

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

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

## $D \tilde{N} f D \pm D^{\circ} \tilde{N}^{\wedge} D^{\circ} D^{\circ} D \langle D^{3/4} D \gg D^{3/4}$ KETTLEBELL LIFTING



$\tilde{N} \in \tilde{N} f D \pm .950$

$D \tilde{N} f D \pm D^{\circ} \tilde{N}^{\wedge} D^{\circ} D^{\circ} D \langle D^{3/4} D \gg D^{3/4}$  KETTLEBELL LIFTING

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

$D \cdot D^2 D \mu \tilde{N}, D \cdot D \mu D \gg D \mu D^{1/2} \tilde{N} \langle D^1.$

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[D^{\circ} D^{1/2} \tilde{N}, D^{3/4} \tilde{N} \in D^{1/4} D^{\circ} \tilde{N} \langle D, \tilde{N} \cdot D^{3/4} D \langle \tilde{N} \in D^{3/4} D^{\circ} D^2 \tilde{N} \langle D \mu](http://sporton-ware.ru)