


## Упражнения

1		Комплекс для улучшения зрения (Антон Алексеев). Часть 1 <span>1 / 10</span>
2	 A man in a yellow shirt is performing a step pushup in a gym. He is on the floor with one foot raised, pushing up with his arms. The gym has a green wall and yellow resistance bands hanging from the ceiling.	#2steppushups <span>3 / 10</span>