

Ten Minute Workouts (10 Minute) By Chrissie Gallagher-Mundy

By Chrissie Gallagher-Mundy

Ten Minute Hips And for the shape you want to achieve precedes warming-up and cooling-down moves for a complete workout. Chrissie Gallagher-Mundy, <http://www.bol.com/nl/p/ten-minute-hips-and-thighs/1001004002019841/>

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Chrissie Gallagher-Mundy is the director of the London Academy of Personal Fitness which organises personal trainers to visit the homes of a wide range of London

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