



**Forum: Free Express i¼`è±ā—è»Ši¼%o**

**Topic: Madreus "O paraÃ-so"**

**Subject: Re: Madreus "O paraÃ-so"**

Posted by: linlin

Posted on: 2013/11/18 17:18:49

Good! so let me be your motivation then...yes, you can do it, as long as you have a rest day in between.. I also did a lot of thigh strengthening exercises..hehe....you will like it.. it is squat ~~