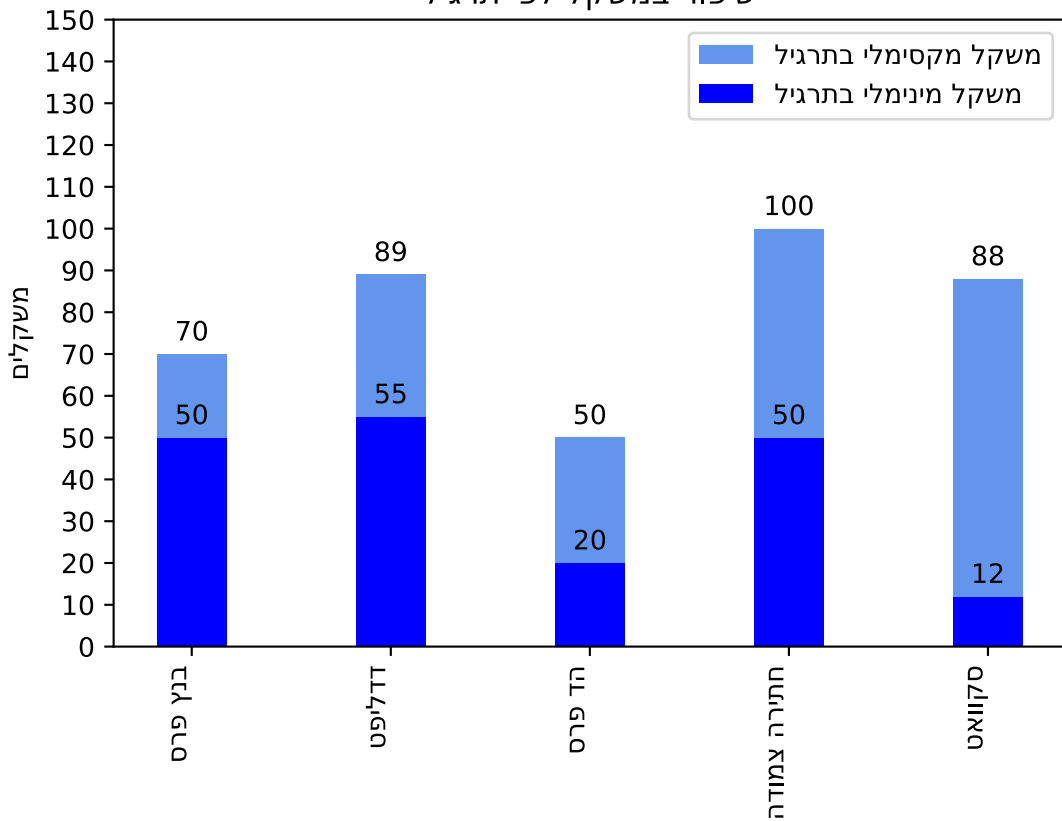
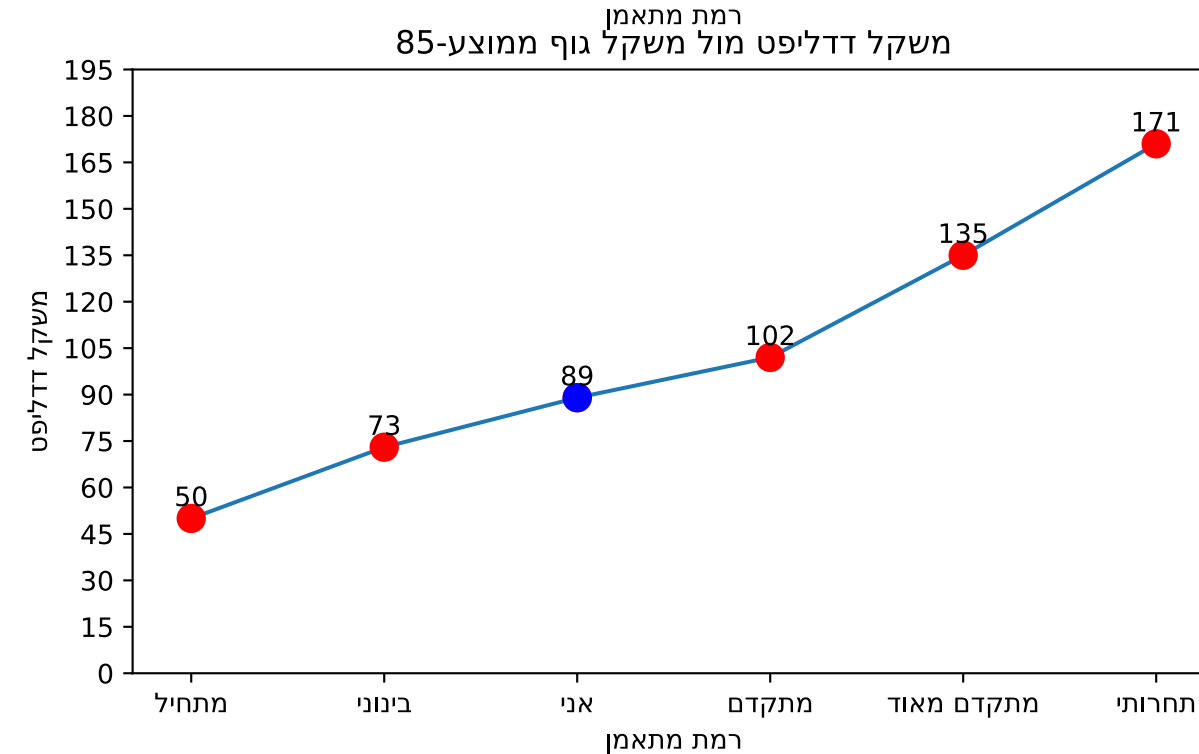
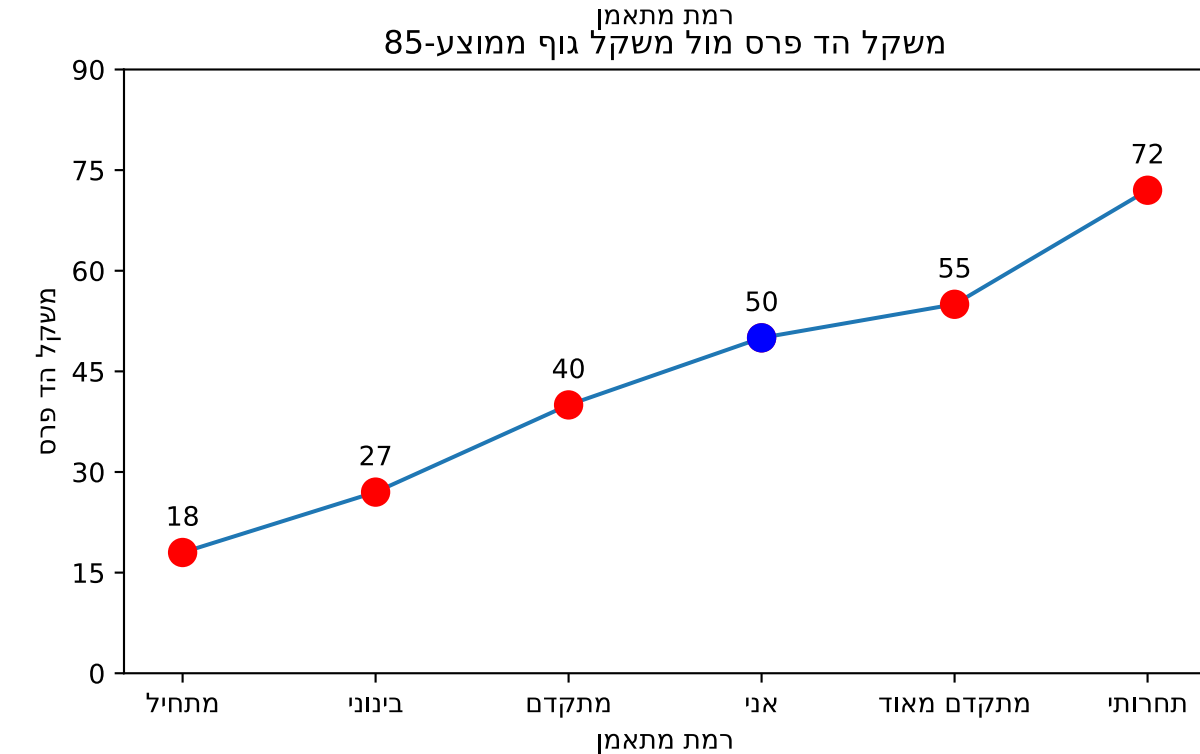
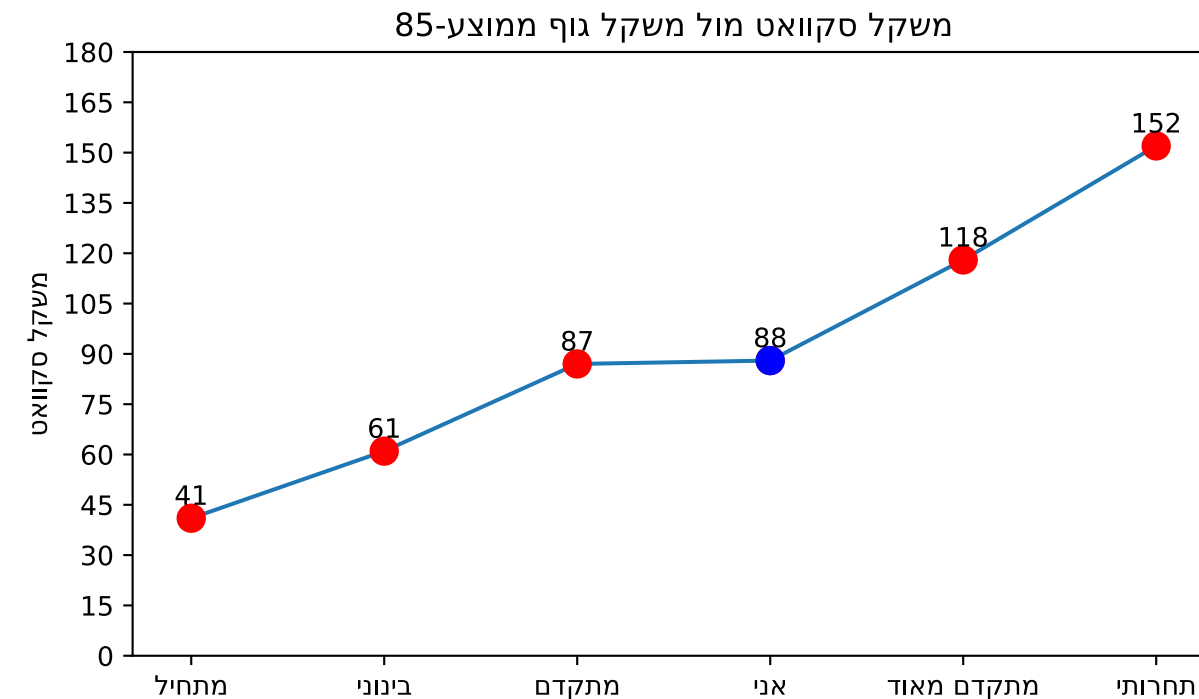
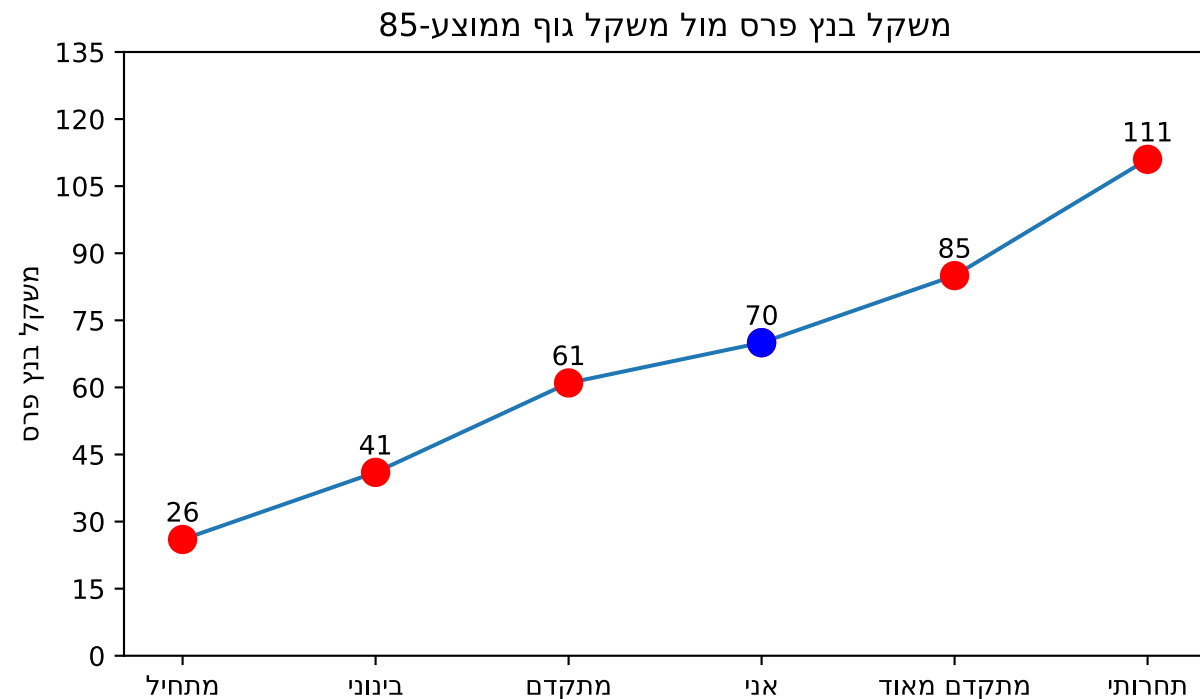
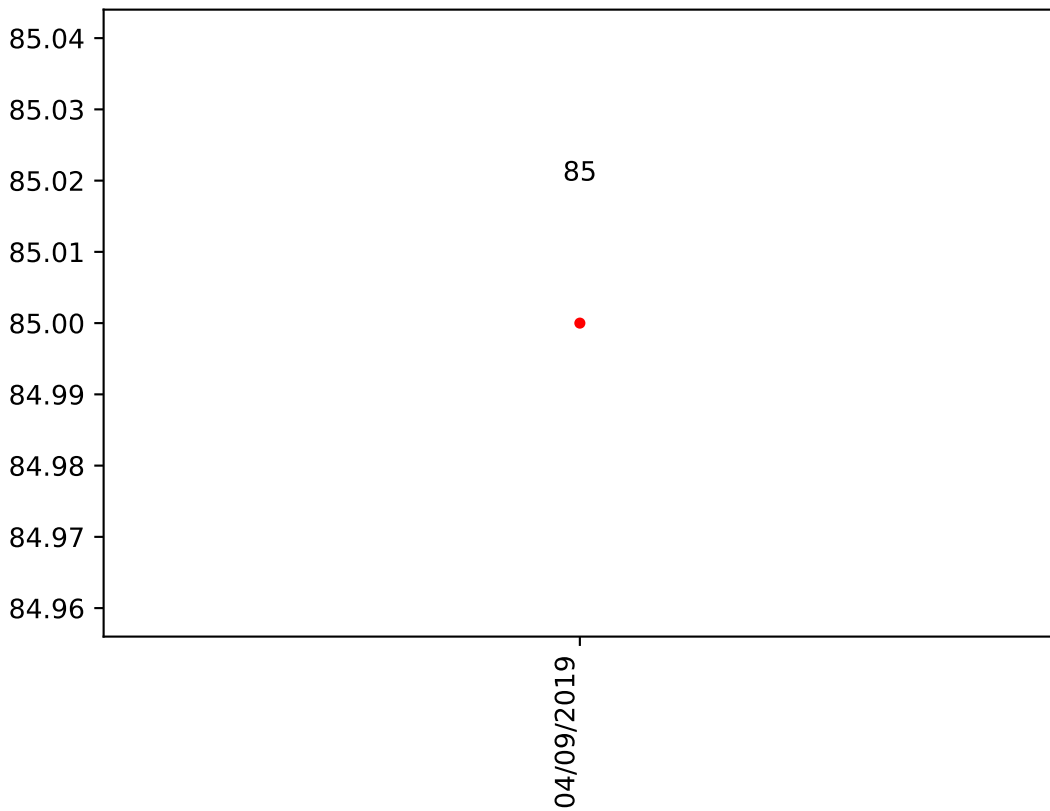


## שיפור במשקל לפי תרגיל

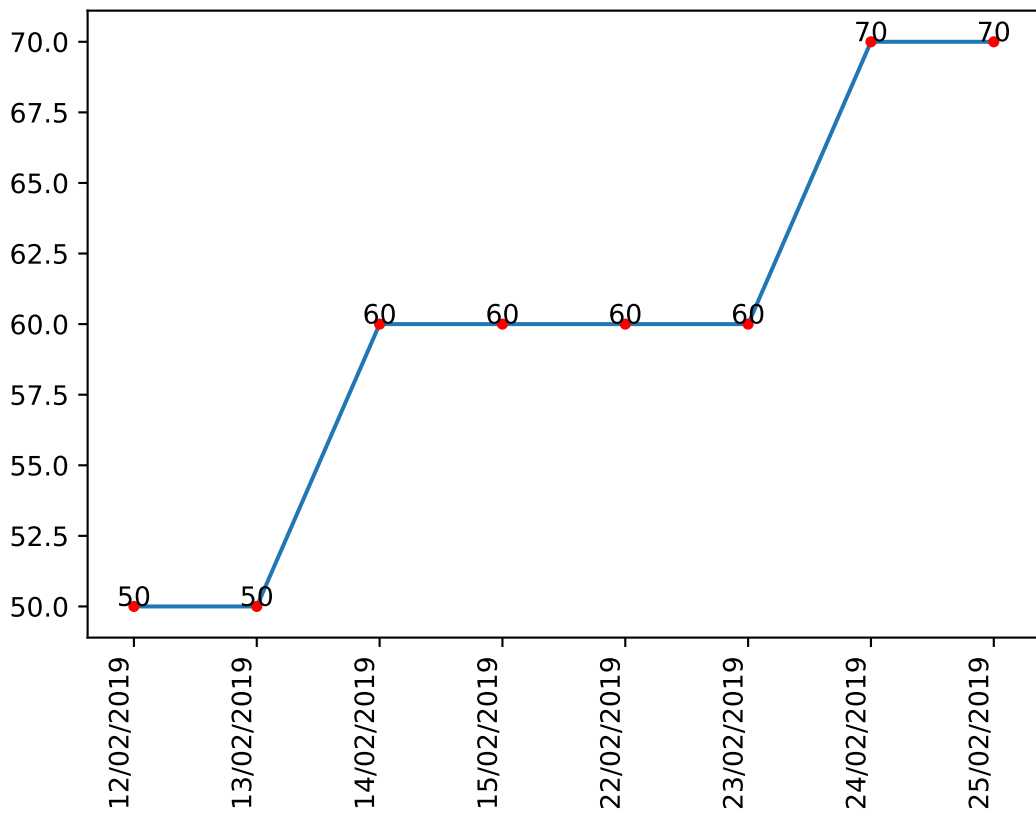




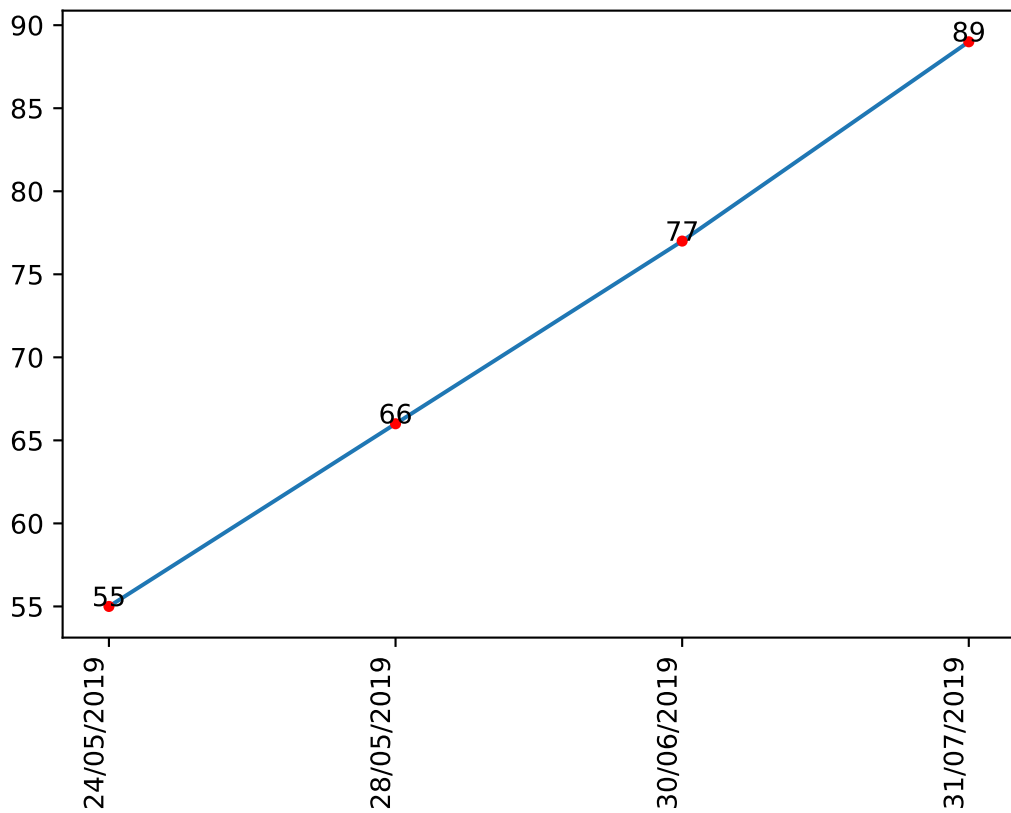
# משקל גוף



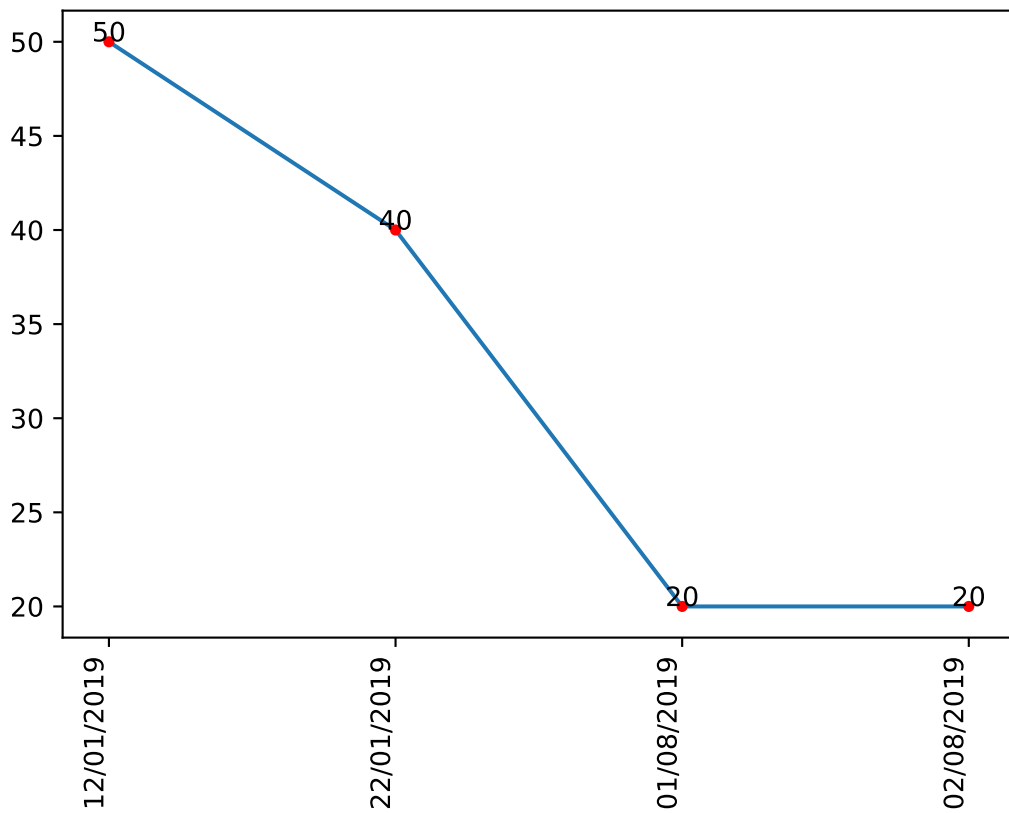
## בונץ פרס



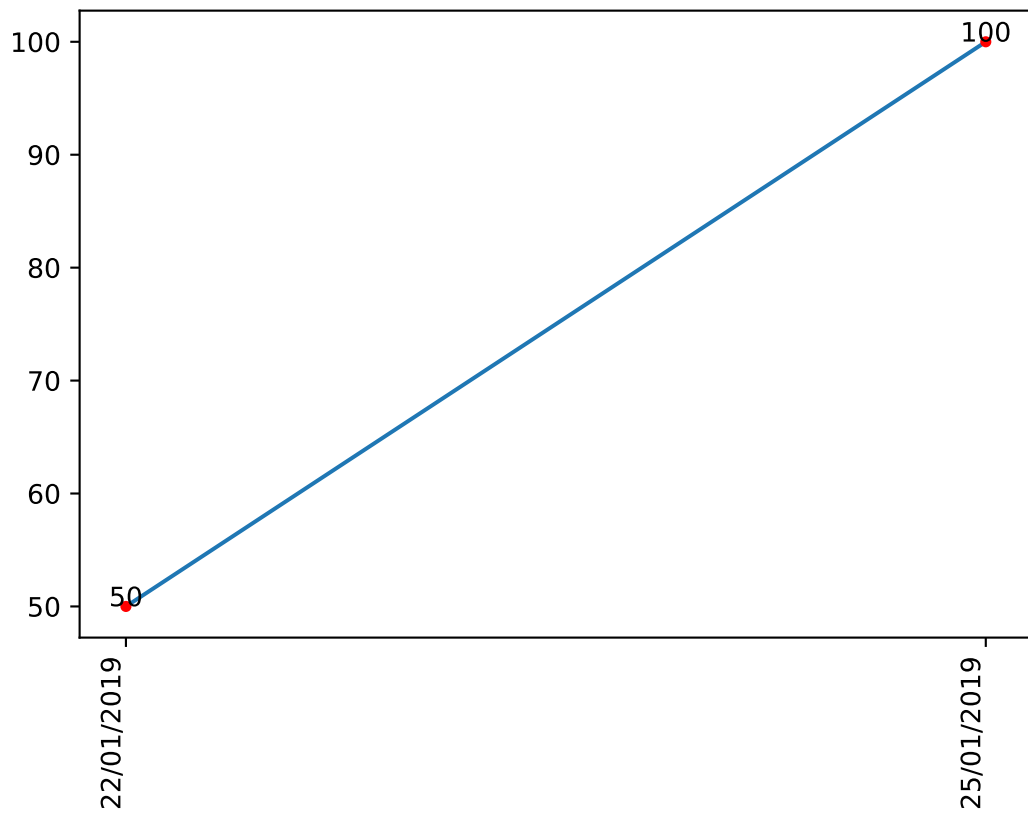
# דדליפט



# הד פרס



## חתימה צמודה



# טווח

