


Упражнения

1		Комплекс для улучшения зрения (Антон Алексеев). Часть 1 1 / 10
2	 A man in a yellow shirt is performing a step pushup exercise in a gym. He is in a plank position with his right foot stepped forward. The gym has a green wall and yellow resistance bands hanging from the ceiling.	#2steppushups 3 / 10