


Упражнения

1	 A photograph showing a person's feet on a green mat. The person is wearing black leggings and white socks. They are standing on their right foot, with their left foot raised and the heel resting on the mat. This is a common exercise for foot activation.	Активация малоберцовой группы (упражнения для избавления от варуса стопы) 1 / 10
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