

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

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

$D \alpha \tilde{N} f \tilde{N}, D \pm D^{3/4} D \gg D^\circ D^\circ$ "Russian kettlebells" $D \mu D^{1/2} \tilde{N} \cdot D^\circ D^\circ \tilde{N} \cdot$

$\tilde{N} \in \tilde{N} f D \pm .500$



$D \alpha e D^\circ \tilde{N}, D \mu \tilde{N} \in D, D^\circ D \gg - D^\circ \tilde{N} f \tilde{N} \in D \gg D, D^{1/2} D^{3/4} D \mu D \cdot D^{3/4} D \gg D^{3/4} \tilde{N}, D^{1/2} D^{3/4} \tilde{N} \cdot D \gg D^\circ D^1 D^\circ \tilde{N} \in D^{3/4} D^1$
 $(\tilde{N} \cdot D^{3/4} D^{3/4} \tilde{N}, D^{1/2} D^{3/4} \tilde{N} \cdot D \mu D^{1/2} D, D \mu 92\% + 8\%) D \ddot{Y} D \gg D^{3/4} \tilde{N}, D^{1/2} D^{3/4} \tilde{N} \cdot \tilde{N}, \tilde{N} \in 180 D^3 \tilde{N} \in.$

[D^\circ D^{1/2} \tilde{N}, D^{3/4} \tilde{N} \in D^{1/4} D^\circ \tilde{N} \dagger D, \tilde{N} \cdot D^{3/4} D \cdot \tilde{N} \in D^{3/4} D^\circ D^2 \tilde{N} \dagger D \mu](#)