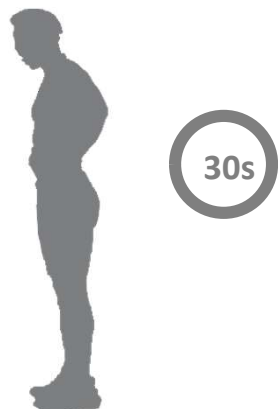
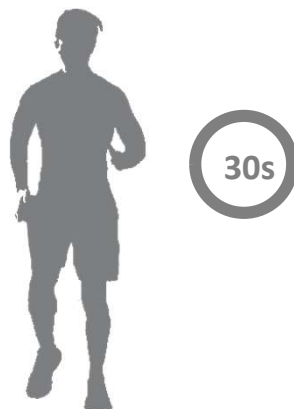


内脏减脂动作8组 @猫叔慢跑

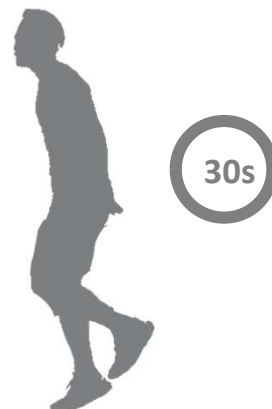
① 腹式呼吸



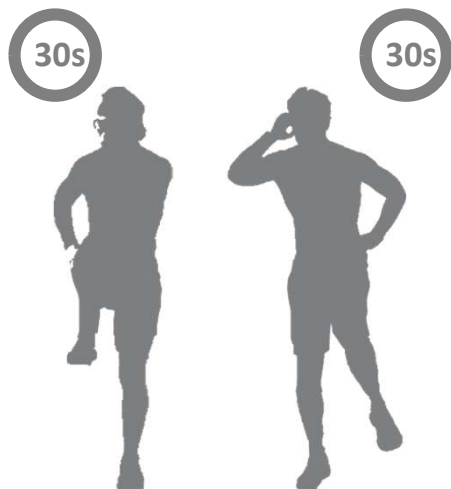
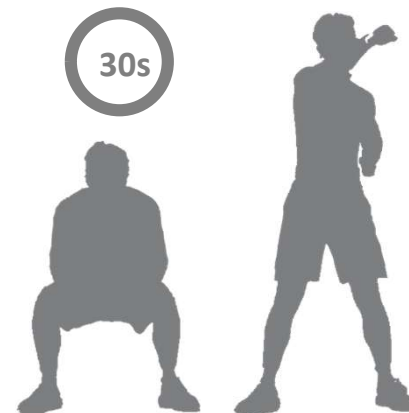
② 原地快速小跑



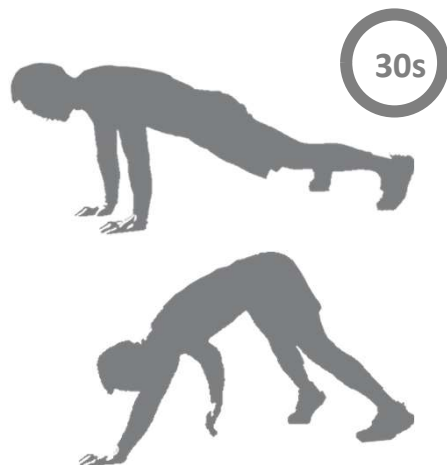
③ 后腿踢跑



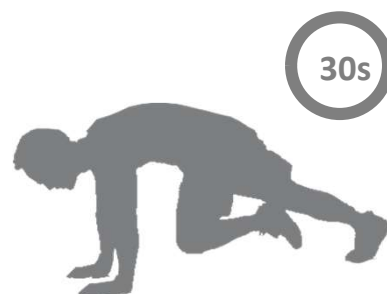
④ 深蹲击拳



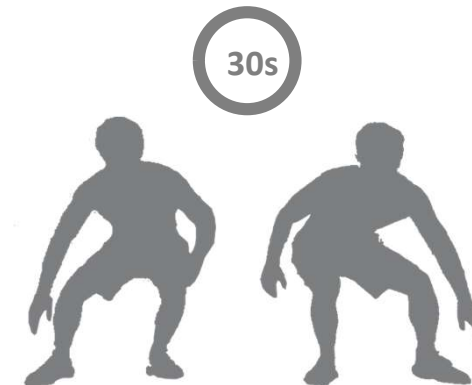
⑤ 提肘触膝



⑥ 俯身摸脚尖



⑦ 俯身登山



⑧ 快速折跑