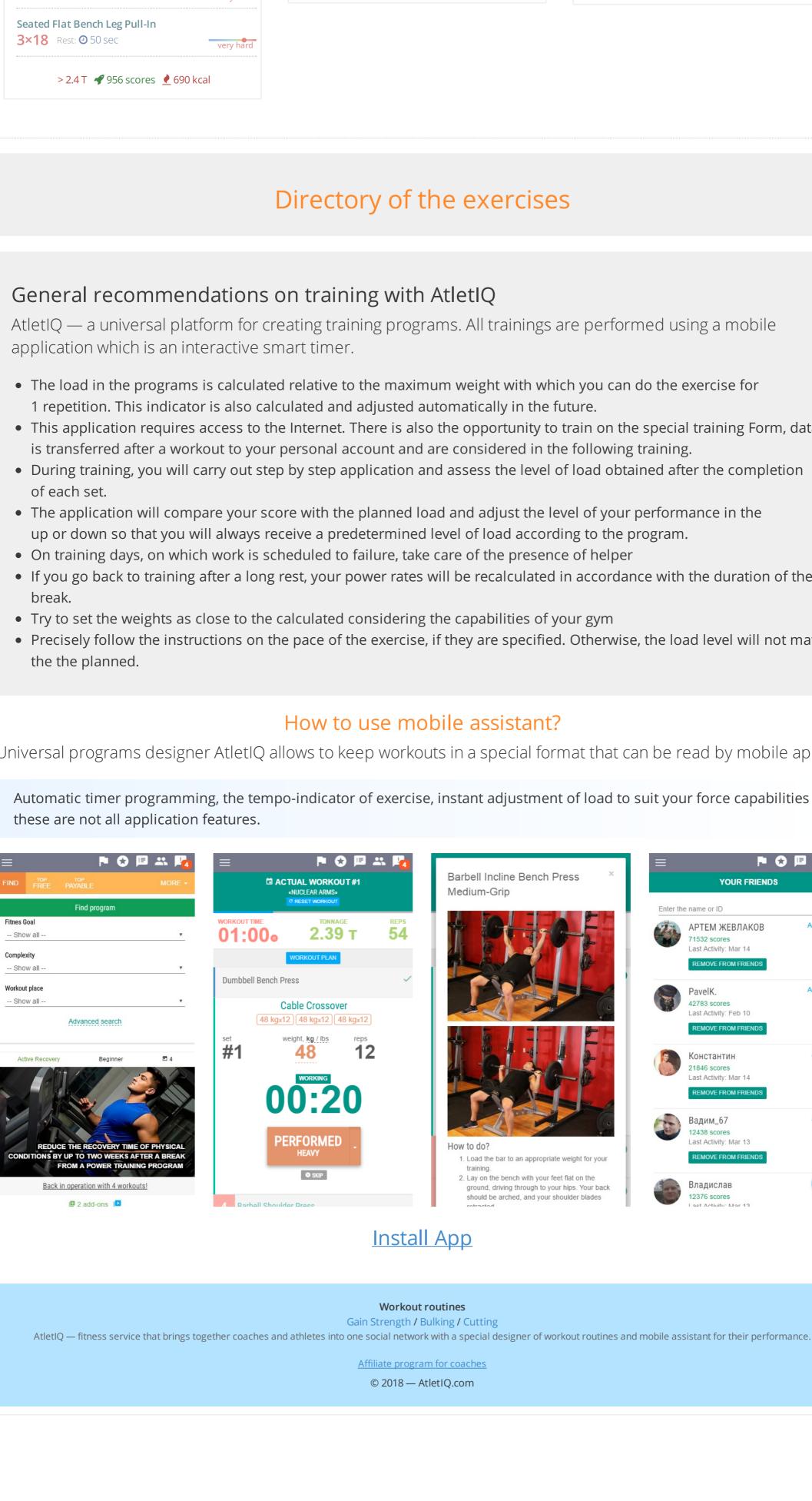


СПЛИТ НА 3 ДНЯ ANTIFIT

ГАНТЕЛИ + ТУРНИК



Amateur 3

Вадим_67 12438 scores

Владислав

12376 scores

How to do?

1. Load the bar to an appropriate weight for your

ground, driving through to your hips. Your back

should be arched, and your shoulder blades

2. Lay on the bench with your feet flat on the

Last Activity: Mar 13

REMOVE FROM FRIENDS