


Упражнения

1		Комплекс для улучшения зрения (Антон Алексеев). Часть 1 1 / 10
2	 A photograph showing a person in a yellow shirt and grey pants performing a step pushup in a gym. The person is in a plank position with one foot raised. The gym has a green wall and yellow resistance bands hanging from the ceiling.	#2steppushups 3 / 10