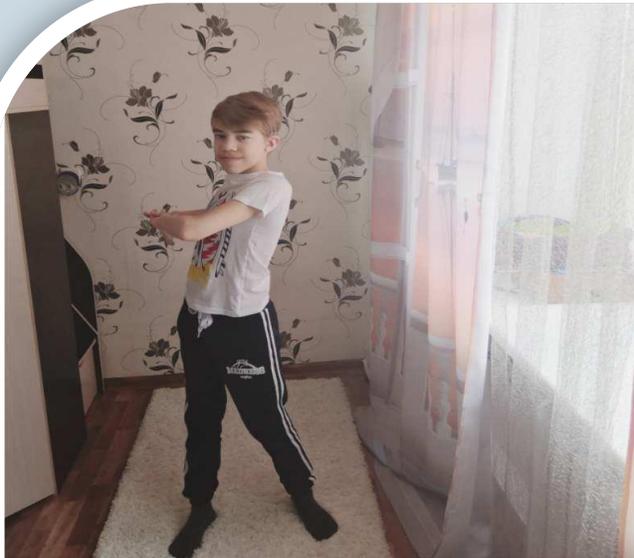




Физкульт – привет!





Ситдигов Алексей

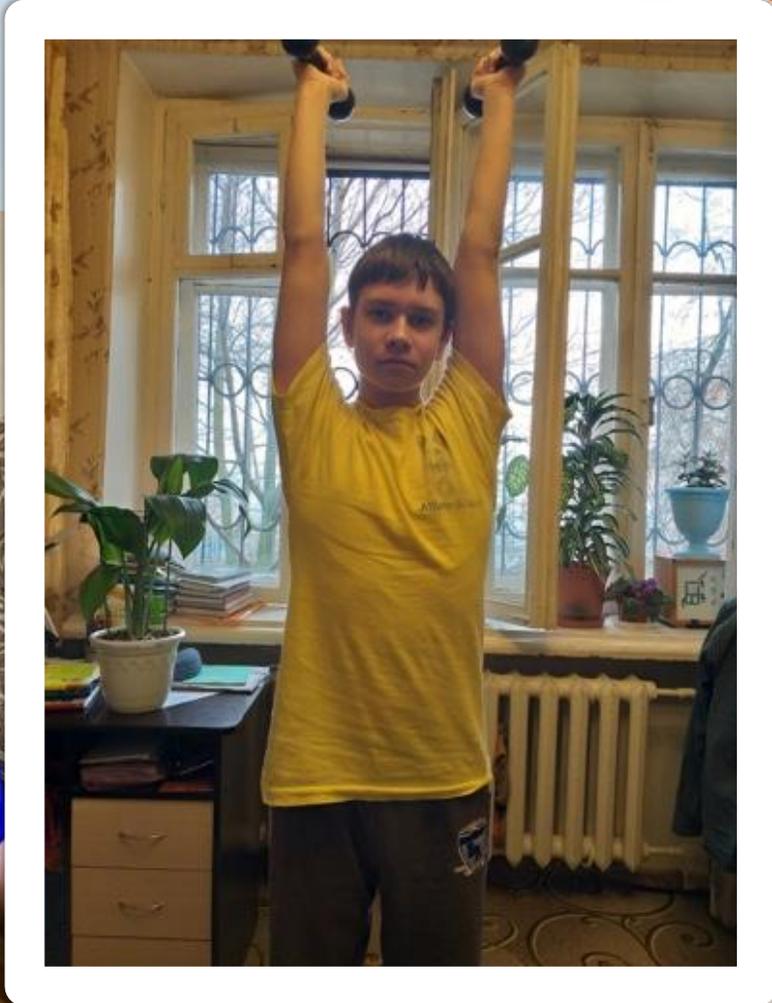


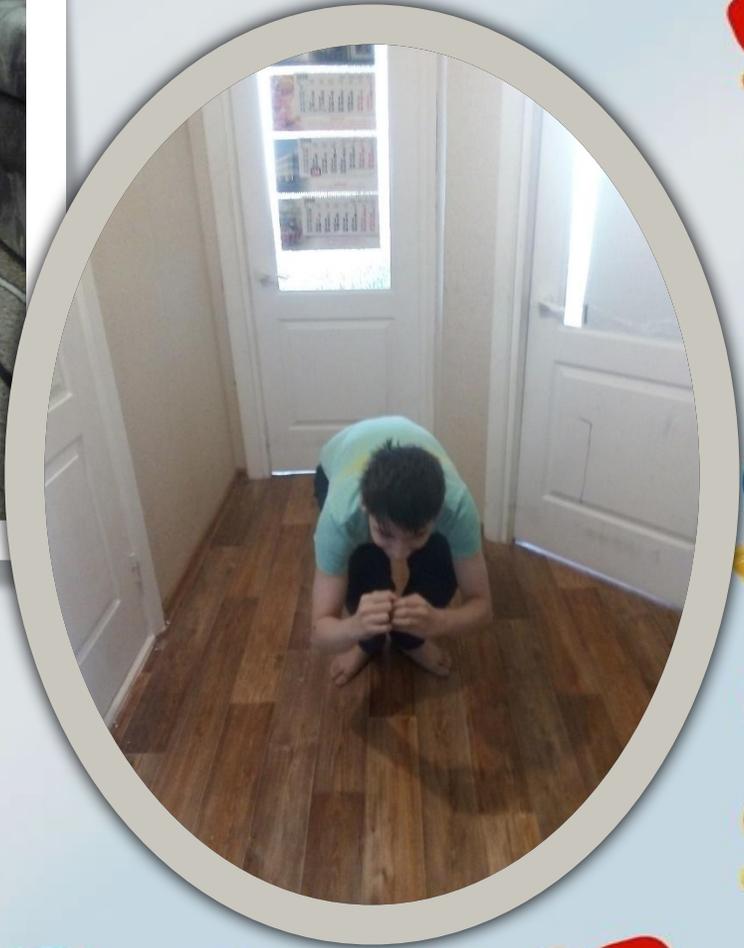


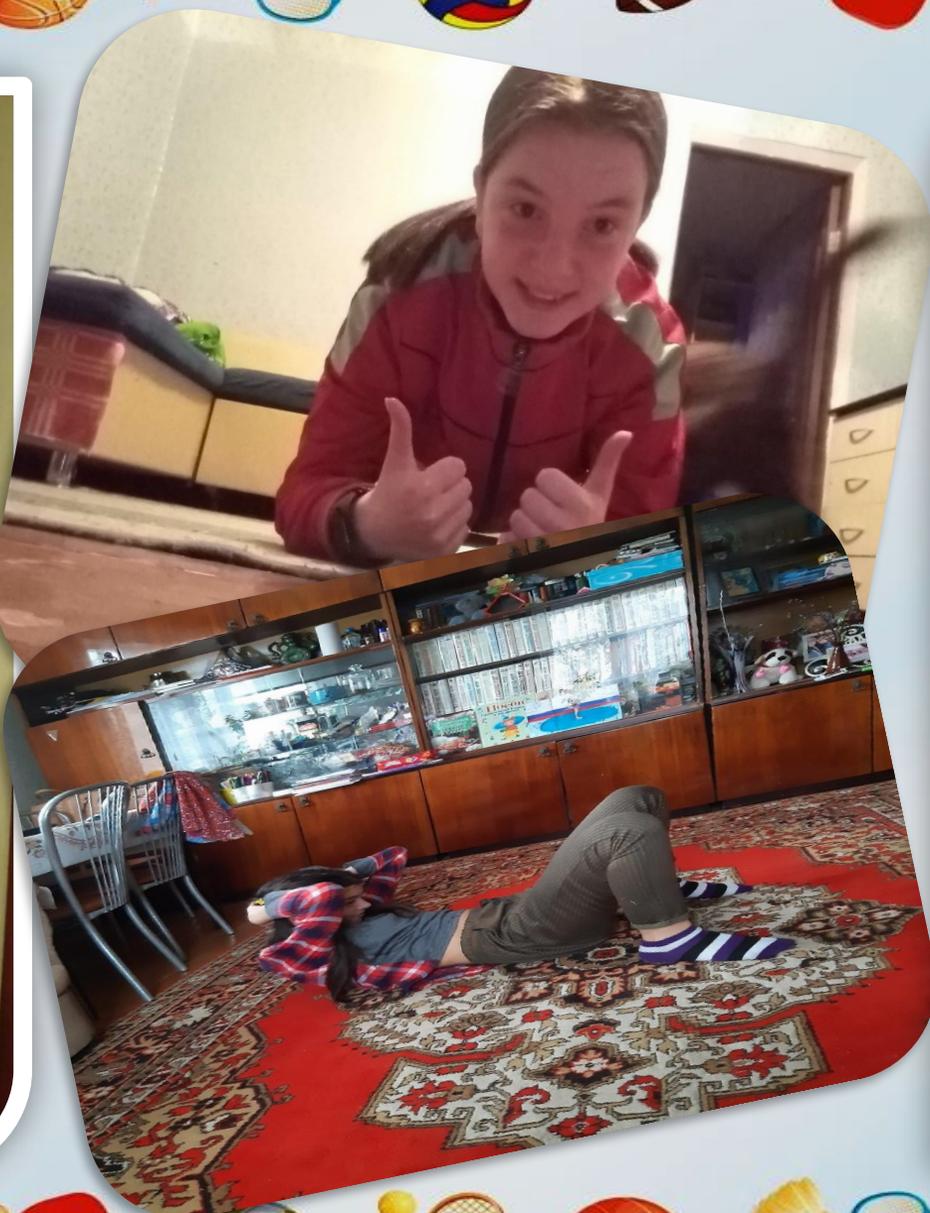
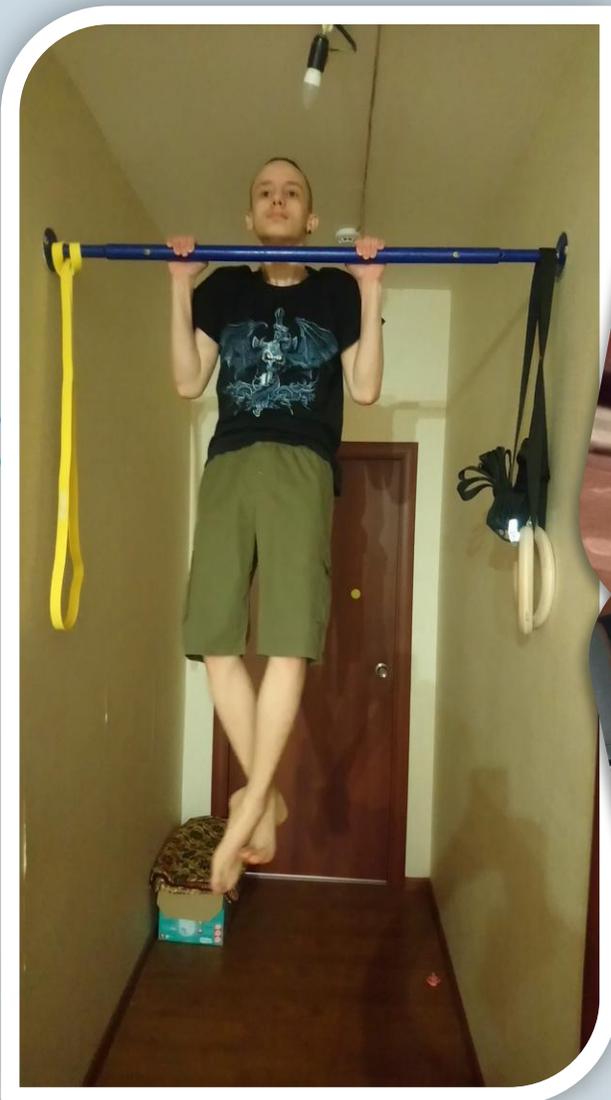


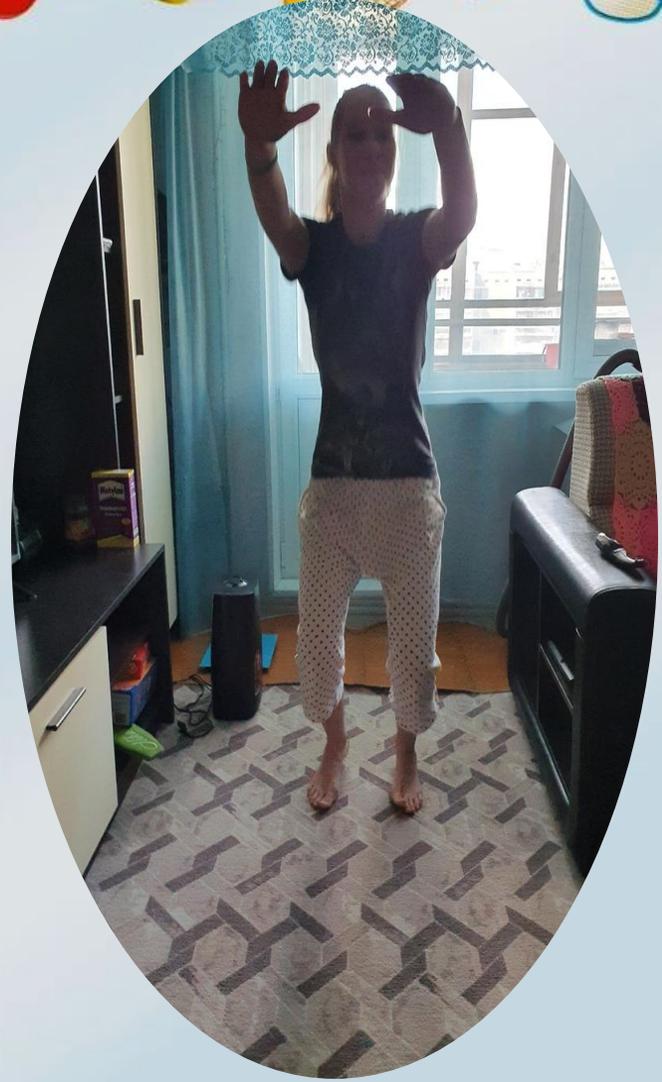
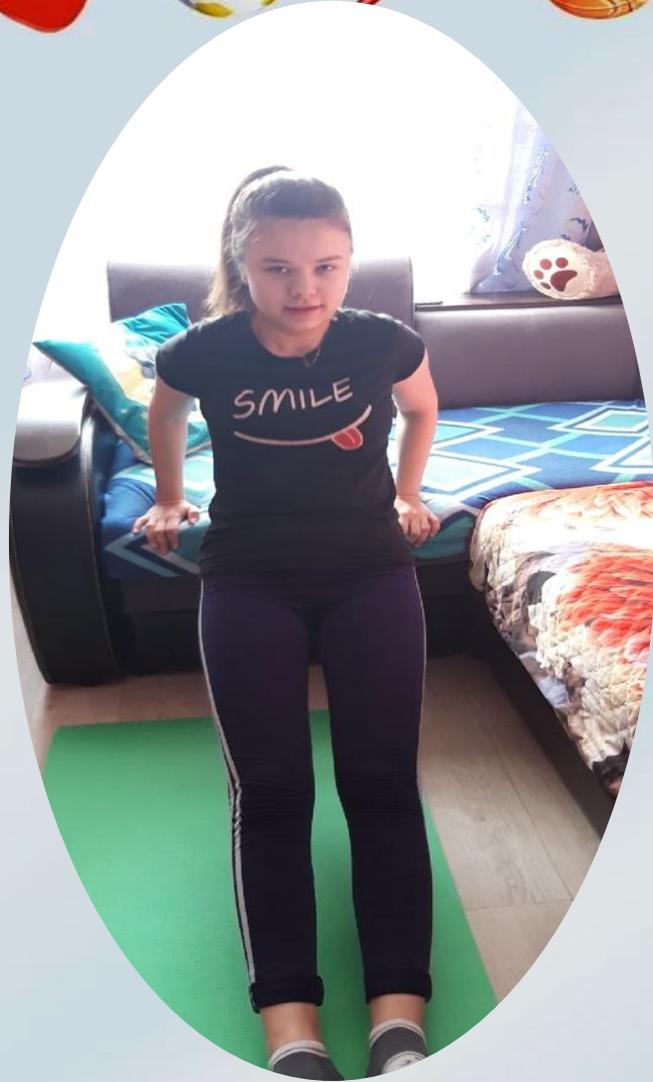












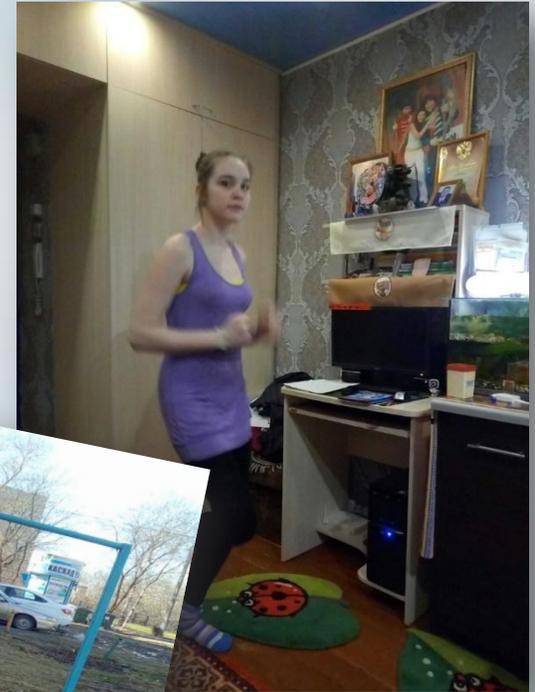


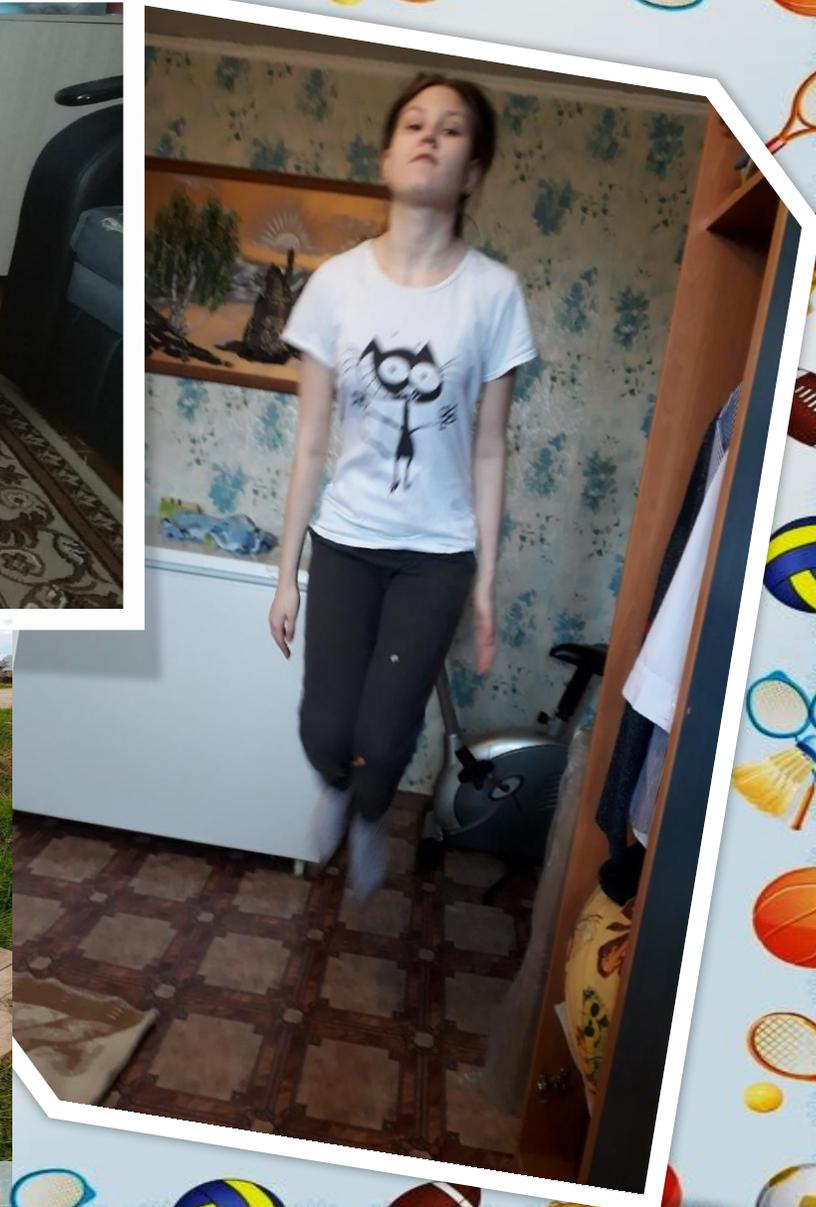


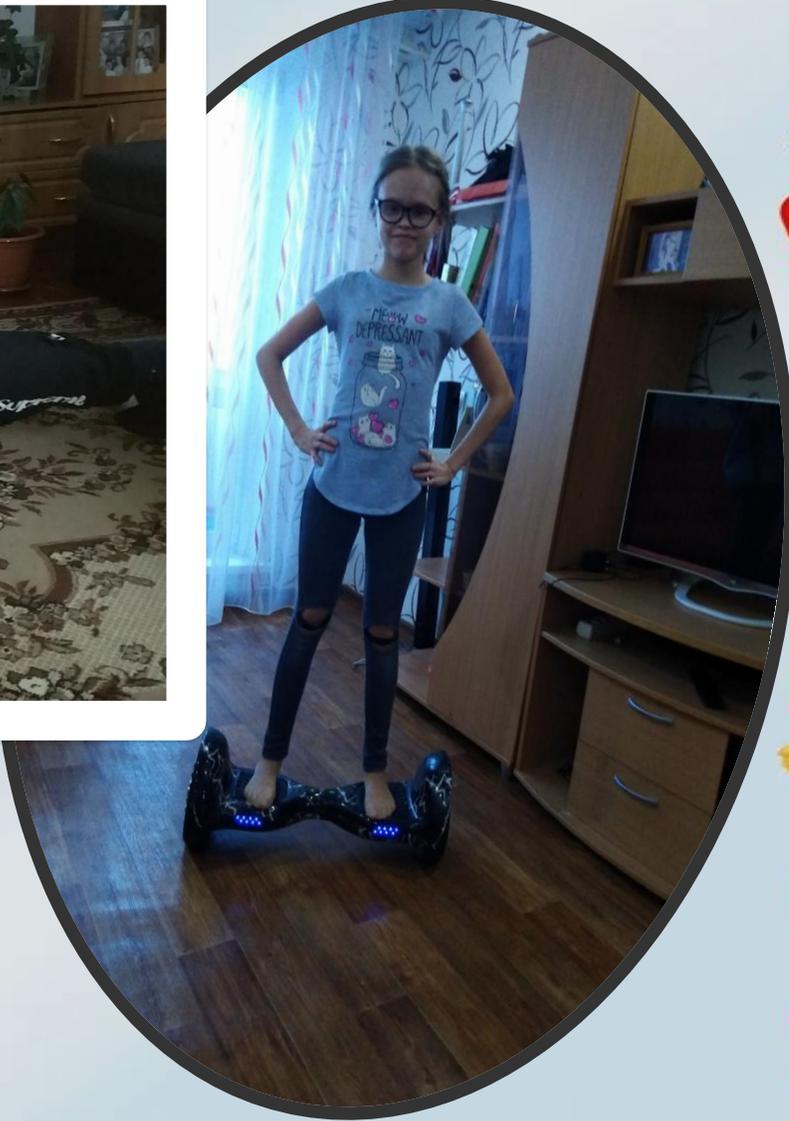
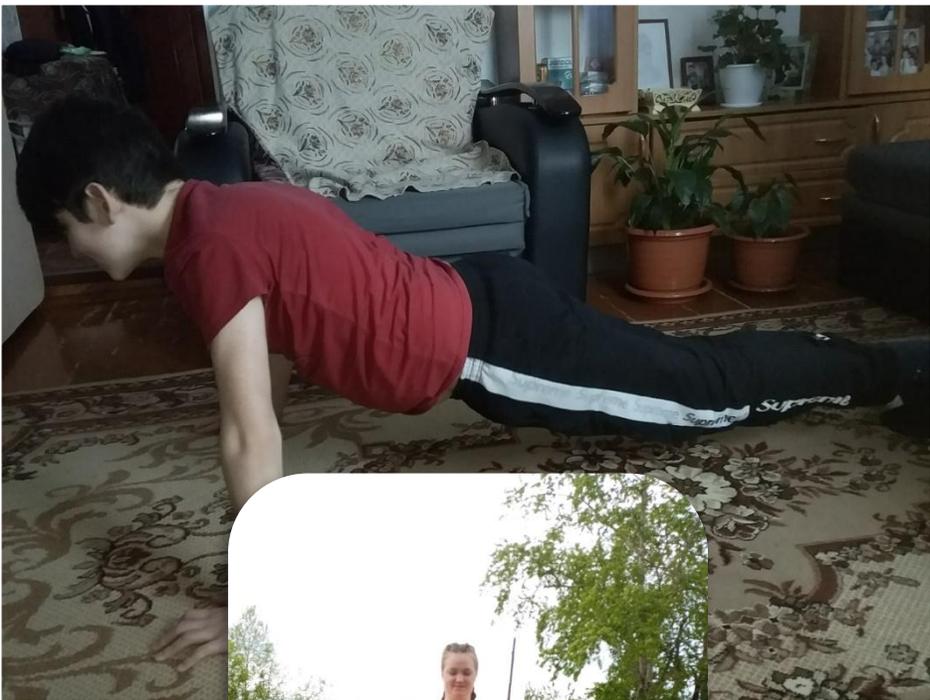
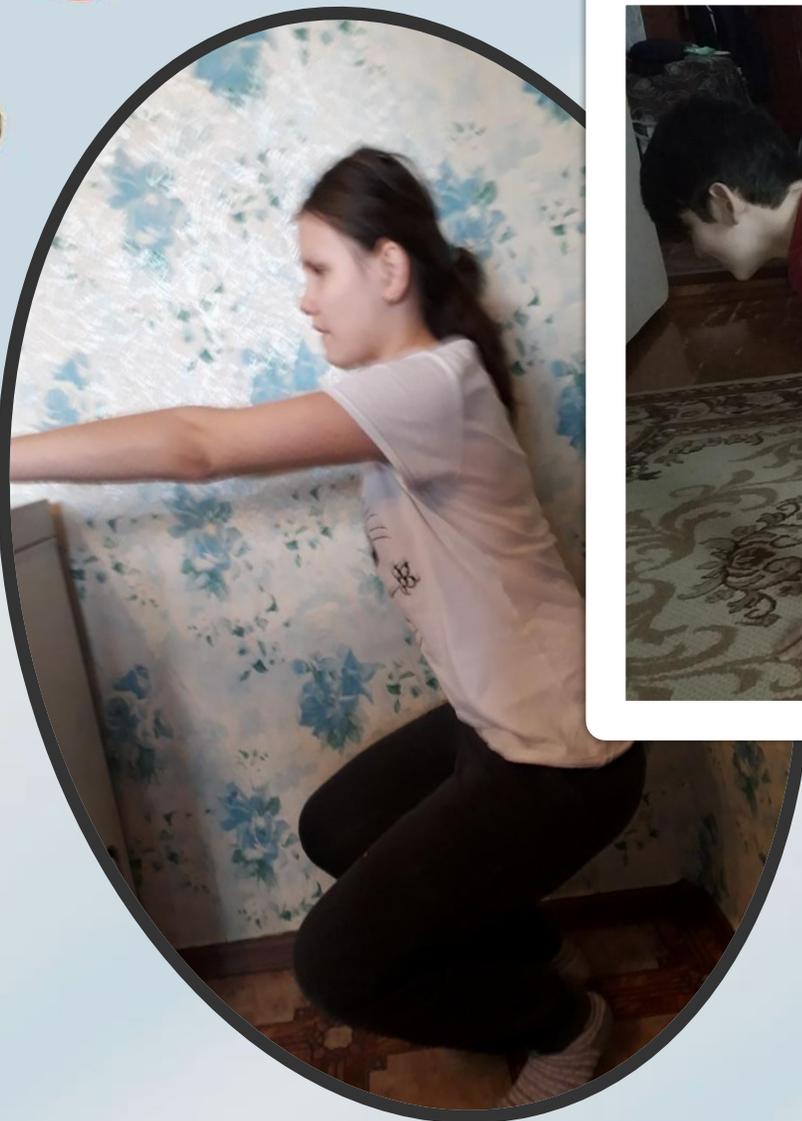




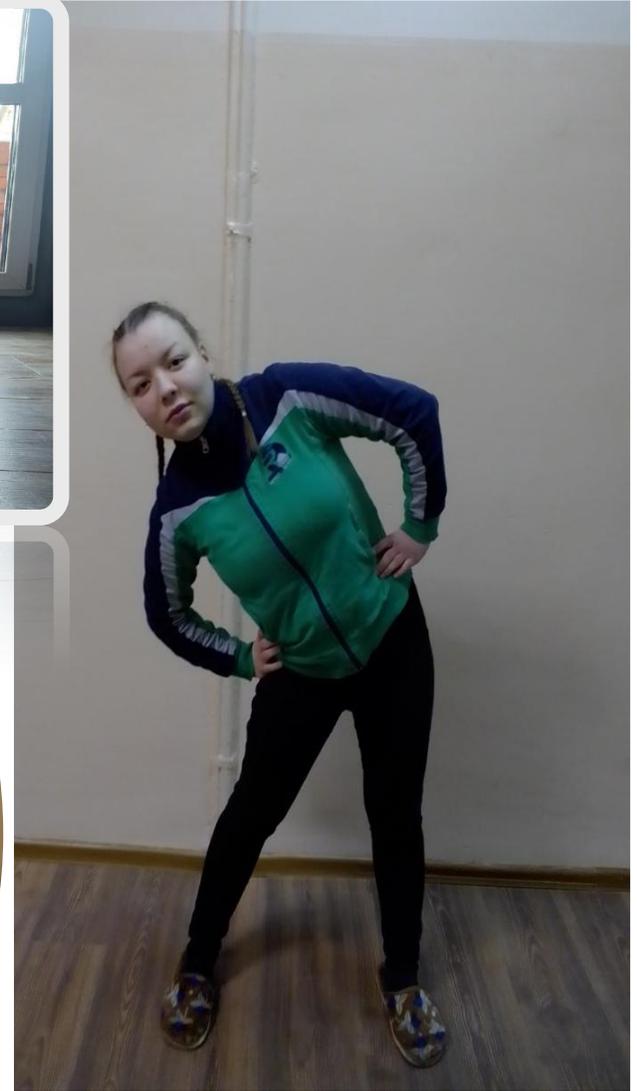
REDMI NOTE 8T
AI QUAD CAMERA

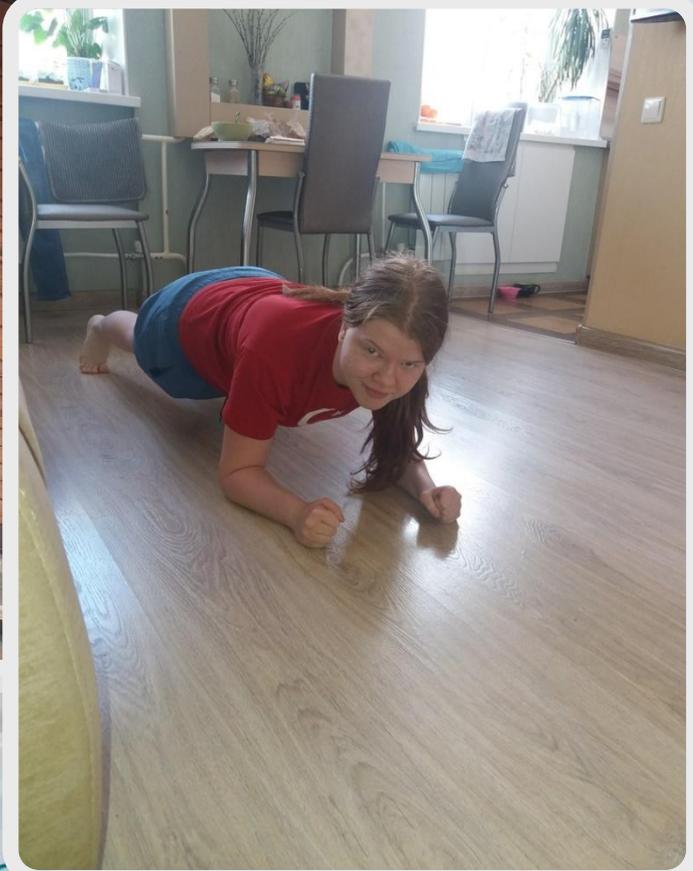


















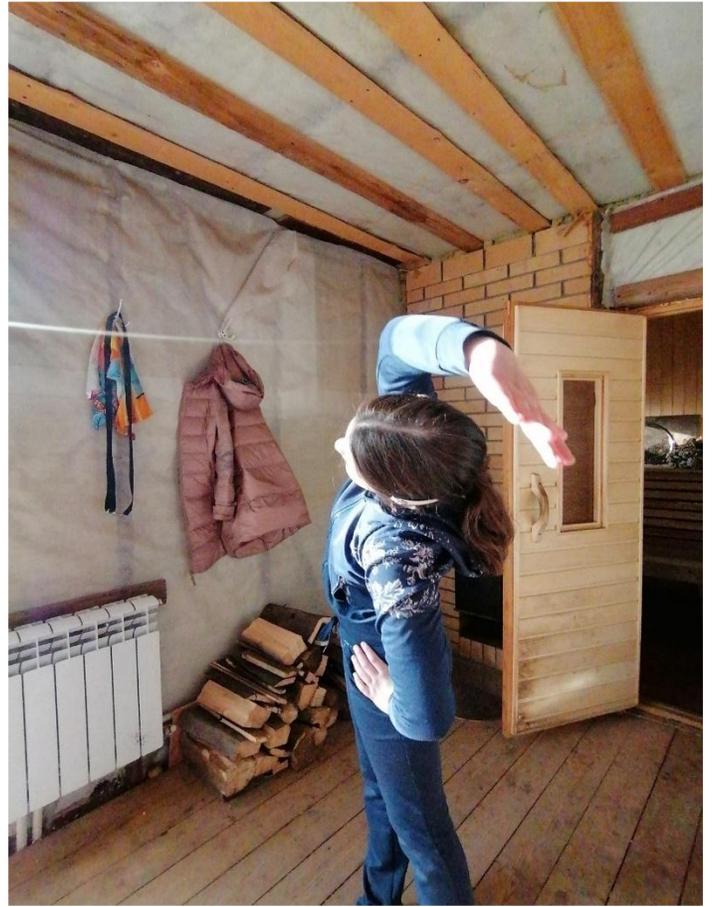


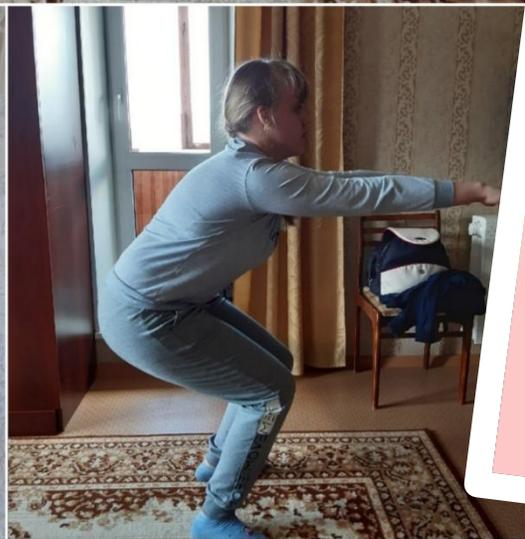
скручивания накрест



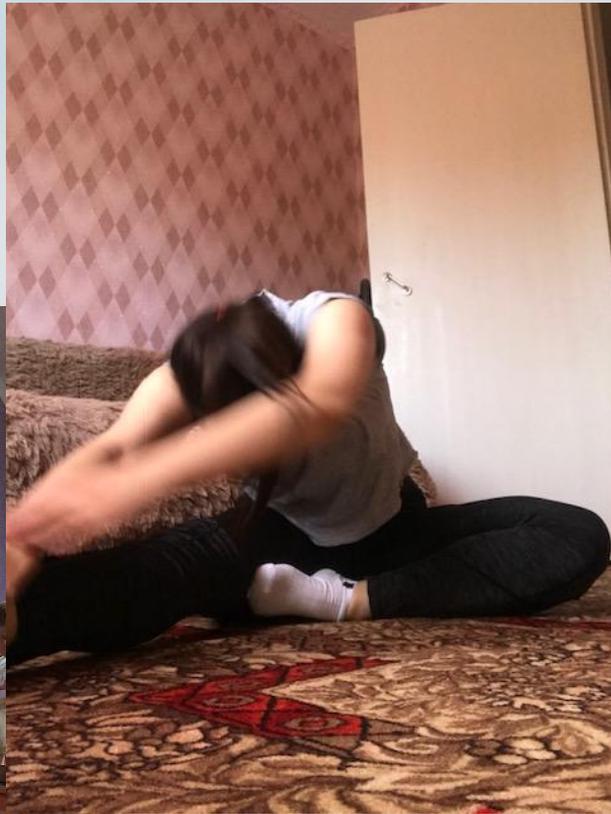
планка

скручивания с руками
накрест













приседание 50 раз.

скручивания с руками накрест