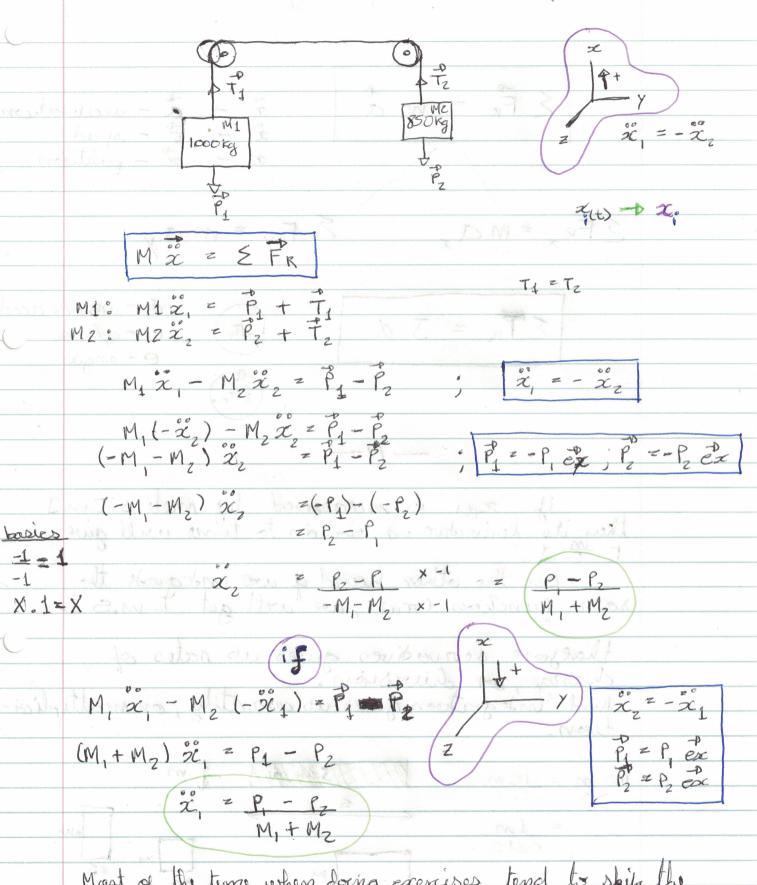
Morres brought keep that betailed to DA



Most of the time when doing exercises, tend to skip the basic steps, which are the most important because thinh it is generally known, but is not the case. For think the public has the same level of understanding, instead of helping land up complicating the explanation.

All the some shit, just different smell.

