

BOX + FLOW

December 2, 2016

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wellandgoodnyc
Box + Flow

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6h

wellandgoodnyc Knockout Friday workout at the new @boxandflow studio [📍](#). #iamwellandgood #workout #boxing #yoga #regramlove @lisaelaineh

juliagharbaugh @sgsmith

carolynbrownnutrition @lisaelaineh get it girrrr! [👍👍](#)

gracerunstherace @michellepark NEVERENDING so many places to still explore.

gdelles @jess_leigh625 the more I watch this, the more her form is frustrating me #extendthosearms #keepthepuncheseyelevel

equitanceusa Amazing! [❤️](#)

afitandfabulousmichele Perfect @gracerunstherace

cysull @parkjasmine

michellepark @gracerunstherace oh



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