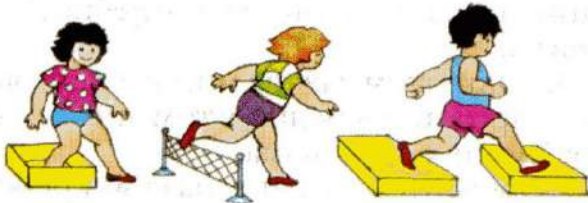


Физические упражнения

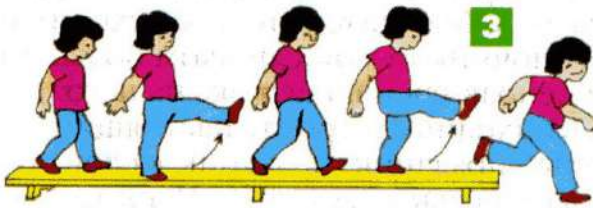
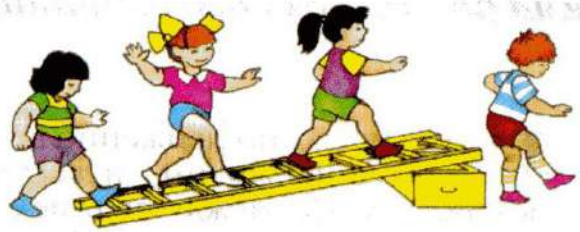
рекомендованные для занятий дома



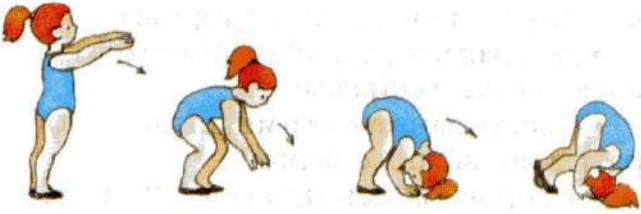
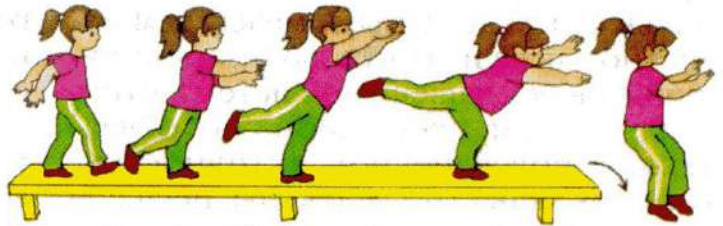
1



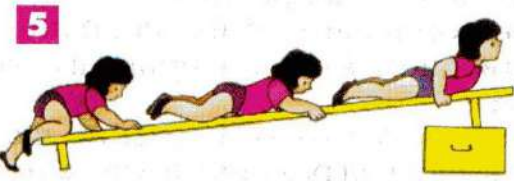
2



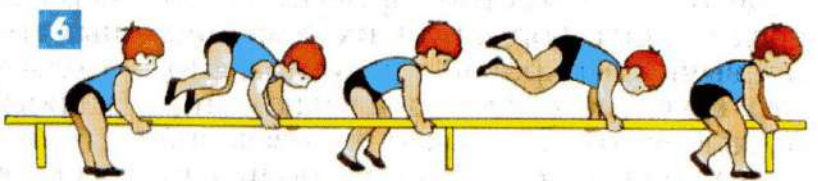
3



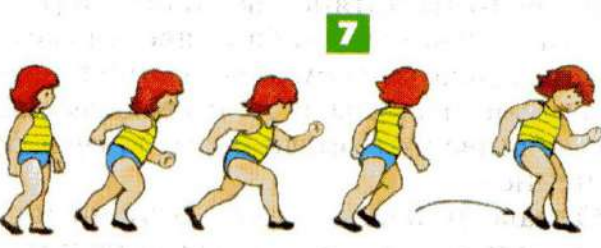
4



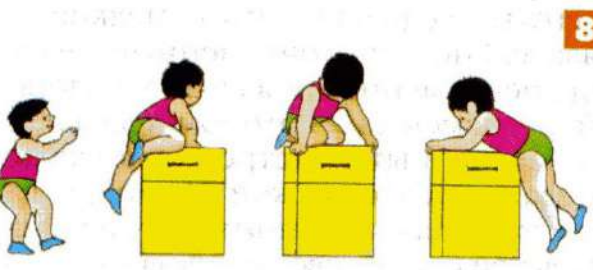
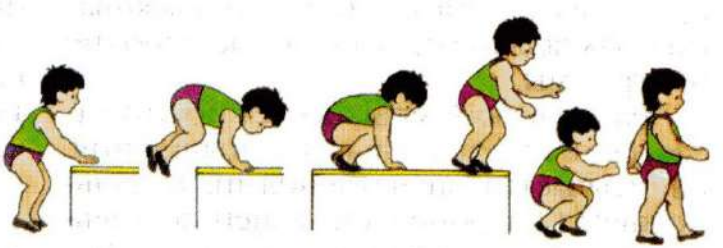
5



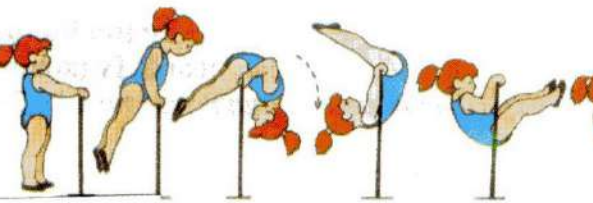
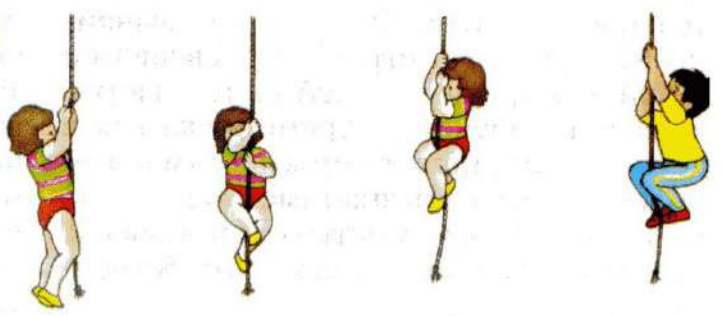
6



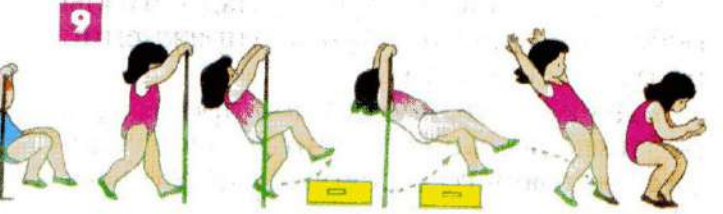
7



8



9



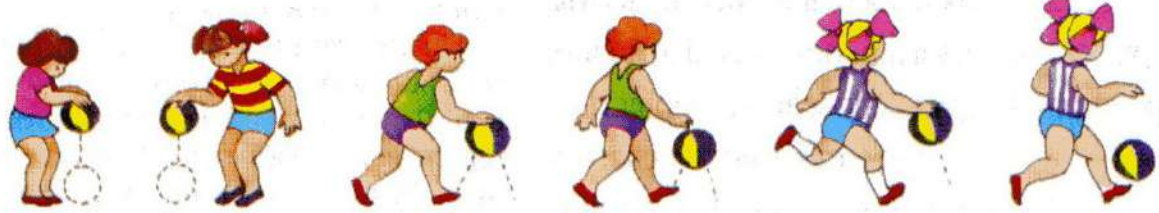
10



11



12



13



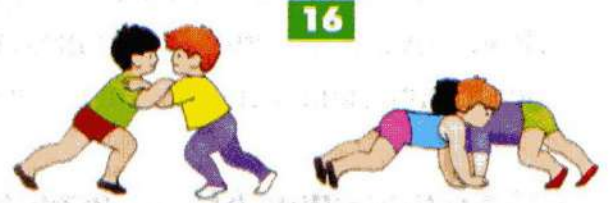
14



15



16



17



18



19

