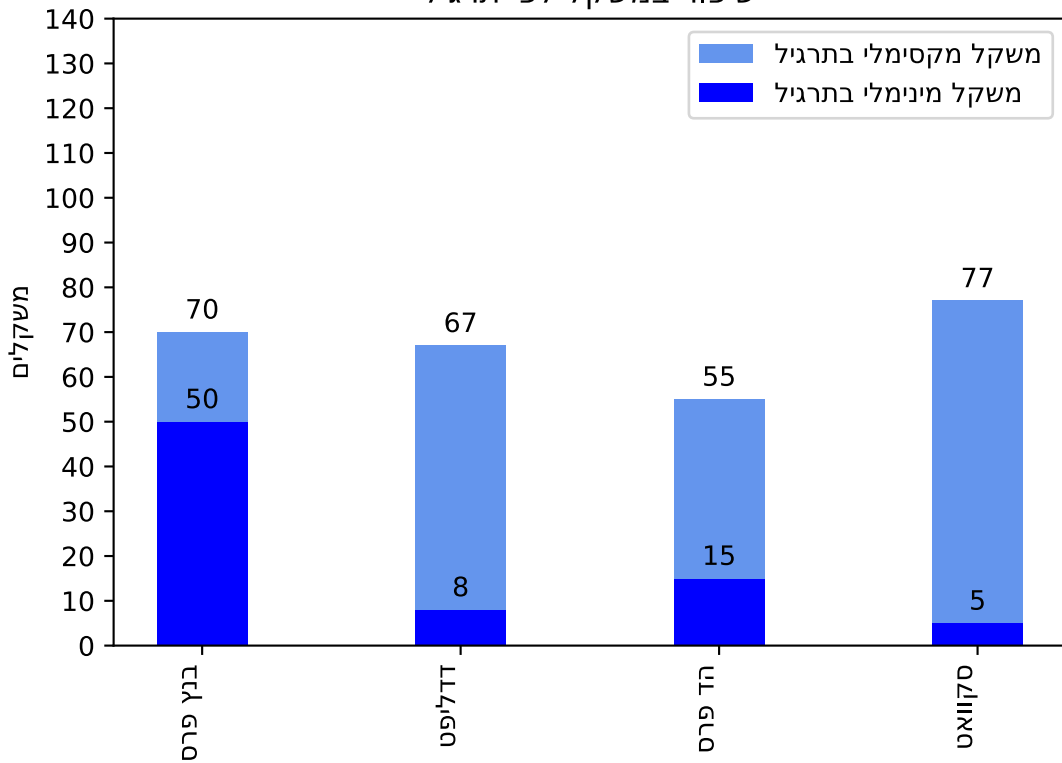
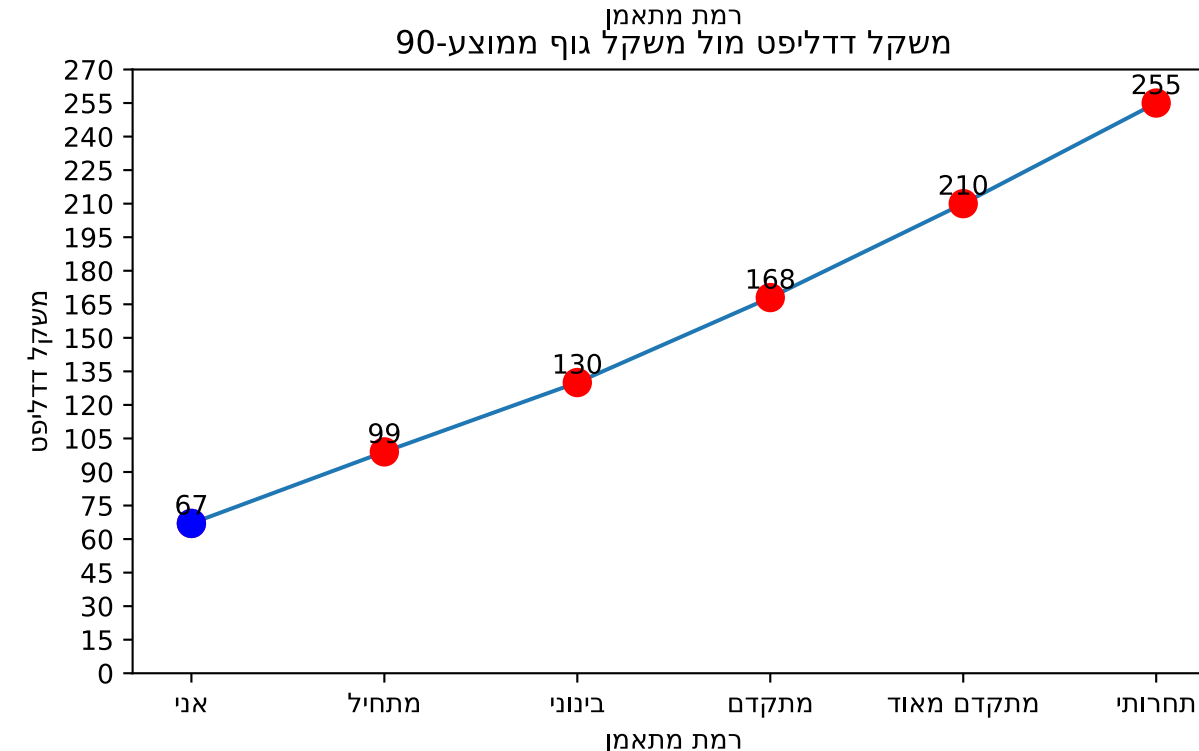
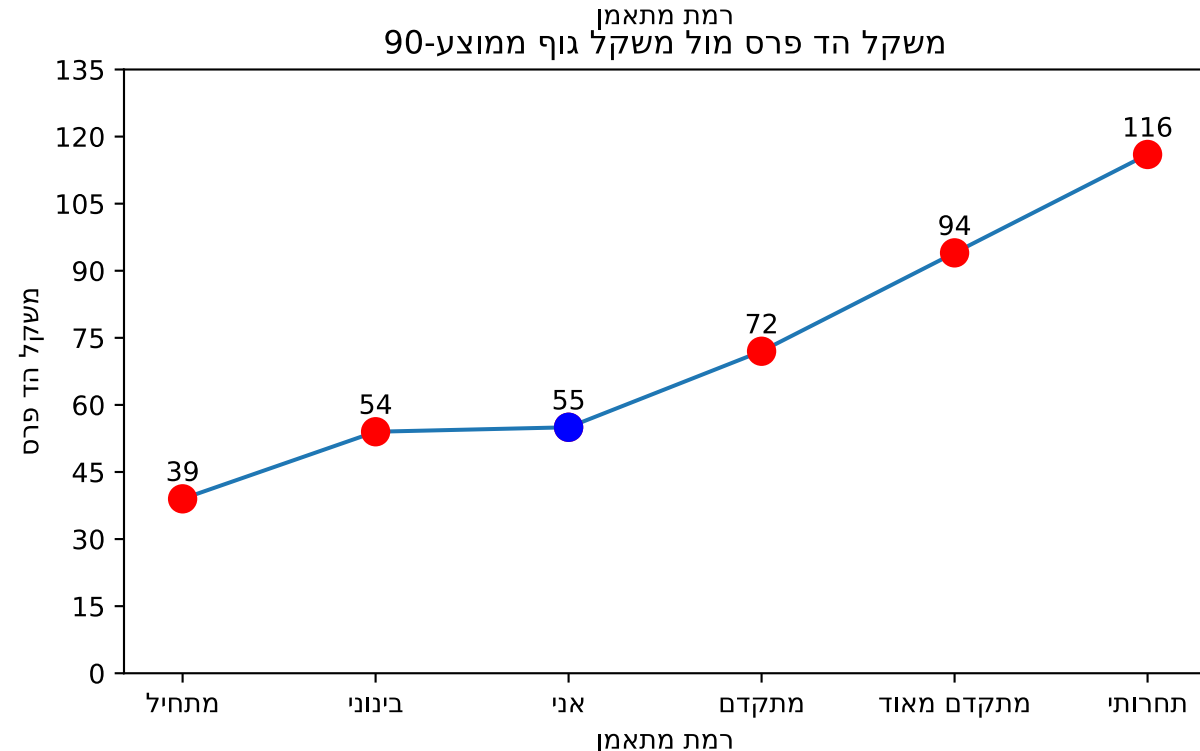
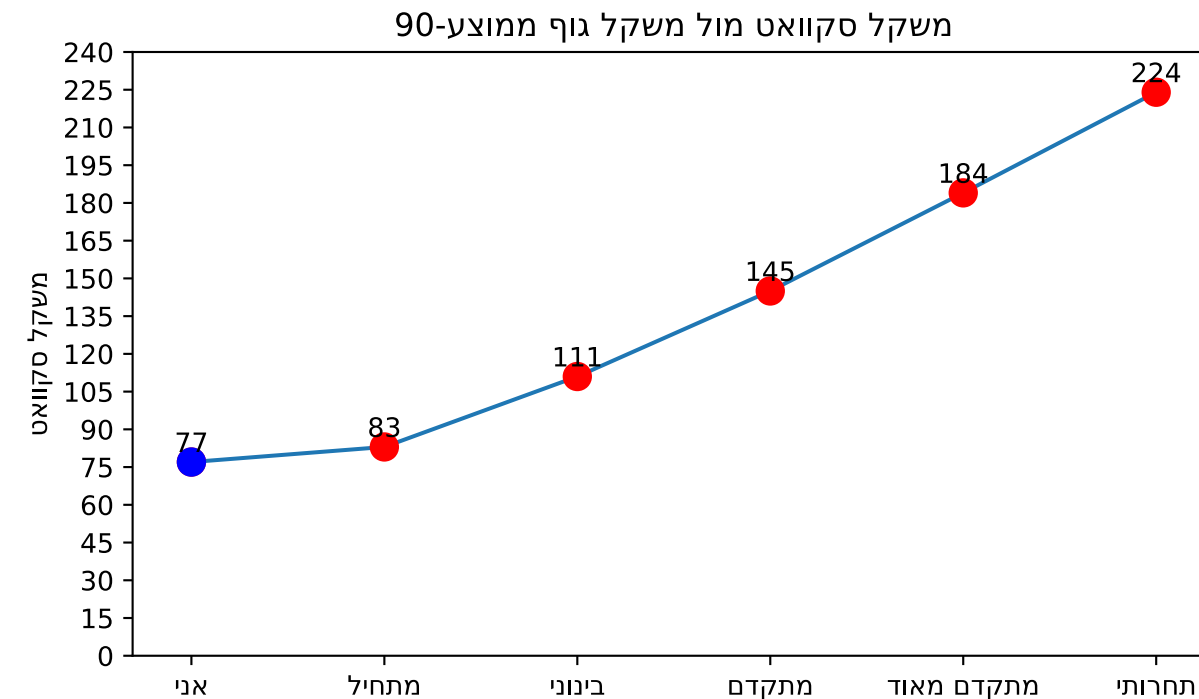
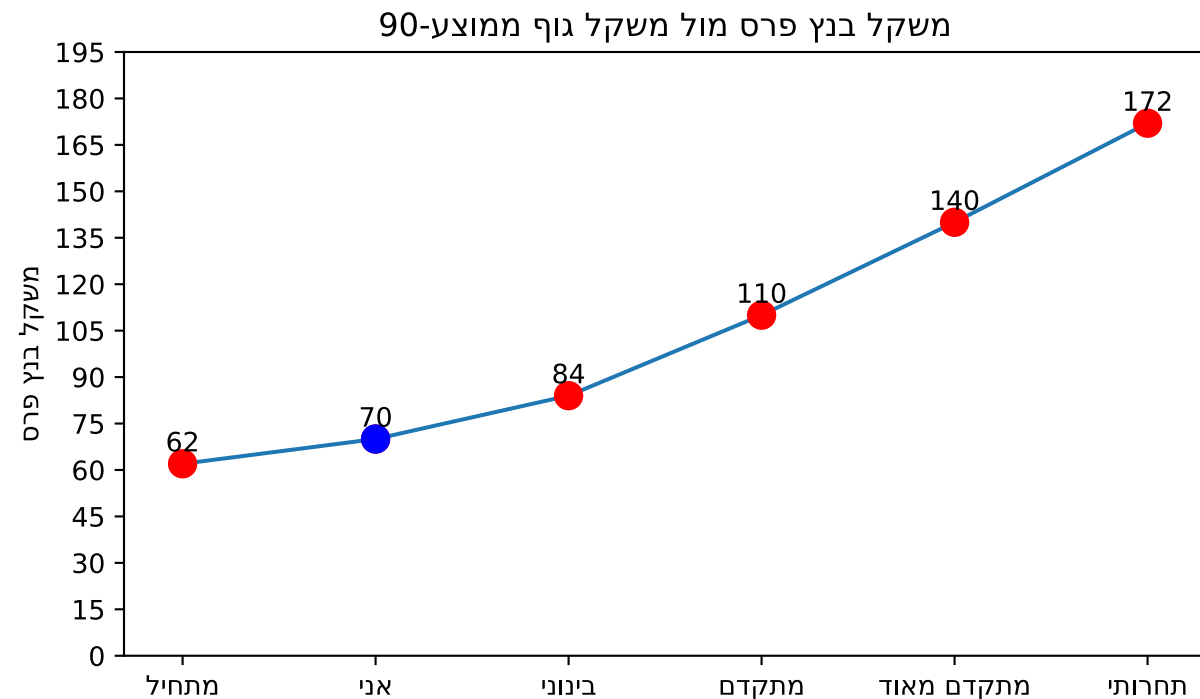
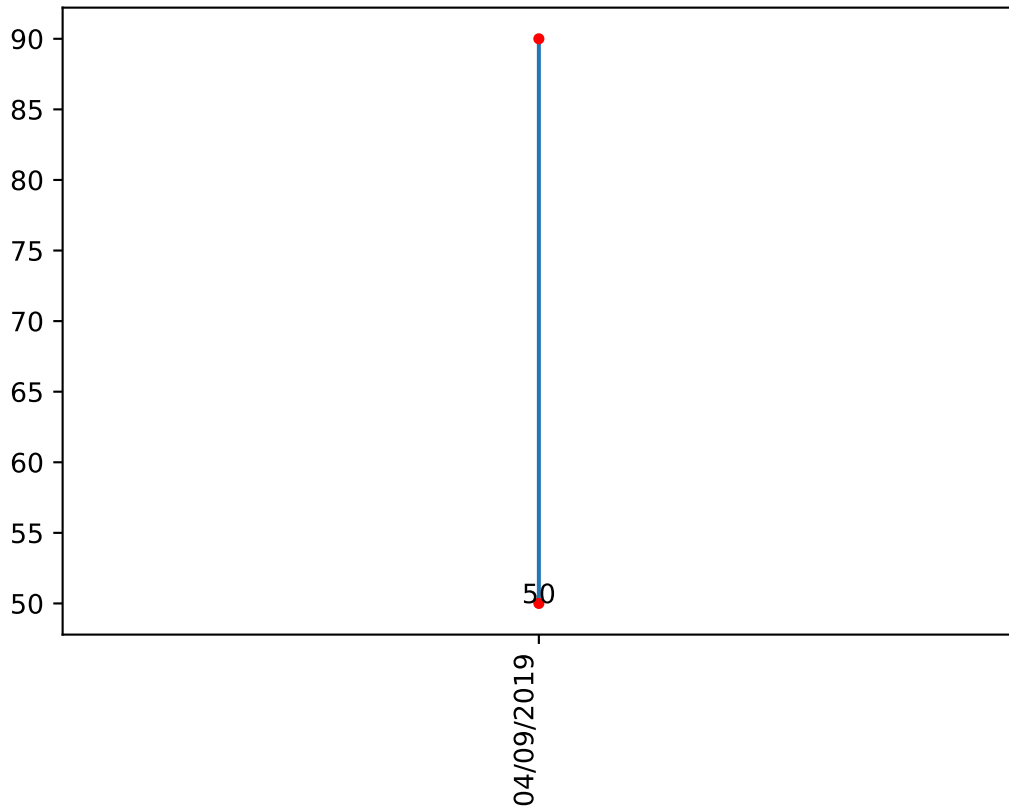


## שיפור במשקל לפי תרגיל

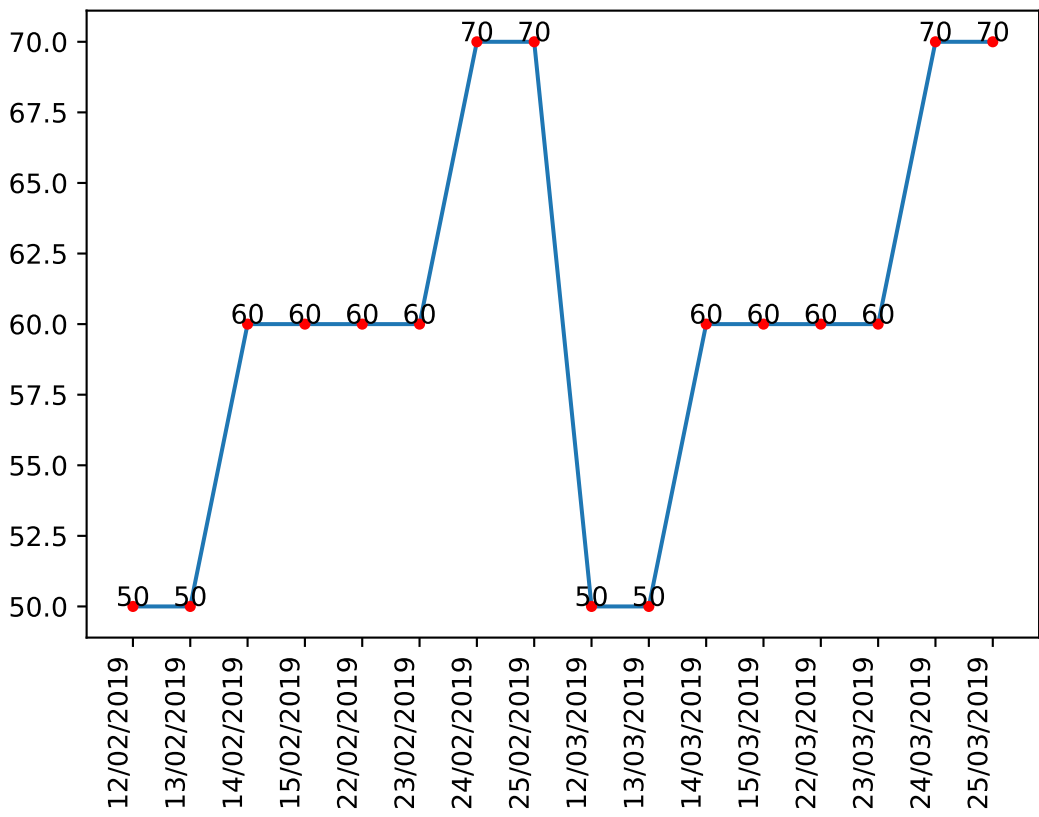




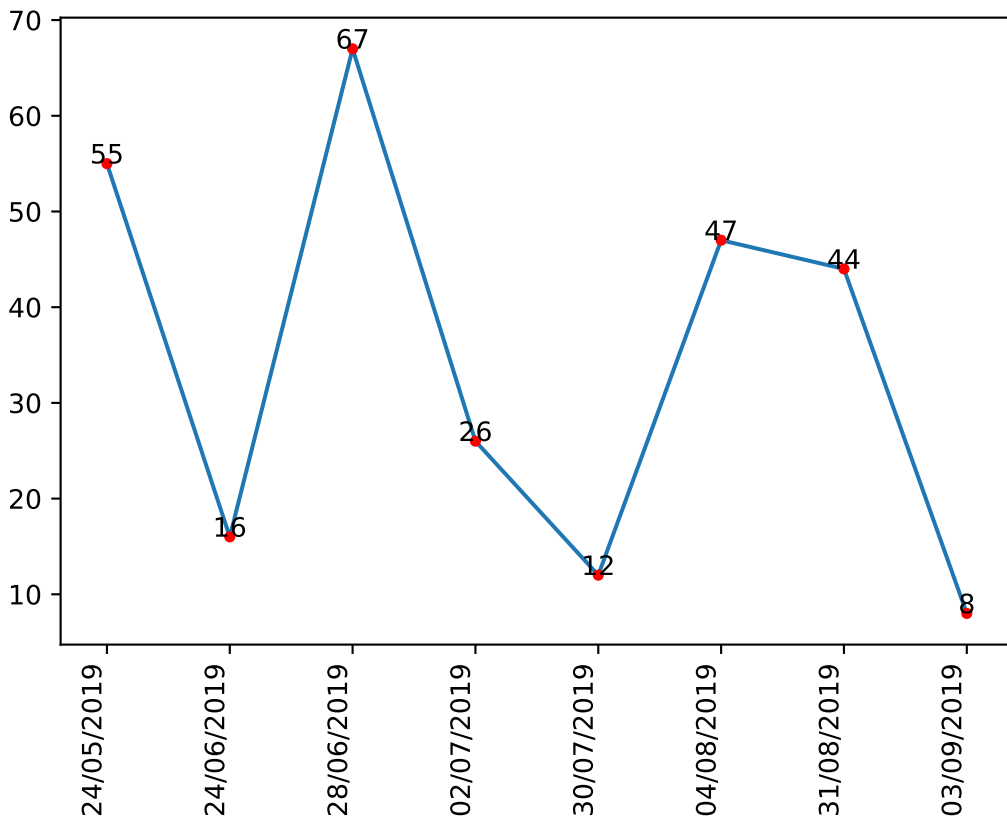
# משקל גוף



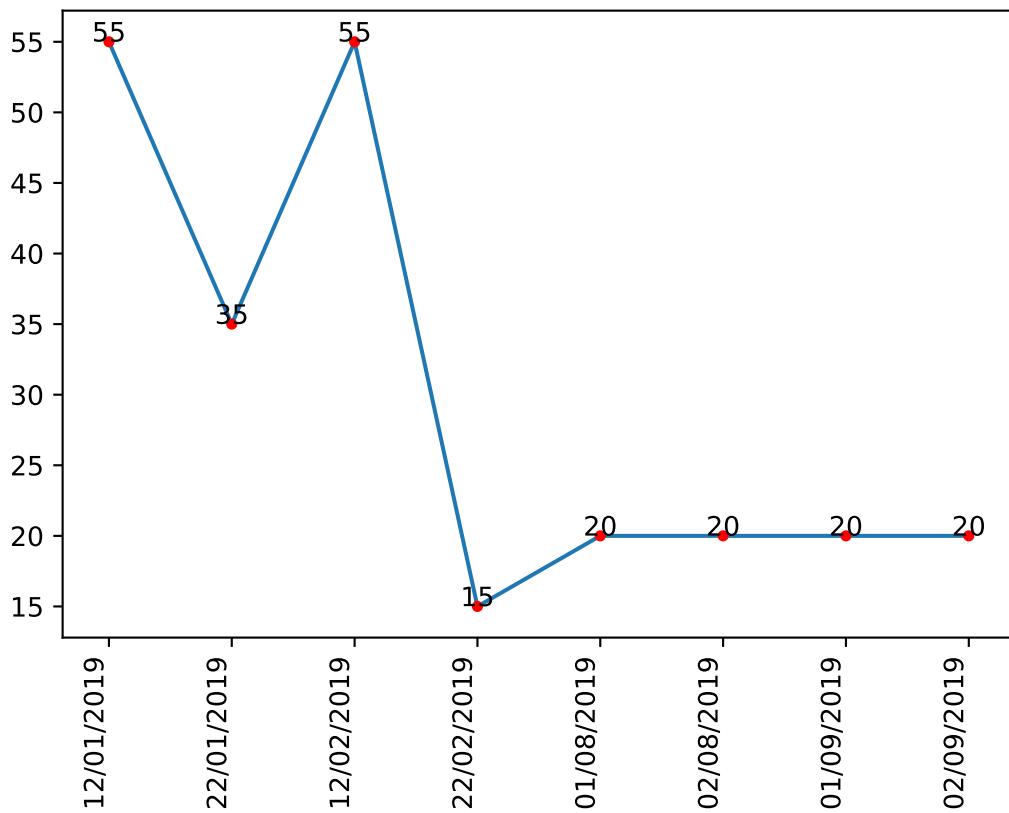
# בונץ פרס



# דדליפט



# הד פרס



# ΣΥΛΛΗΨΗ

