



富士見原作 原作 原作

The image is a high-contrast, black-and-white halftone print. It features several large, bold, blocky characters from the Japanese alphabet (kanji and hiragana) scattered across the page. In the center-right portion of the image, there is a vertical column of smaller, also bold and blocky, characters. The overall style is graphic and abstract, resembling a poster or a piece of street art.



YOUNG

The word 'YOUNG' is rendered in a massive, bold, black font with a white outline. A small, cartoonish animal, resembling a squirrel or a similar rodent, is perched on top of the letter 'Y'. The animal has a round body, a bushy tail, and large, expressive eyes. Above the letters, there is a decorative border consisting of a series of dark, jagged, mountain-like shapes.



第14话 大腿外展机与肉肉



大腿外展机



是锻炼大腿外侧
与臀部侧面的
器材



能增强股关节的
柔软性

也有改善体态的
效果……













……简而言之

一直以来
都谢谢你啦

就是反复
进行大开腿的
锻炼

呼~~~~~





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