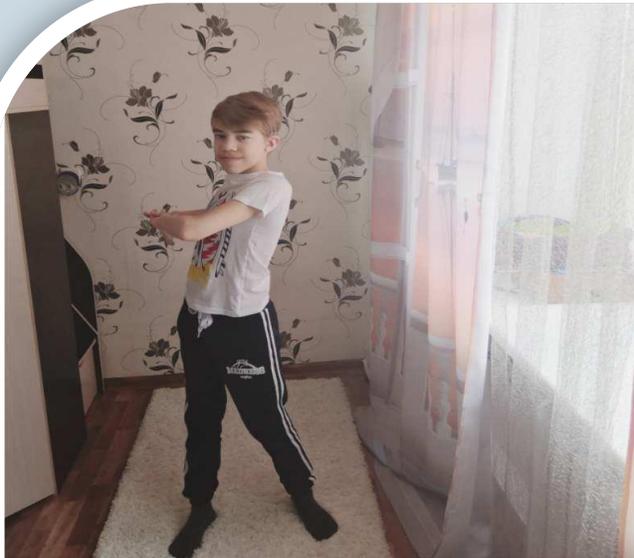




Физкульт – привет!





Ситдигов Алексей

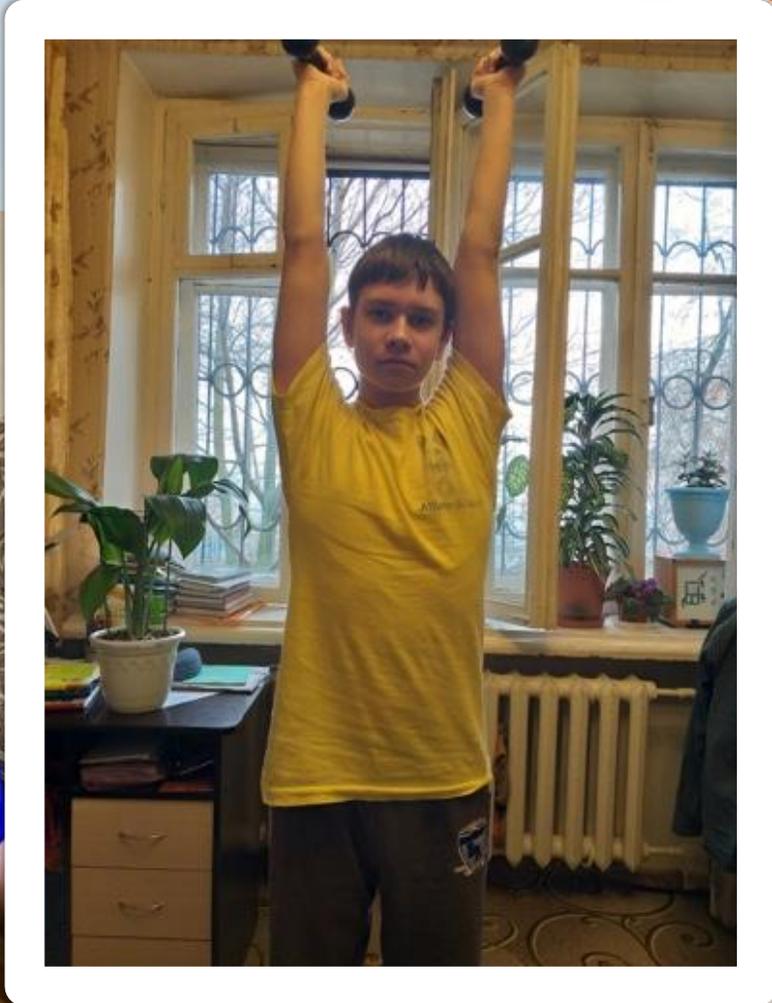


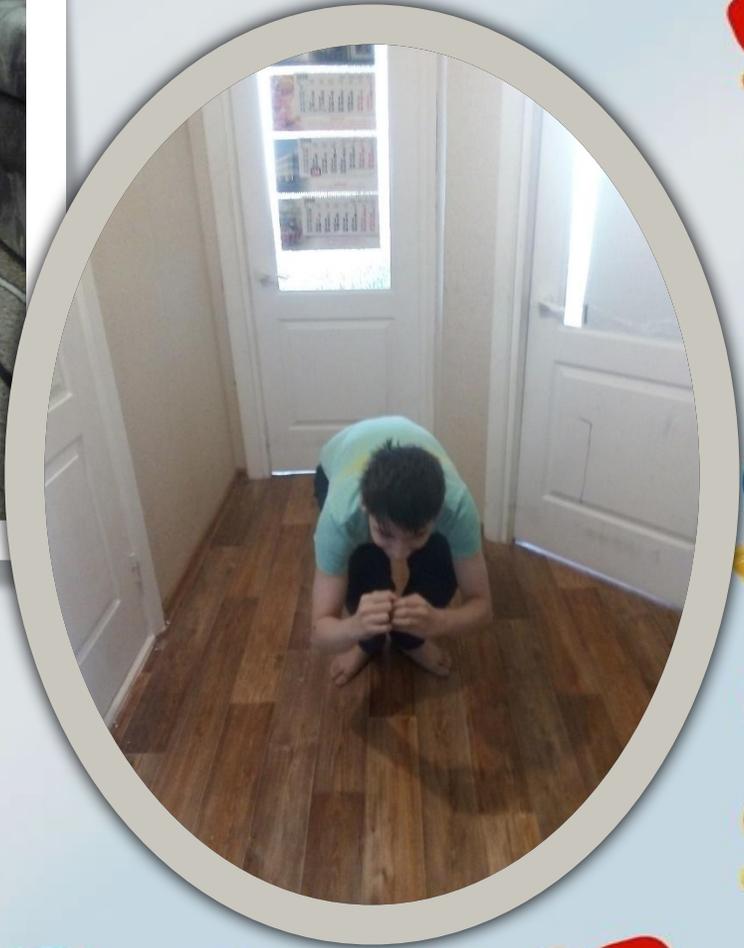


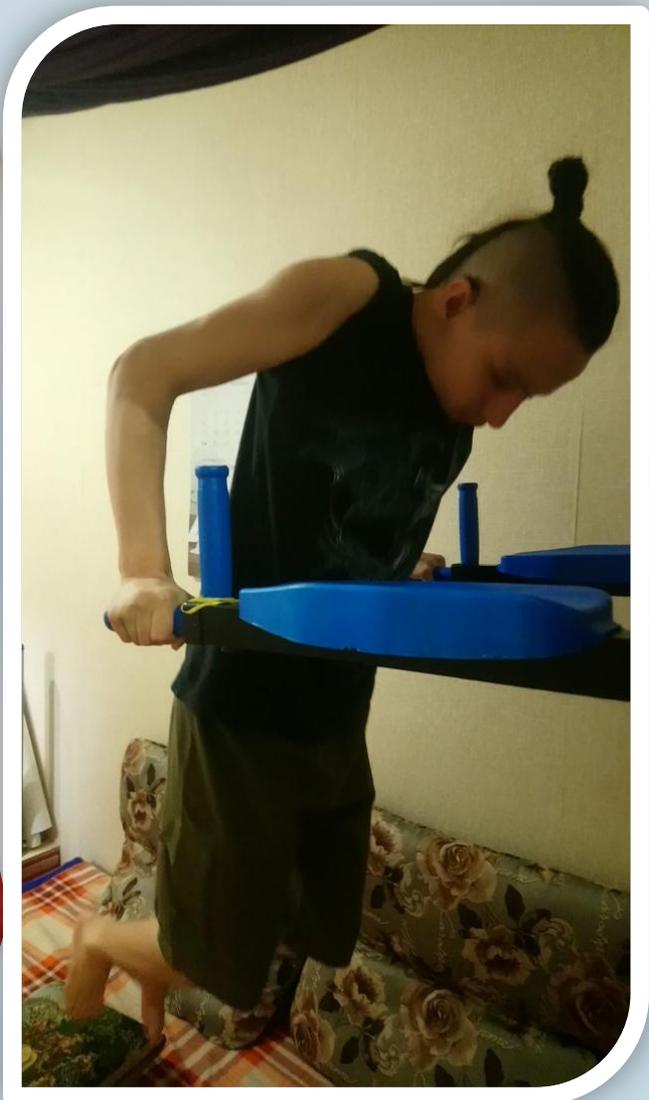
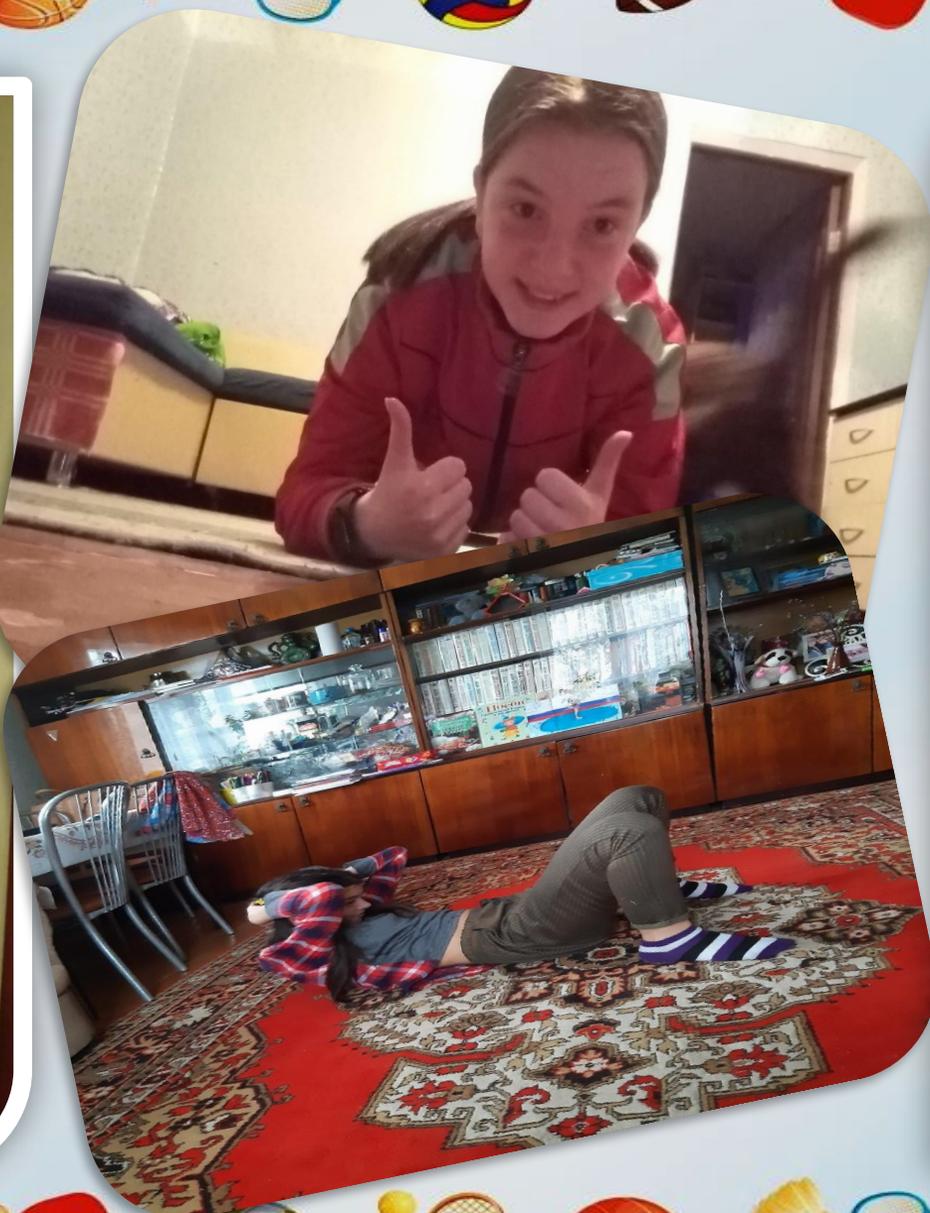
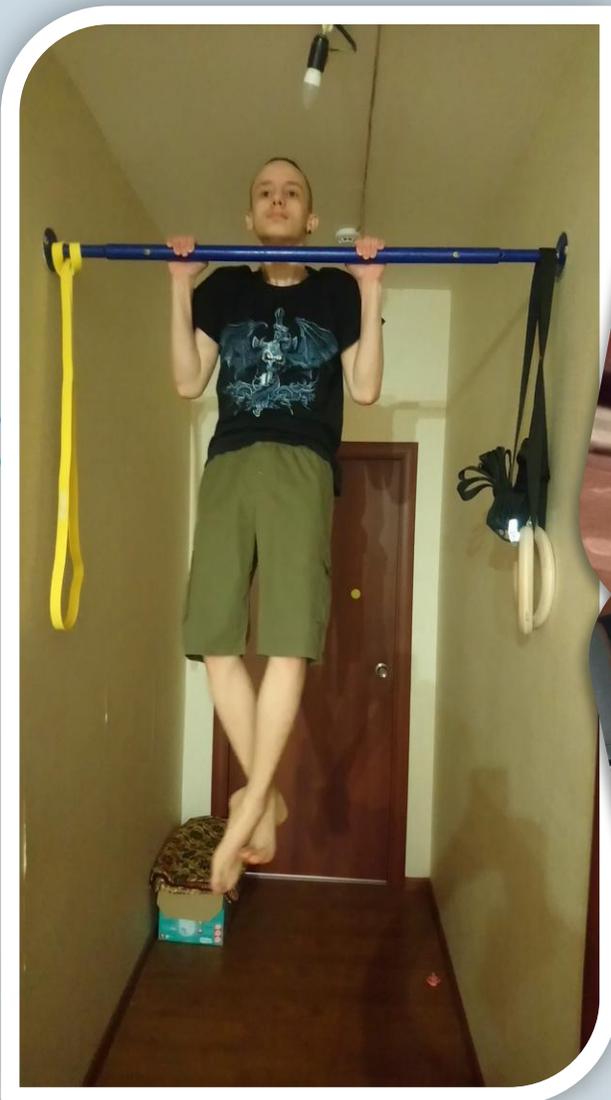


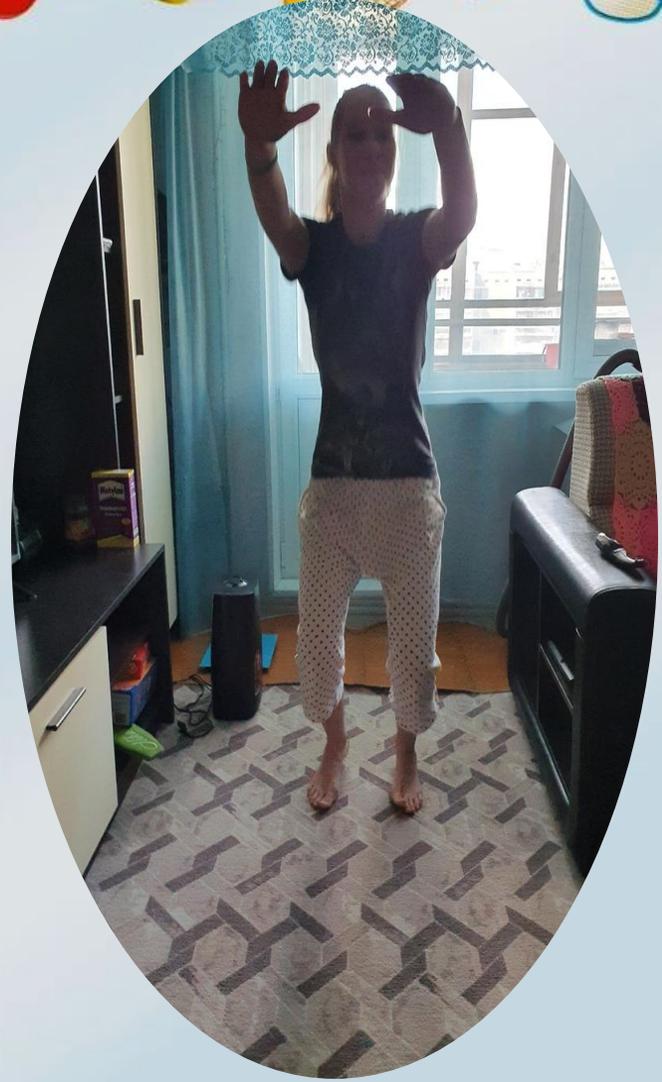
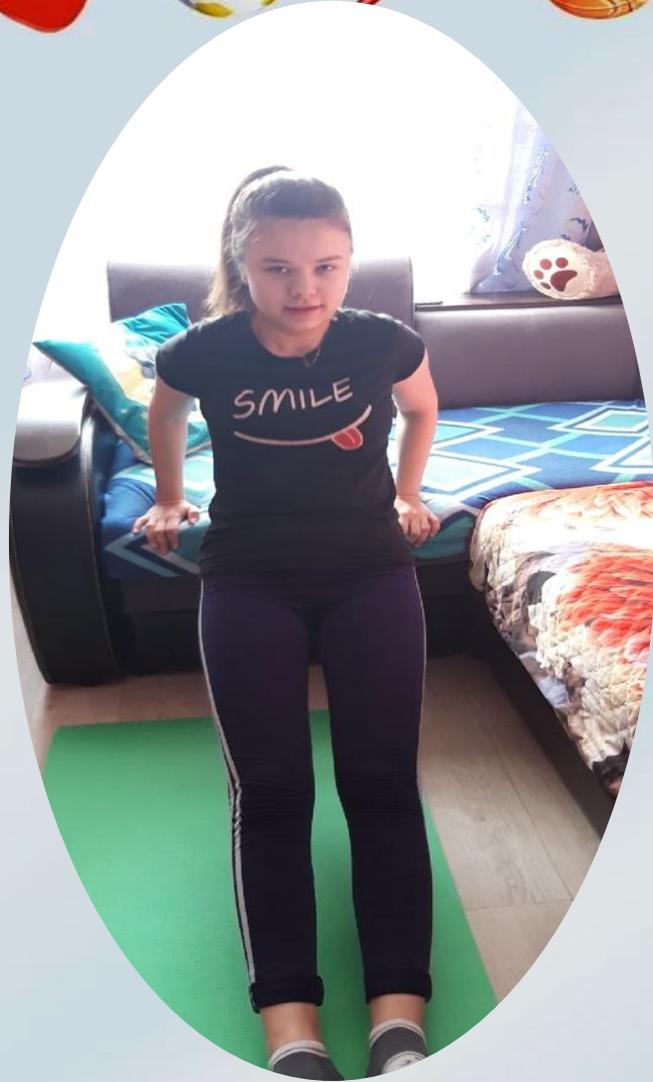












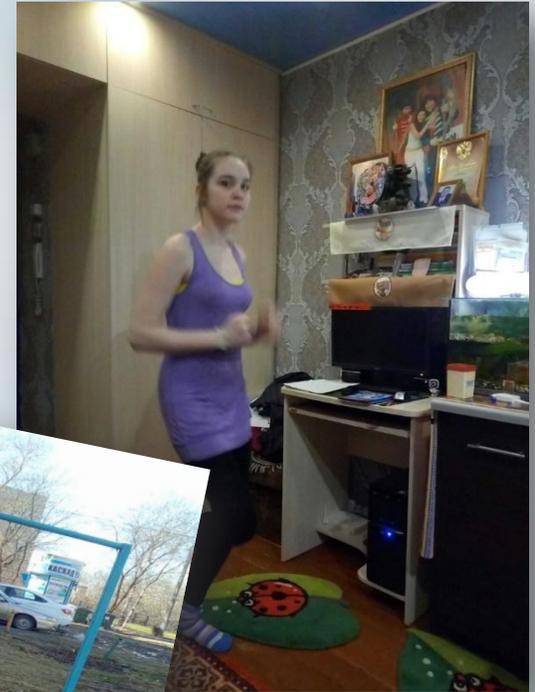


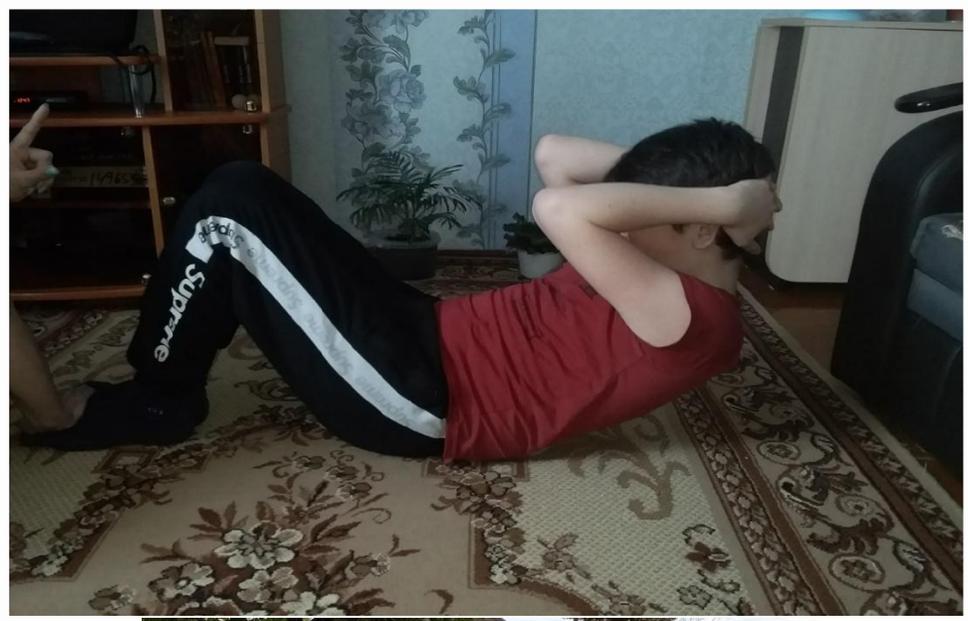


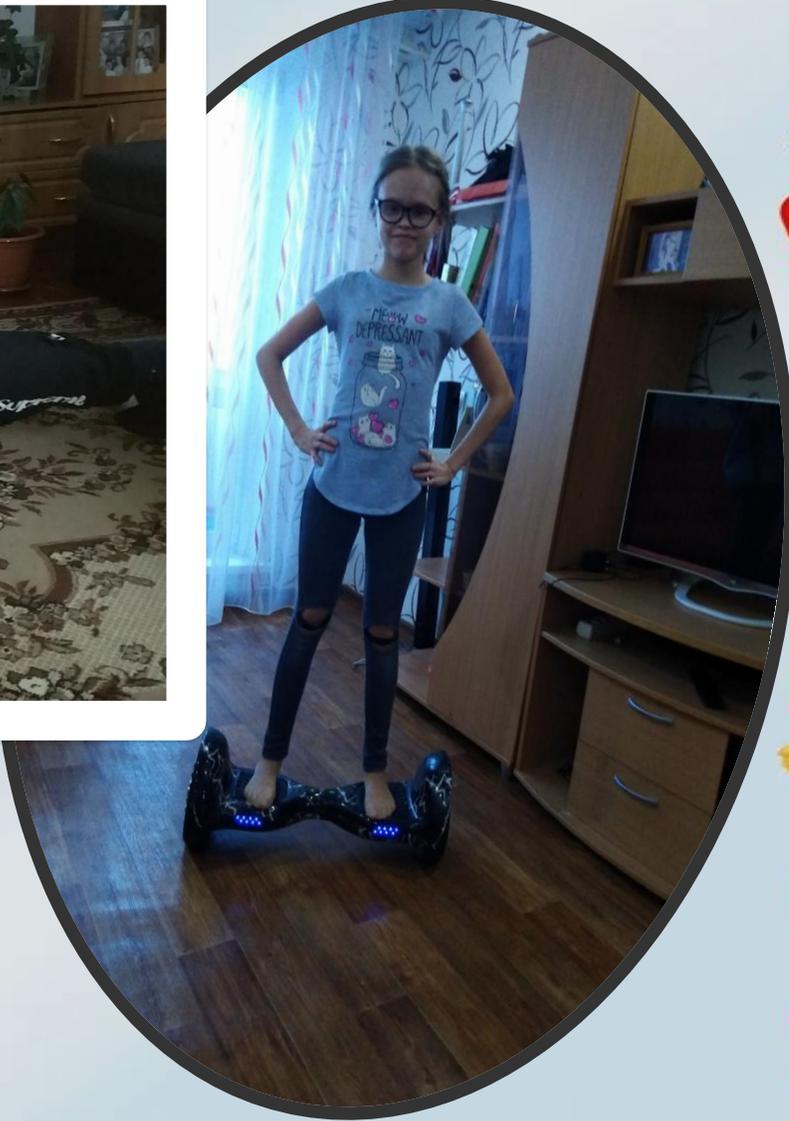
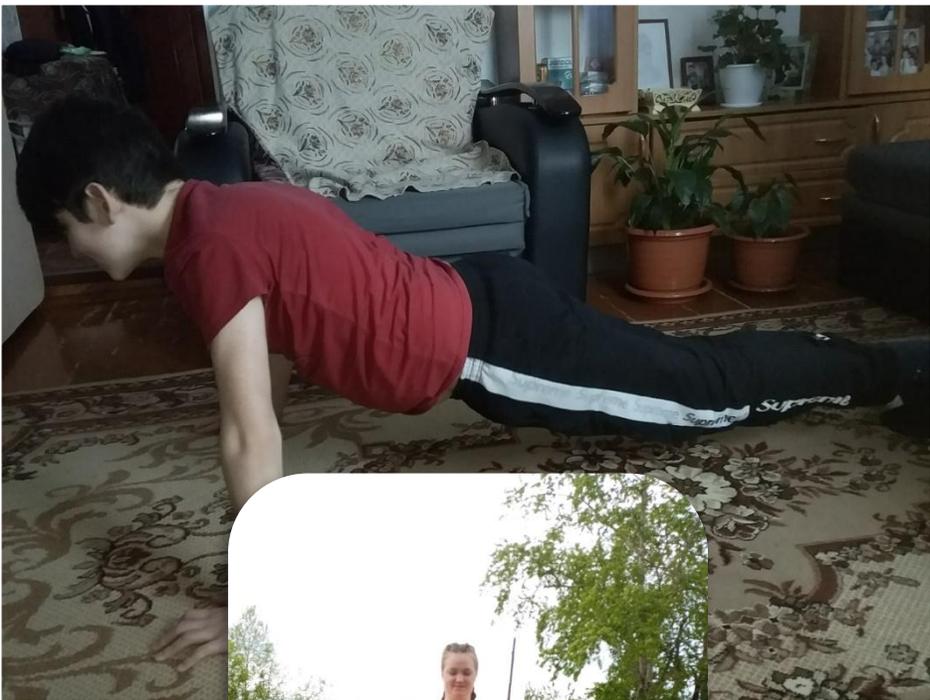
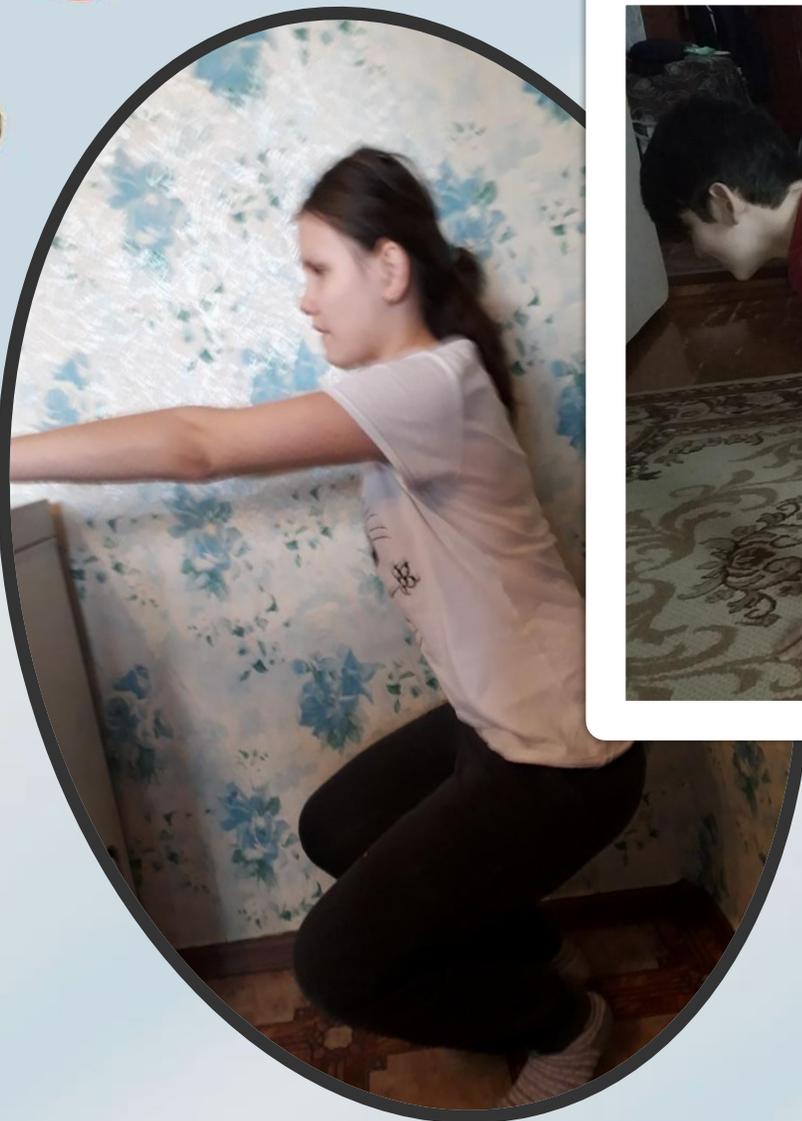




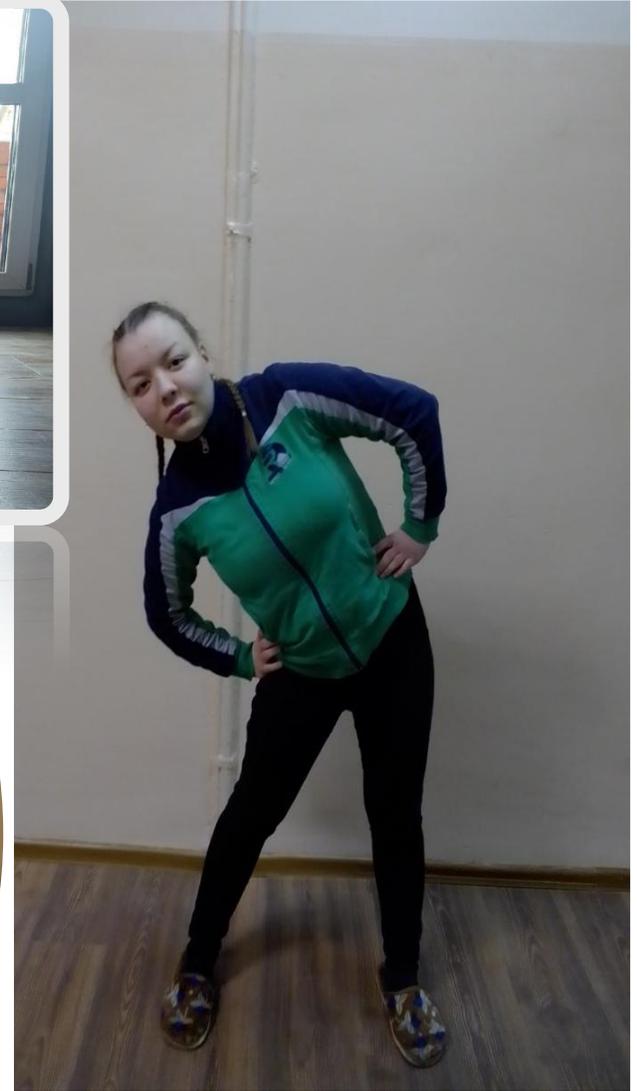
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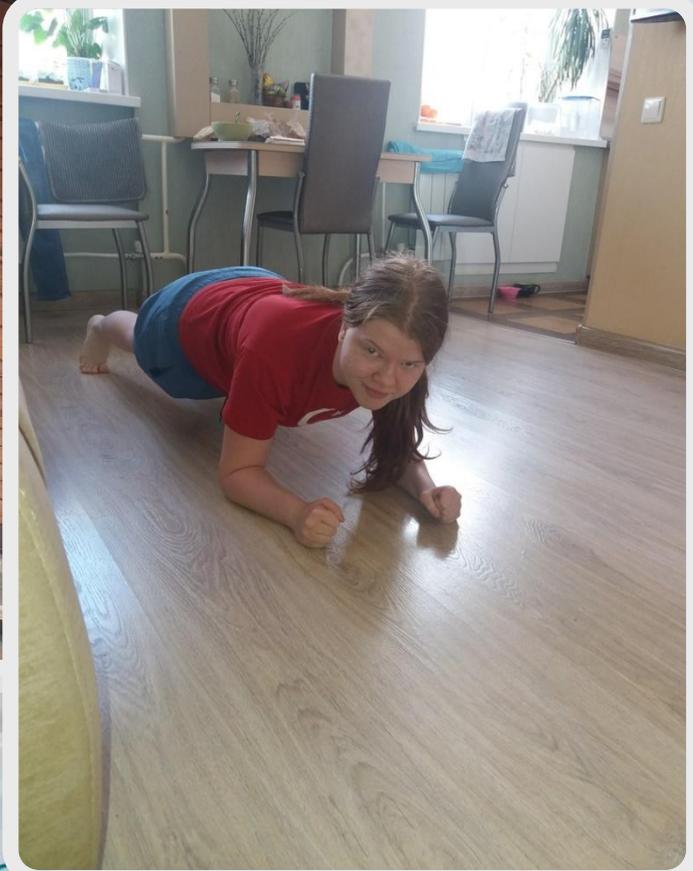


















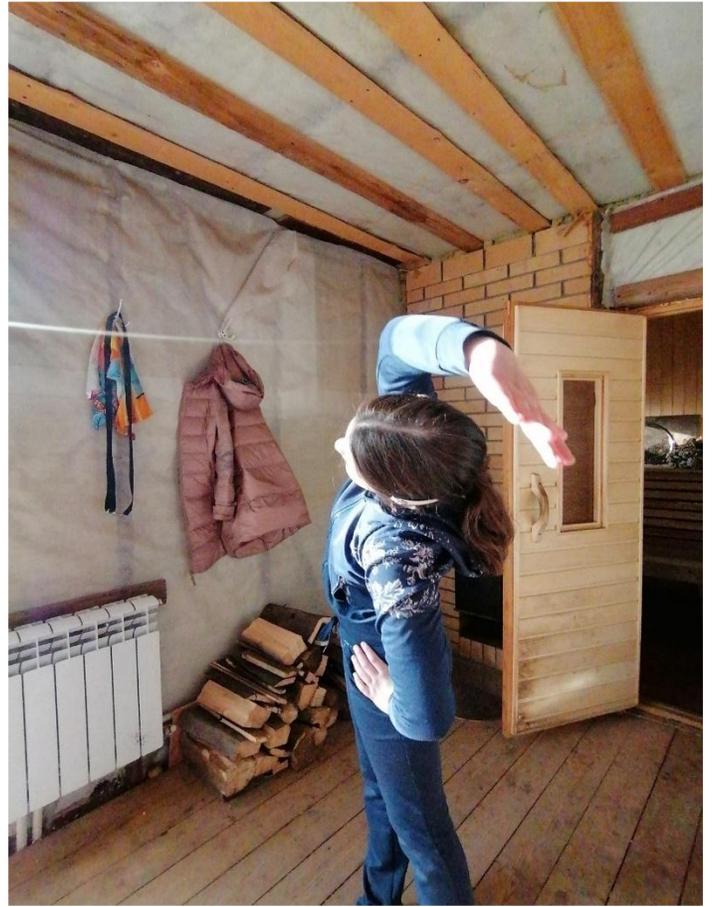


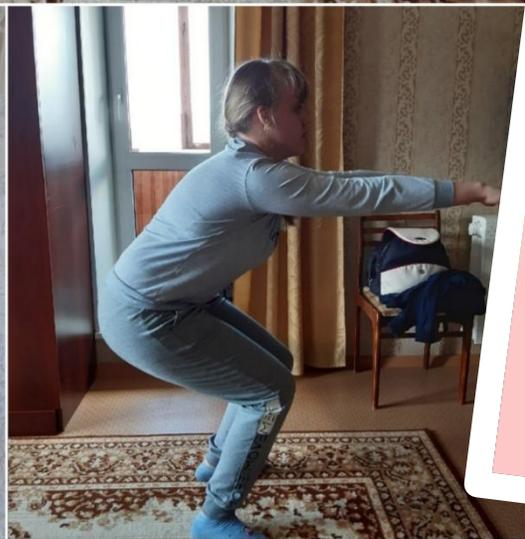
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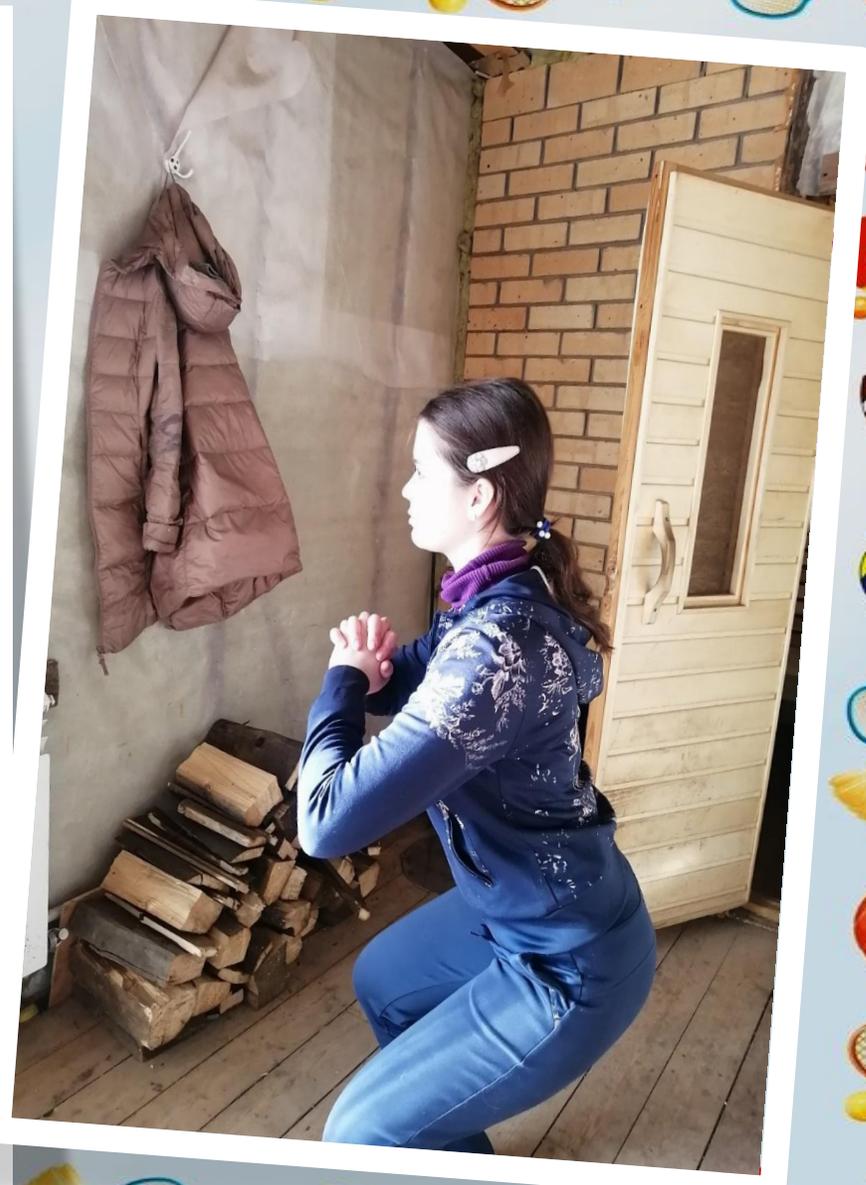


планка

скручивания с руками
накрест













приседание 50 раз.

скручивания с руками накрест