



SportOn - \tilde{N} , $D^{3/4}D^2D^\circ\tilde{N}\in\tilde{N}$
 $D'D\gg N\cdot N\cdot D'D\gg D^{3/4}D^2N\cdot N$, $D^2D D'D^{3/4}D^2$
 $N\cdot D\dot{\zeta}D^{3/4}N\in N, D^\circ: D^3D N\in D\mu D^2D^{3/4}D^3D^{3/4}$
 $N\cdot D\dot{\zeta}D^{3/4}N\in N, D^\circ: N, N\cdot D\mu D\gg D^{3/4}D^1$

$D^\circ\tilde{N}, D\gg D\mu\tilde{N}, D, D^\circ D, D\dot{\zeta}D^\circ\tilde{N}f\tilde{N}\cdot\tilde{N}\in D\gg D, \tilde{N}, \tilde{N}, D, D^{1/2}D^3D^\circ$

SportOn

$D^\circ D^{3/4}\tilde{N}\in\tilde{N}, \tilde{N}$

$D^\circ D^{3/4}\tilde{N}\in\tilde{N}, \tilde{N}$ $\tilde{N}\cdot\tilde{N}\cdot D, D^{1/4}D^2D^{3/4}D\gg D, D^\circ D^{3/4}D^1$ $D^3D, \tilde{N}\in D\mu D^2D^{3/4}D^3D^{3/4}$ $\tilde{N}\cdot D\dot{\zeta}D^{3/4}\tilde{N}\in\tilde{N}, D^\circ D'D\gg\tilde{N}\cdot$
 $D\dot{\zeta}\tilde{N}\in D^{3/4}D^3\tilde{N}fD\gg D^{3/4}D^\circ D, \tilde{N}, \tilde{N}\in D\mu D^{1/2}D, \tilde{N}\in D^{3/4}D^2D^{3/4}D^\circ.$

$D^\circ D^{3/4}\tilde{N}\in\tilde{N}, \tilde{N}$ "KETTLEBELLS"
 $\tilde{N}\in\tilde{N}fD\pm.1 500$

$D^\circ D^{3/4}\tilde{N}\in\tilde{N}, \tilde{N}$ $\tilde{N}\cdot\tilde{N}\cdot D, D^{1/4}D^2D^{3/4}D\gg D, D^\circ D^{3/4}D^1$ $D^3D, \tilde{N}\in D\mu D^2D^{3/4}D^3D^{3/4}$ $\tilde{N}\cdot D\dot{\zeta}D^{3/4}\tilde{N}\in\tilde{N}, D^\circ.$
[\[\$D^\circ D^{3/4}D\tilde{N}\in D^{3/4}D\pm D^{1/2}D\mu D\mu...\$ \]](#)

$D^\circ D^{3/4}\tilde{N}\in\tilde{N}, \tilde{N}$ "D" $\tilde{N}\in D\mu D^2D^{3/4}D^1$
 $\tilde{N}\cdot D\dot{\zeta}D^{3/4}\tilde{N}\in\tilde{N},$
 $\tilde{N}\in\tilde{N}fD\pm.1 500$

$D^\circ D^{3/4}\tilde{N}\in\tilde{N}, \tilde{N}$ $\tilde{N}\cdot\tilde{N}\cdot D, D^{1/4}D^2D^{3/4}D\gg D, D^\circ D^{3/4}D^1$ $D^3D, \tilde{N}\in D\mu D^2D^{3/4}D^3D^{3/4}$ $\tilde{N}\cdot D\dot{\zeta}D^{3/4}\tilde{N}\in\tilde{N}, D^\circ.$
[\[\$D^\circ D^{3/4}D\tilde{N}\in D^{3/4}D\pm D^{1/2}D\mu D\mu...\$ \]](#)

- « $\langle D' D^{1/2}D^\circ\tilde{N}\ddagger D^\circ D\rangle D^{3/4}$
- « $\langle D^\circ\tilde{N}\in D\mu D\tilde{N}\langle D\tilde{N}f\tilde{N}\%_o D^\circ\tilde{N}\cdot$
- 1
- $D\dot{\zeta}D\gg D\mu D\tilde{N}f\tilde{N}\check{N}\%_o D^\circ\tilde{N}\cdot \gg$
- $D' D^\circ D^{3/4}D^{1/2}D\mu\tilde{N}\ddagger \gg \gg$

$D D\mu D\cdot\tilde{N}fD\gg\tilde{N}\in\tilde{N}, D^\circ\tilde{N}, \tilde{N}$ 1 - 2 $D, D\cdot 2$