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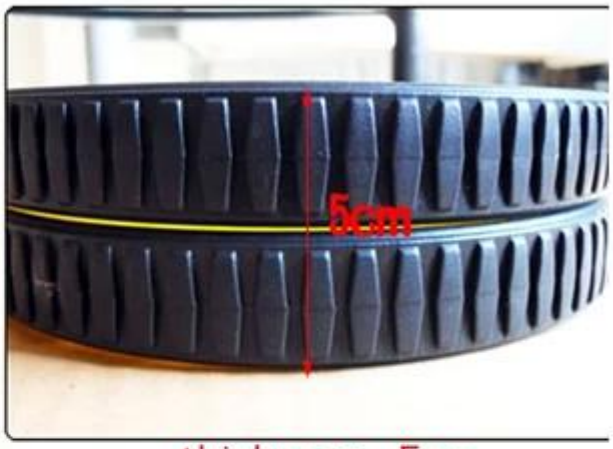
Diameter: 18cm



thickness: 5cm

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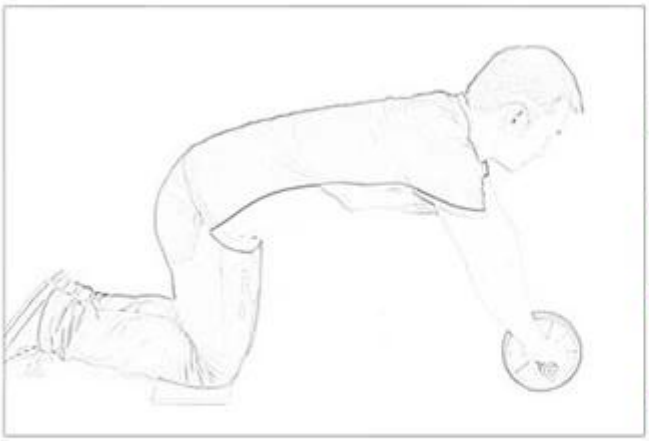
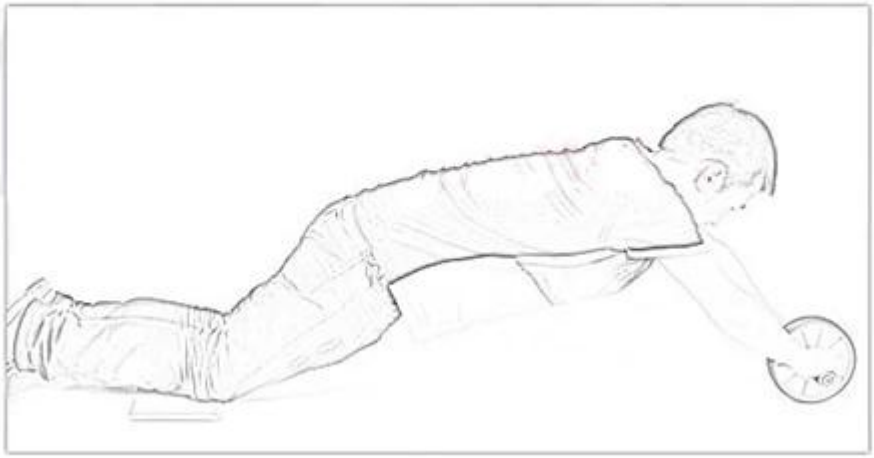


1

Knees touch the ground, the abdominal wheel to hold in your hand, then inhale, tighten the buttocks and tighten the chin. Thigh kept perpendicular to the ground state

The body gradually going down, during descent to maintain tension force

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