[illegible]
Posted by salyahmed - 2023/02/16 00:03

[illegible] 100% [illegible]
:[illegible]

[illegible]

[illegible] ,[illegible] 2[illegible] 2 [illegible]
:[illegible] 5 [illegible] 4 [illegible]

[illegible]

[illegible] 10 [illegible] ,[illegible]
.[illegible]
[illegible] (([illegible])[illegible]
.[illegible]
[illegible]

[illegible]

(([illegible]) [illegible]

[illegible] core [illegible]

[illegible]

[illegible] ,[illegible]
([illegible]).[illegible]

[illegible]
[illegible]
[illegible]:
Resistance Band :

[illegible]
[illegible]
[illegible].

Resistance Rope:

[illegible].
[illegible]

[illegible]
.

roller Foam [illegible]

[illegible].
[illegible]

[illegible]

[illegible]

==========