

kg

| | | |
|---------------|-----|---|
| Przysiad | 130 | https://youtube.com/shorts/ylb0LV |
| Martwy | 140 | https://youtube.com/shorts/llqC2s |
| Wyciskanie | 95 | https://youtube.com/shorts/AO0G5 |
| OHP | 55 | https://youtube.com/shorts/_u0uiF |
| Pompki | 40 | https://youtu.be/4TM9u1WOPFo |
| Podciągnięcia | 13 | https://youtu.be/XNAFX-RKxWs |

VgXRJs

Z3i1l

3oyfWiM

D3b3U