

Demy (B) || Crossfit • Coach • Bali

INSTAGRAM

@demy_mido Indonesia, Jakarta

Started crossfit at 40yo ?? CF-L2 Head Coach @crossfit.ubud Bali BA @sundayshadesco ??Follow to see my workout routine ?? DM for business collabs.

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FOLLOWERS	FOLLOWING	POSTS	ENGAGEMENT RATE	SOCIALHIPPER SCORE

Category

CrossFit

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