



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

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

SportOn

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

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

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

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

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

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

**$D' D \mu D \gg D^{3/4} \tilde{N} \cdot D, D \dot{D} \mu D' D^\circ D, RUS-Star$
 $\tilde{N} \in \tilde{N} f D \pm .840$**

$D' D \mu D \gg D^{3/4} \tilde{N} \cdot D, D \dot{D} \mu D' D^\circ D, RUS-Star. D \cdot D^\circ D^{1/2} D \mu \tilde{N} \cdot D \mu D^{1/2} D, D \mu - \tilde{N} \cdot \tilde{N} f D \pm D \gg D, D^{1/4} D^\circ \tilde{N} \dagger D, \tilde{N} \cdot$
[\[D' D^{3/4} D' \tilde{N} \in D^{3/4} D \pm D^{1/2} D \mu D \mu ...\]](#)

**Đ,Đ^{3/4}Ñ•Đ,Đ^{1/2}Ñ< KETTLEBELLS
Ñ€ÑfĐ±.1 880**

Đ,Đ^{3/4}Ñ•Đ,Đ^{1/2}Ñ< Đ'Đ»Ñ• Ñ,Ñ€ĐμĐ^{1/2}Đ,Ñ€Đ^{3/4}Đ²Đ^{3/4}Đ⁰ Ñ• Ñ•Đ,Đ^{1/4}Đ²Đ^{3/4}Đ»Đ,Đ⁰Đ^{3/4}Đ¹ Đ³Đ,Ñ€ĐμĐ²Đ^{3/4}Đ³Đ^{3/4}Ñ•Đ,Đ^{3/4}Ñ€Ñ,Đ° [\[ĐŸĐ^{3/4}Đ'Ñ€Đ^{3/4}Đ±Đ^{1/2}ĐμĐμ...\]](#)

**Đ,Đ^{3/4}Ñ•Đ,Đ^{1/2}Ñ< Đ'Đ»Ñ•
Ñ,Ñ€ĐμĐ^{1/2}Đ,Ñ€Đ^{3/4}Đ²Đ^{3/4}Đ⁰
Ñ€ÑfĐ±.1 980**

Đ,Đ^{3/4}Ñ•Đ,Đ^{1/2}Ñ< Đ'Đ»Ñ• Ñ,Ñ€ĐμĐ^{1/2}Đ,Ñ€Đ^{3/4}Đ²Đ^{3/4}Đ⁰ [\[ĐŸĐ^{3/4}Đ'Ñ€Đ^{3/4}Đ±Đ^{1/2}ĐμĐμ...\]](#)

**Đ,Đ^{3/4}Ñ•Đ,Đ^{1/2}Ñ< Đ'Đ»Ñ• Đ⁻Đ³Đ,Ñ€ĐμĐ²Đ,Đ°
Ñ€ÑfĐ±.1 880**

Đ,Đ^{3/4}Ñ•Đ,Đ^{1/2}Ñ< Đ'Đ»Ñ• Ñ,Ñ€ĐμĐ^{1/2}Đ,Ñ€Đ^{3/4}Đ²Đ^{3/4}Đ⁰ "Đ⁻Đ³Đ,Ñ€ĐμĐ²Đ,Đ°" [\[ĐŸĐ^{3/4}Đ'Ñ€Đ^{3/4}Đ±Đ^{1/2}ĐμĐμ...\]](#)

- « « Đ' Đ^{1/2}Đ°Ñ†Đ°Đ»Đ^{3/4}
- « ĐŸÑ€ĐμĐ'Ñ<Đ'ÑfÑ%Đ°Ñ•
- 1
- Đ;Đ»ĐμĐ'ÑfÑŽÑ%Đ°Ñ• »
- Đ' Đ°Đ^{3/4}Đ^{1/2}ĐμÑ† » »

Đ ĐμĐ.ÑfĐ»Ñ€Ñ,Đ°Ñ,Ñ< 1 - 12 Đ,Đ. 12