Taxi-ercise

khuphula izinga lokuzivocavoca uzame ugijima



zungeza iteksi

5 x clockwise, 5 x anticlockwise

enza ama-squats





shaya ama-push up kwi-bonnet ye-teksi.



enza ama-lunges: 2 sets of 10

ima ngomlenze owodwa:
2 sets of 10



stretcha ingalo



stretcha imilenze