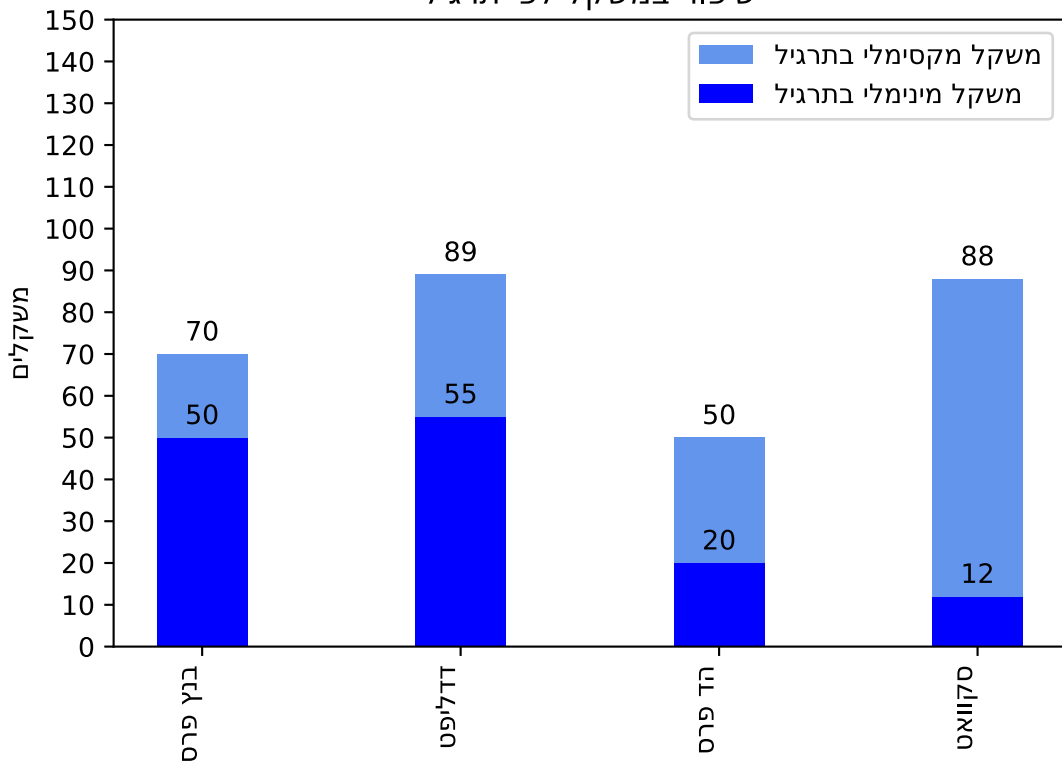
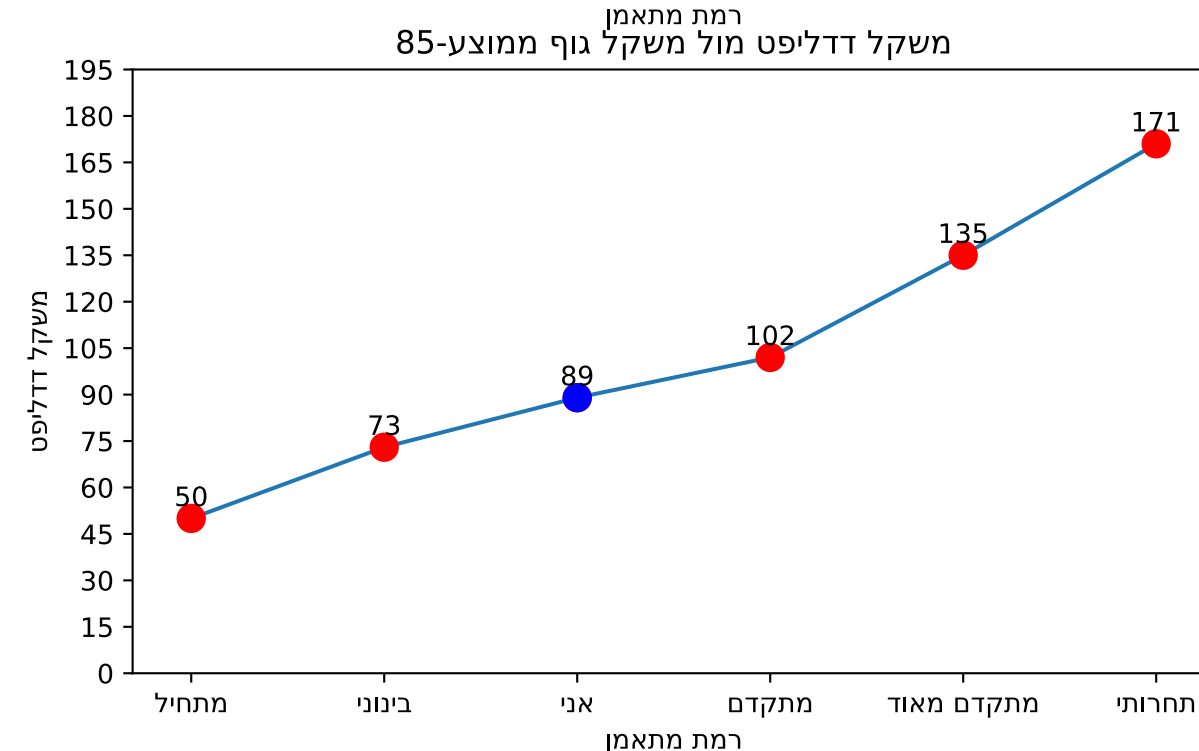
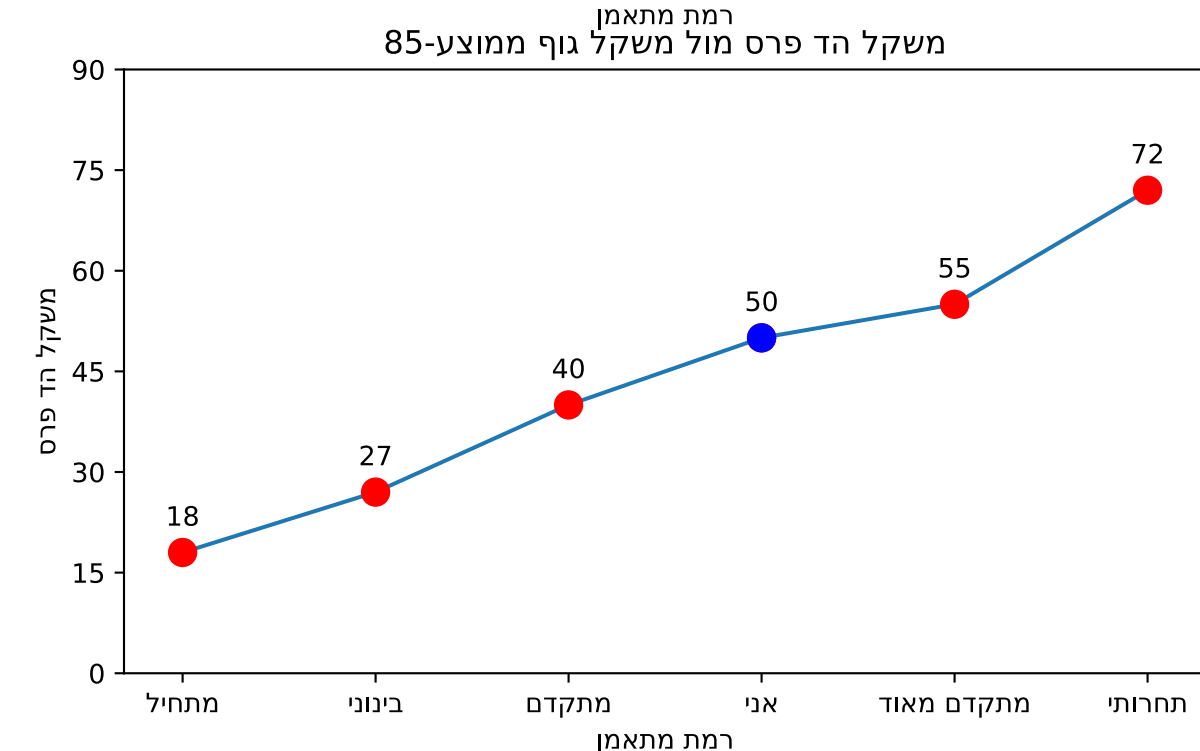
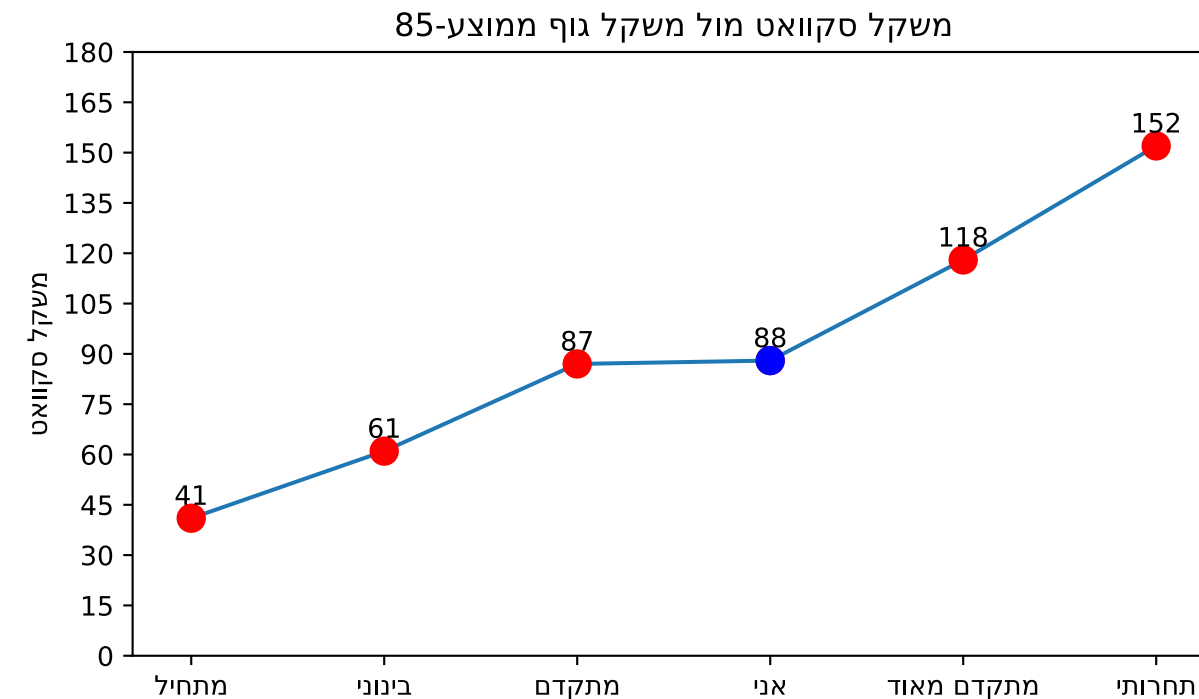
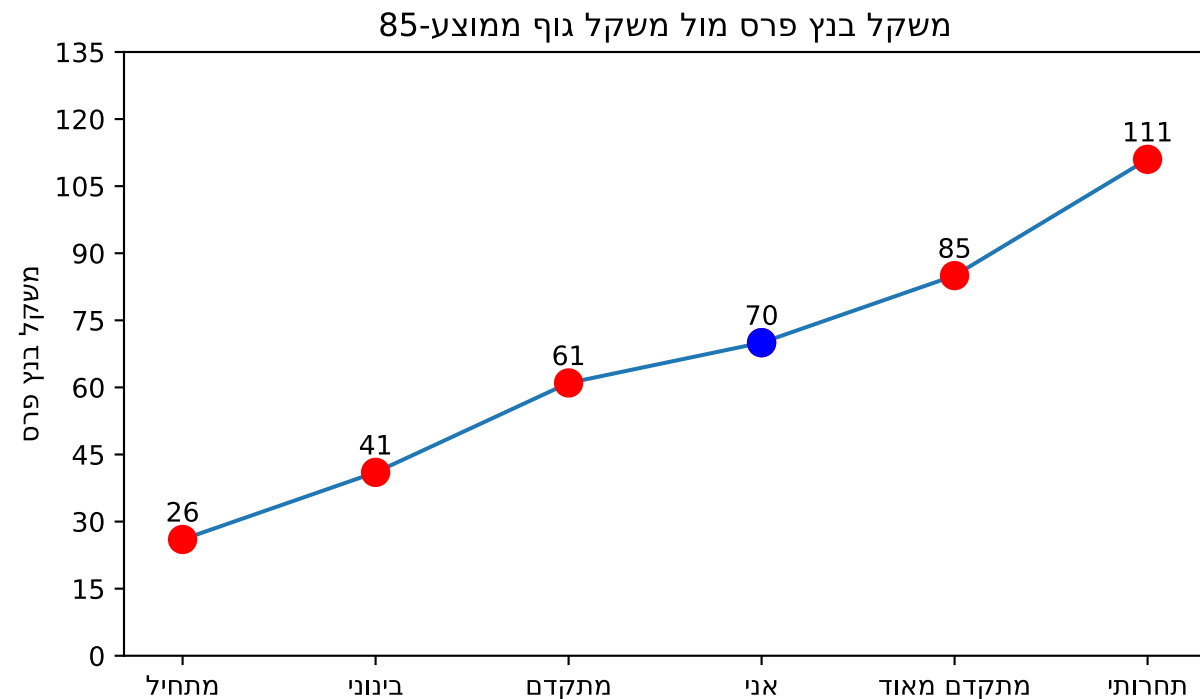
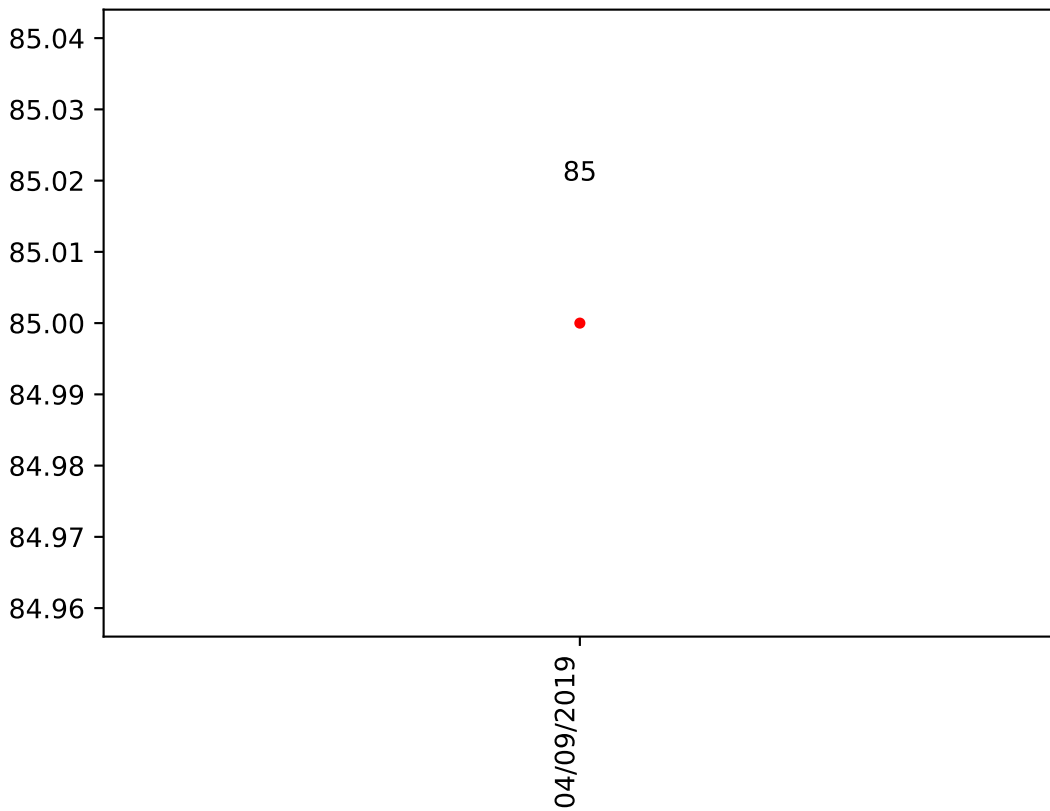


שיפור במשקל לפי תרגיל

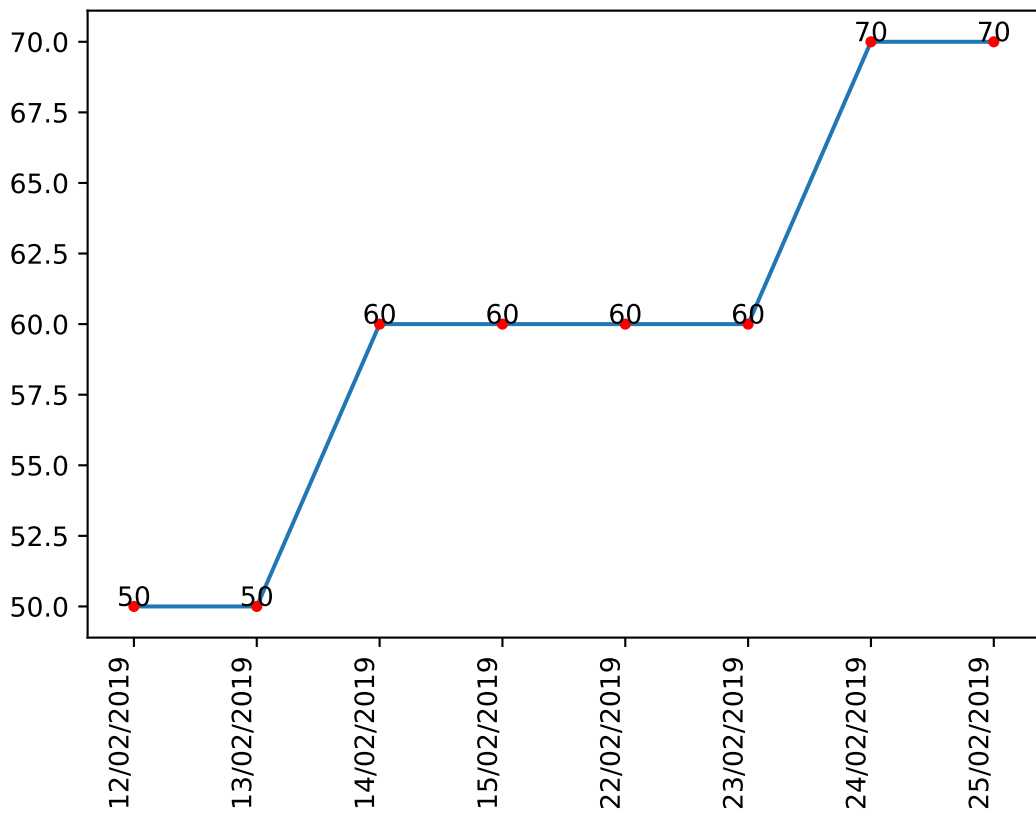




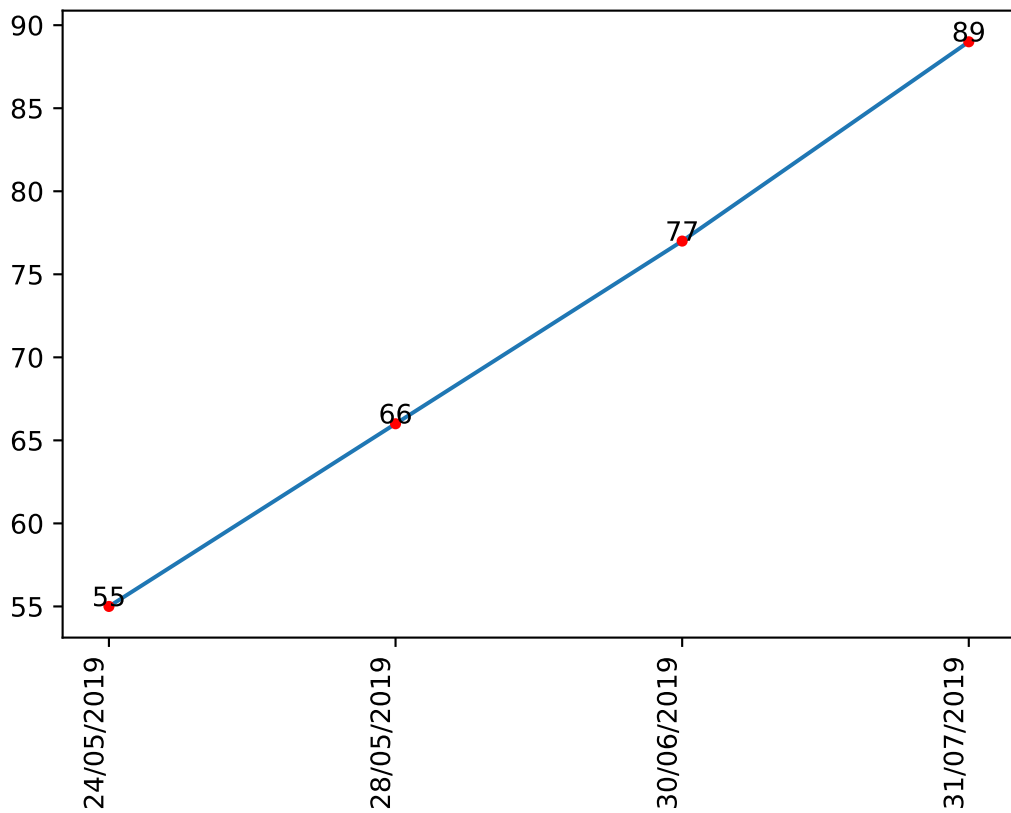
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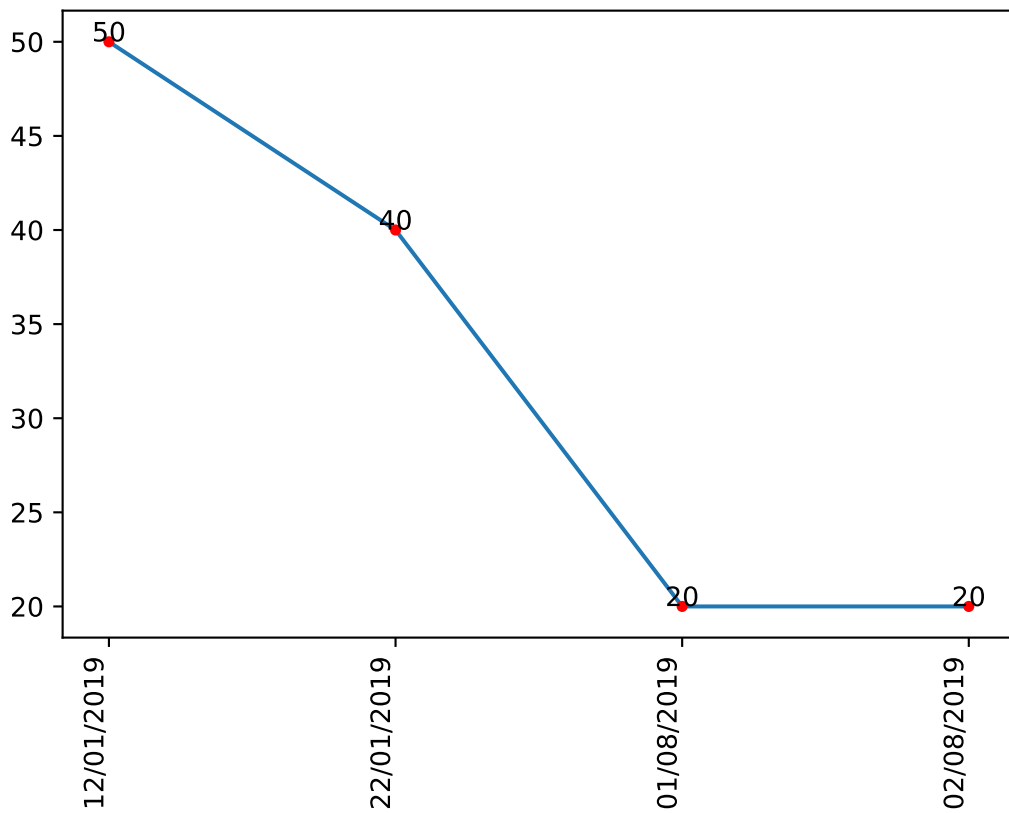
בונץ פרס



דדליפט



הד פרס



טוילן

