VARIANT 3

WORK▶ 🗓 BREAK ▶ 🗓 🌣 VOLUME REPETITIONS► [1M] [3M] [5M] 10M 15M 20M 25M 1 2 3 4 5 8 9 10 11 12 ∞ **=/**4/Ы/0 0 0 0 0 0 0 R1 10cm

 60M
 30M

 90M
 45M

75M