5. Cool down for 5 minutes

400

Quantity: 1



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