

KOMPLETNY TRENING BRZUCHA

1.



X 30

2.



X 30

3.



X 20

4.



X 20

5.



X 30

6.



X 20

7.

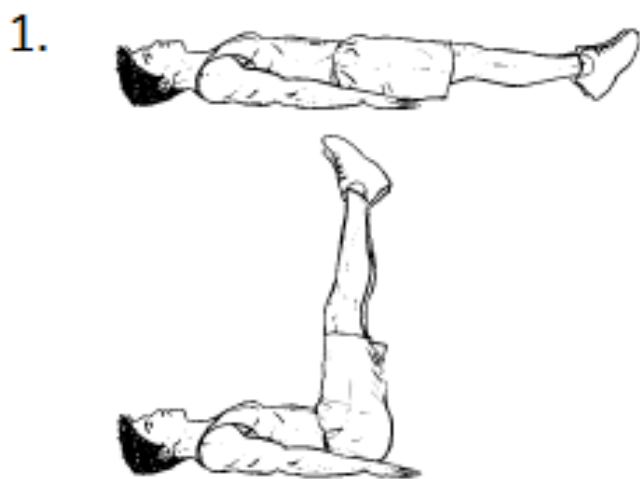


60 SEK

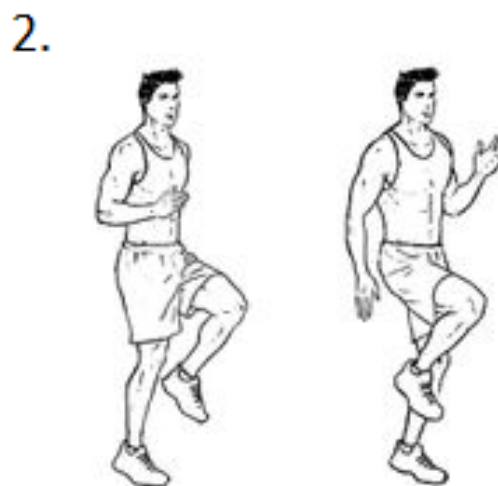
8.



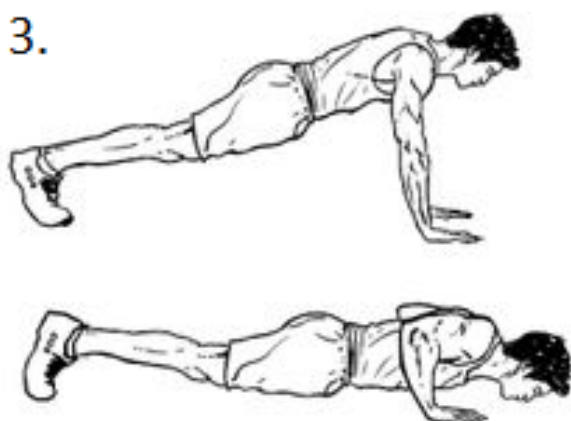
X 20



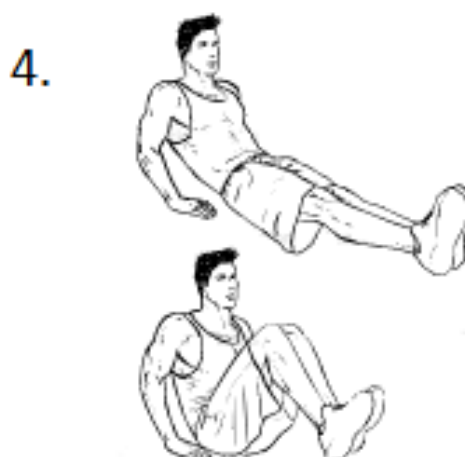
10 powtórzeń



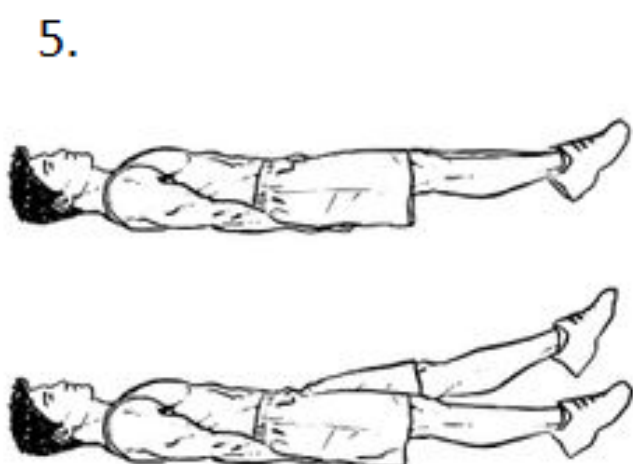
20 sekund



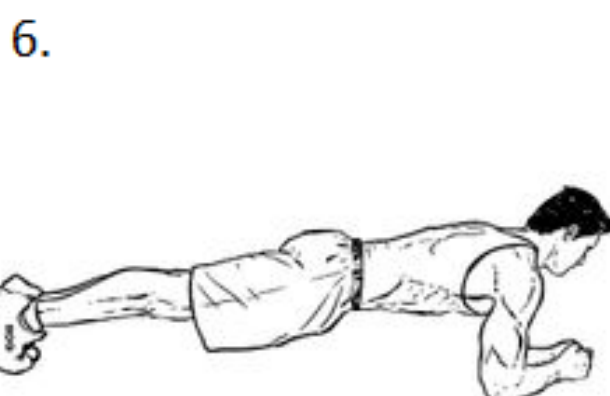
15 pompek



10 powtórzeń



20 powtórzeń



30 sekund



🕒 30 sekund



🕒 30 sekund



📄 15 razy



📄 30 razy



📄 30 razy

