

1. 2. 3. 4. 5. 6. 7. 8. 9.

1. 2. 3. 4. 5. 6. 7. 8. 9.

1.	2.	3.	4.	5.
1	208 × 0.45	3-8	80-230	
2	208 × 0.45	4-6	65-175	
3	208 × 0.45	5-4	50-125	
4	208 × 0.45	2-3	35-85	
5	208 × 0.45	9-2	30-70	
6	208 × 0.45	2-2	20-60	
7	208 × 0.45	9-1	18-45	
8	208 × 0.45	3-1	10-35	
9	208 × 0.45	64-0	5-15	

1. 2. 3. 4. 5. 6. 7. 8. 9.

- 1- 208 × 0.45 3-8 80-230
- 2- 208 × 0.45 4-6 65-175
- 3- 208 × 0.45 5-4 50-125

1. 2. 3. 4. 5. 6. 7. 8. 9.













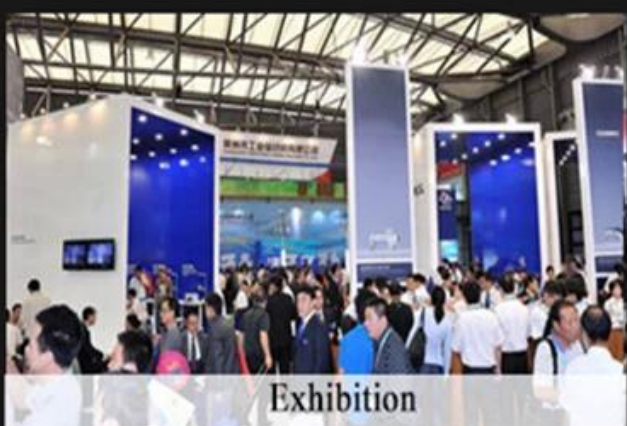
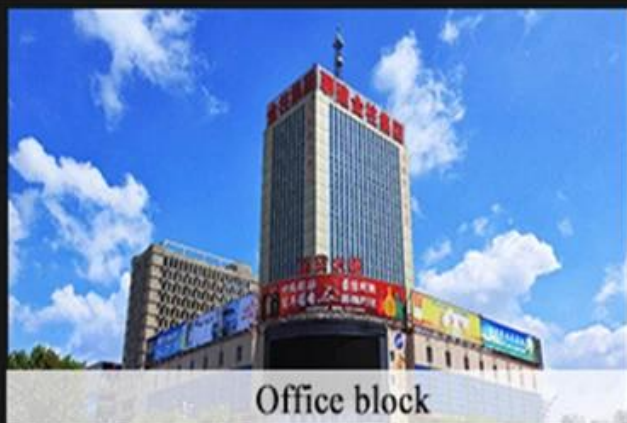
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1. **CF** kettlebell

2.

3.



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1-□□□□□□ □□ □□□□ □□□□ □□□□ □□□□ □□□□.

2-□□□□ □□ □□ □□□□ □□□□□□□□ □□□□ □□□□ □□□□ □□.

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