

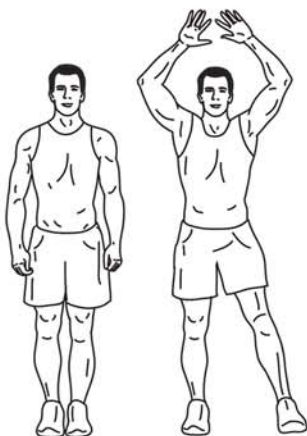
Exercițiu acasă

Produs de DAREBEE @ darebee.com

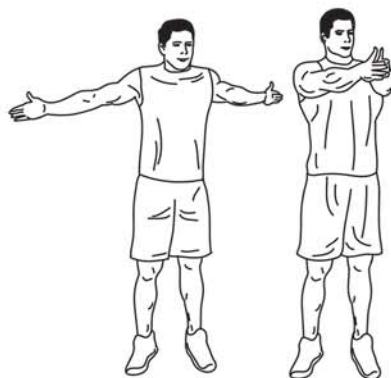
Repetă de 5 ori in total - Pauză până la 2 minute



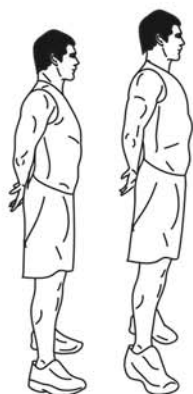
10 Rotații de coapse



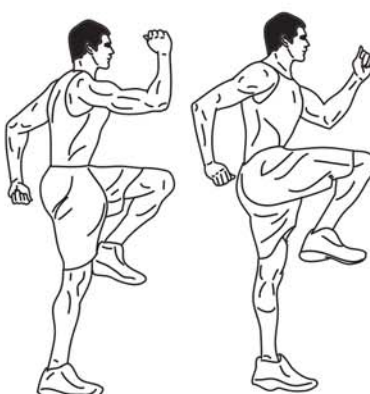
10 Extensii cu pas



10 Extensii la piept



10 Ridicări pe vârfuri



10 Pași in marș