



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

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

*SportOn*

$D' D \mu D \gg D^{3/4} \tilde{N} \cdot D, D \dot{z} D \mu D' D^\circ D, / D \gg D^{3/4} \tilde{N} \cdot D, D^{1/2} \tilde{N} \langle$

$D' D \mu D \gg D^{3/4} \tilde{N} \cdot D, D \dot{z} D \mu D' D^\circ D, (\tilde{N}, \tilde{N} \in D \mu D^\circ D,) D, D \gg D^{3/4} \tilde{N} \cdot D, D^{1/2} \tilde{N} \langle \tilde{N} \cdot D \dot{z} D^{3/4} \tilde{N} \in \tilde{N}, D, D^2 D^{1/2} \tilde{N} \langle D \mu$   
 $\tilde{N} f D^{1/2} D, D^2 D \mu \tilde{N} \in \tilde{N} \cdot D^\circ D \gg \tilde{N} \in D^{1/2} \tilde{N} \langle D \mu D' D \gg \tilde{N} \cdot \tilde{N}, \tilde{N} \in D \mu D^{1/2} D, \tilde{N} \in D^{3/4} D^2 D^{3/4} D^\circ D,$   
 $\tilde{N} \cdot D^{3/4} \tilde{N} \in D \mu D^2 D^{1/2} D^{3/4} D^2 D^\circ D^{1/2} D, D^1 D^{1/4} D^{3/4} D \parallel D^{1/2} D^{3/4} D^\circ \tilde{N} f D \dot{z} D, \tilde{N}, \tilde{N} \in D^2 \tilde{N} \cdot \tilde{N}, D^{3/4} D^{1/4} \tilde{N} \in D^\circ D \cdot D' D \mu D \gg D \mu.$

**$D' D \mu D \gg D^{3/4} \tilde{N} \cdot D, D \dot{z} D \mu D' D^\circ D, BE STRONG$   
 $\tilde{N} \in \tilde{N} f D \pm .950$**

$D' D \mu D \gg D^{3/4} \tilde{N} \cdot D, D \dot{z} D \mu D' D^\circ D, BE STRONG D' D \gg \tilde{N} \cdot \tilde{N}, \tilde{N} \in D \mu D^{1/2} D, \tilde{N} \in D^{3/4} D^2 D^{3/4} D^\circ D,$   
 $\tilde{N} \cdot D^{3/4} \tilde{N} \in D \mu D^2 D^{1/2} D^{3/4} D^2 D^\circ D^{1/2} D, D^1. [D \dot{Y} D^{3/4} D' \tilde{N} \in D^{3/4} D \pm D^{1/2} D \mu D \mu \dots]$

**$D' D \mu D \gg D^{3/4} \tilde{N} \cdot D, D \dot{z} D \mu D' D^\circ D, KETTLEBELL$   
**LIFTING**  
 $\tilde{N} \in \tilde{N} f D \pm .950$**

$D' D \mu D \gg D^{3/4} \tilde{N} \cdot D, D \dot{z} D \mu D' D^\circ D, KETTLEBELL LIFTING D' D \gg \tilde{N} \cdot \tilde{N}, \tilde{N} \in D \mu D^{1/2} D, \tilde{N} \in D^{3/4} D^2 D^{3/4} D^\circ D,$   
 $\tilde{N} \cdot D^{3/4} \tilde{N} \in D \mu D^2 D^{1/2} D^{3/4} D^2 D^\circ D^{1/2} D, D^1. [D \dot{Y} D^{3/4} D' \tilde{N} \in D^{3/4} D \pm D^{1/2} D \mu D \mu \dots]$

**$D' D \mu D \gg D^{3/4} \tilde{N} \cdot D, D \dot{z} D \mu D' D^\circ D, Red\&Black$   
 $\tilde{N} \in \tilde{N} f D \pm .1 200$**

$D' D \mu D \gg D^{3/4} \tilde{N} \cdot D, D \dot{z} D \mu D' D^\circ D, Red\&Black [D \dot{Y} D^{3/4} D' \tilde{N} \in D^{3/4} D \pm D^{1/2} D \mu D \mu \dots]$

**Տ'ԵմԵ»Ե՜՜Ն•Ե, ԵԶԵմԵ՛Ե՞Ե, RUS-Star  
ՆԵՆՖԵ±.840**

Տ'ԵմԵ»Ե՜՜Ն•Ե, ԵԶԵմԵ՛Ե՞Ե, RUS-Star. Ե•Ե°Ե՜՜ԵմՆ•ԵմԵ՛Ե՞Ե, Եմ - Ն•ՆՖԵ±Ե»Ե, Ե՜՜Ե°ՆԻԵ, Ն•.  
[\[Ե՞Ե՜՜Ե՛ՆԵԵ՜՜Ե±Ե՜՜ԵմԵմ...\]](#)

**Տ'ԵմԵ»Ե՜՜Ն•Ե, ԵԶԵմԵ՛Ե՞Ե, RUSSIA  
ՆԵՆՖԵ±.1 190**

Տ'ԵմԵ»Ե՜՜Ն•Ե, ԵԶԵմԵ՛Ե՞Ե, (Ն, ՆԵԵմԵ՞Ե,) RUSSIA  
ԵœԵ°Ն, ԵմՆԵԵ, Ե°Ե» - Ն•Ե»Ե°Ն•Ն, Ե, ՆԻԵ՜՜Ե°Ն• Ն, Ե°Ե°Ե՜՜ՆԵ  
Ե Ե°Ե.Ե՜՜ԵմՆԵՆ՝ Ե՜՜Ն, 42 Ե՛Ե՜՜ 54 [\[Ե՞Ե՜՜Ե՛ՆԵԵ՜՜Ե±Ե՜՜ԵմԵմ...\]](#)

**Տ'ԵմԵ»Ե՜՜Ն•Ե, ԵԶԵմԵ՛Ե՞Ե, RUSSIA black  
ՆԵՆՖԵ±.710**

Տ'ԵմԵ»Ե՜՜Ն•Ե, ԵԶԵմԵ՛Ե՞Ե, ՆՖԵ՜՜Ե, Ե²ԵմՆԵՆ•Ե°Ե»ՆԵԵ՜՜Ն•Եմ Ն• ՆԵԵ՜՜Ն•Ն•Ե, Ե՛Ն•Ե°Ե՜՜Ե՛  
Ն•Ե, Ե՜՜Ե²Ե՜՜Ե»Ե, Ե°Ե՜՜Ե՛ [\[Ե՞Ե՜՜Ե՛ՆԵԵ՜՜Ե±Ե՜՜ԵմԵմ...\]](#)

**Տ'ԵմԵ»Ե՜՜Ն•Ե, ԵԶԵմԵ՛Ե՞Ե, RUSSIA ST  
ՆԵՆՖԵ±.950**

Տ'ԵմԵ»Ե՜՜Ն•Ե, ԵԶԵմԵ՛Ե՞Ե, RUSSIA ST Ե՛Ե»Ն• Ն, ՆԵԵմԵ՞Ե՜՜ՆԵԵ՜՜Ե²Ե՜՜Ե° Ե,  
Ն•Ե՜՜ՆԵԵմԵ²Ե՜՜Ե²Ե°Ե՜՜Ե, Ե՛. [\[Ե՞Ե՜՜Ե՛ՆԵԵ՜՜Ե±Ե՜՜ԵմԵմ...\]](#)

**Տ'ԵմԵ»Ե՜՜Ն•Ե, ԵԶԵմԵ՛Ե՞Ե, RUSSIA-NEW  
ՆԵՆՖԵ±.680**

Տ'ԵմԵ»Ե՜՜Ն•Ե, ԵԶԵմԵ՛Ե՞Ե, ՆՖԵ՜՜Ե, Ե²ԵմՆԵՆ•Ե°Ե»ՆԵԵ՜՜Ն•Եմ Ն• ՆԵԵ՜՜Ն•Ն•Ե, Ե՛Ն•Ե°Ե՜՜Ե՛  
Ն•Ե, Ե՜՜Ե²Ե՜՜Ե»Ե, Ե°Ե՜՜Ե՛ [\[Ե՞Ե՜՜Ե՛ՆԵԵ՜՜Ե±Ե՜՜ԵմԵմ...\]](#)

**Տ'ԵմԵ»Ե՜՜Ն•Ե, ԵԶԵմԵ՛Ե՞Ե,  
Ե՜՜Ե՛Ե՜՜Ն, Ե՜՜Ե՜՜Ե՜՜ՆԵմ  
ՆԵՆՖԵ±.510**

Տ'ԵմԵ»Ե՜՜Ն•Ե, ԵԶԵմԵ՛Ե՞Ե, Ե՜՜Ե՛Ե՜՜Ն, Ե՜՜Ե՜՜Ե՜՜ՆԵմ.  
ԵœԵ°Ն, ԵմՆԵԵ, Ե°Ե» - Ե»Ե°Ե՛Ե°ՆԵԵ°.  
Ե Ե°Ե.Ե՜՜ԵմՆԵՆ՝ 44-54 [\[Ե՞Ե՜՜Ե՛ՆԵԵ՜՜Ե±Ե՜՜ԵմԵմ...\]](#)

Đ'ĐμĐ»Đ³⁄₄Ñ•Đ,Đ¿ĐμĐ'Đ°Đ,Ñ,Ñ€Đ,Đ°Đ³⁄₄Đ»Đ³⁄₄Ñ€  
RUSSIA

Ñ€ÑfĐ±.1 090

Đ'ĐμĐ»Đ³⁄₄Ñ•Đ,Đ¿ĐμĐ'Đ°Đ,Ñ,Ñ€Đ,Đ°Đ³⁄₄Đ»Đ³⁄₄Ñ€ RUSSIA[[ĐŸĐ³⁄₄Đ'Ñ€Đ³⁄₄Đ±Đ½ĐμĐμ...](#)]

Đ,Đ³⁄₄Ñ•Đ,Đ½Ñ< Đ'Đ»Ñ•

Ñ€ÑfĐ±.1 880

Đ,Đ³⁄₄Ñ•Đ,Đ½Ñ< Đ'Đ»Ñ• Ñ,Ñ€ĐμĐ½Đ,Ñ€Đ³⁄₄Đ²Đ³⁄₄Đ° Ñ• Ñ•Đ,Đ¼Đ²Đ³⁄₄Đ»Đ,Đ°Đ³⁄₄Đ¹ Đ³Đ,Ñ€ĐμĐ²Đ³⁄₄Đ³Đ³⁄₄  
Ñ•Đ¿Đ³⁄₄Ñ€Ñ,Đ° [[ĐŸĐ³⁄₄Đ'Ñ€Đ³⁄₄Đ±Đ½ĐμĐμ...](#)]

Đ,Đ³⁄₄Ñ•Đ,Đ½Ñ< Đ'Đ»Ñ•

Ñ,Ñ€ĐμĐ½Đ,Ñ€Đ³⁄₄Đ²Đ³⁄₄Đ°

Ñ€ÑfĐ±.1 980

Đ,Đ³⁄₄Ñ•Đ,Đ½Ñ< Đ'Đ»Ñ• Ñ,Ñ€ĐμĐ½Đ,Ñ€Đ³⁄₄Đ²Đ³⁄₄Đ°.[[ĐŸĐ³⁄₄Đ'Ñ€Đ³⁄₄Đ±Đ½ĐμĐμ...](#)]

Đ,Đ³⁄₄Ñ•Đ,Đ½Ñ< Đ'Đ»Ñ• Đ³Đ,Ñ€ĐμĐ²Đ,Đ°

Ñ€ÑfĐ±.1 880

Đ,Đ³⁄₄Ñ•Đ,Đ½Ñ< Đ'Đ»Ñ• Ñ,Ñ€ĐμĐ½Đ,Ñ€Đ³⁄₄Đ²Đ³⁄₄Đ° "Đ³Đ,Ñ€ĐμĐ²Đ,Đ°"[[ĐŸĐ³⁄₄Đ'Ñ€Đ³⁄₄Đ±Đ½ĐμĐμ...](#)]

Đ-Đ°Đ,Đ¿Đ,Ñ€Đ³⁄₄Đ²Đ°Đ Ñ•Đ±Đ³⁄₄Ñ€Đ½Đ³⁄₄Đ¹ Đ

Đ³⁄₄Ñ•Ñ•Đ,Đ, (Đ-Đ•Đ•)

Ñ€ÑfĐ±.3 500

ĐžÑ,Đ,Ñ†Đ,Đ°Đ»Ñ€Đ½Đ°Ñ• Ñ•Đ°Đ,Đ¿Đ,Ñ€Đ³⁄₄Đ²Đ°Đ Ñ•Đ±Đ³⁄₄Ñ€Đ½Đ³⁄₄Đ¹ Đ Đ³⁄₄Ñ•Ñ•Đ,Đ, Đ¿Đ³⁄₄  
Đ³Đ,Ñ€ĐμĐ²Đ³⁄₄Đ¼Ñf Ñ•Đ¿Đ³⁄₄Ñ€Ñ,Ñf (Đ¶ĐμĐ½Ñ•Đ°Đ,Đ¹ Đ°Đ³⁄₄Đ¼Đ¿Đ»ĐμĐ°Ñ,)

[[ĐŸĐ³⁄₄Đ'Ñ€Đ³⁄₄Đ±Đ½ĐμĐμ...](#)]

Đ-Đ°Đ,Đ¿Đ,Ñ€Đ³⁄₄Đ²Đ°Đ Ñ•Đ±Đ³⁄₄Ñ€Đ½Đ³⁄₄Đ¹ Đ

Đ³⁄₄Ñ•Ñ•Đ,Đ, (ĐœĐ£Đ-)

Ñ€ÑfĐ±.3 500

ĐžÑ,Đ,Ñ†Đ,Đ°Đ»Ñ€Đ½Đ°Ñ• Ñ•Đ°Đ,Đ¿Đ,Ñ€Đ³⁄₄Đ²Đ°Đ Ñ•Đ±Đ³⁄₄Ñ€Đ½Đ³⁄₄Đ¹ Đ Đ³⁄₄Ñ•Ñ•Đ,Đ, Đ¿Đ³⁄₄  
Đ³Đ,Ñ€ĐμĐ²Đ³⁄₄Đ¼Ñf Ñ•Đ¿Đ³⁄₄Ñ€Ñ,Ñf (Đ¼ÑfĐ¶Ñ•Đ°Đ³⁄₄Đ¹ Đ°Đ³⁄₄Đ¼Đ¿Đ»ĐμĐ°Ñ,)

[[ĐŸĐ³⁄₄Đ'Ñ€Đ³⁄₄Đ±Đ½ĐμĐμ...](#)]

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« « Đ' Đ<sup>1/2</sup>Đ°Ñ†Đ°Đ»Đ<sup>3/4</sup>  
« ĐŸÑ€ĐμĐ'Ñ‹Đ'ÑfÑ%Đ°Ñ•  
1  
Đ;Đ»ĐμĐ'ÑfÑŽÑ%Đ°Ñ• »  
Đ' Đ°Đ<sup>3/4</sup>Đ<sup>1/2</sup>ĐμÑ† » »

Đ ĐμĐ.ÑfĐ»ÑŒÑ,Đ°Ñ,Ñ‹ 1 - 15 Đ,Đ. 15