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Scott Colby @ScottColby · Nov 27, 2008

A 5 Minute Thanksgiving Day Workout. Do it right before eating mom's homemade pumpkin pie. ;) http://theabsexpert.com/blog/

Scott Tousignant
@TheFitB

Replying to @ScottColby

@scottcolby You out did me bud. My workout was 10 minutes. It was leg day and I wish it was only 5 minutes. Killer workout!

9:27 AM · Nov 27, 2008 · Twitter Web Client

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