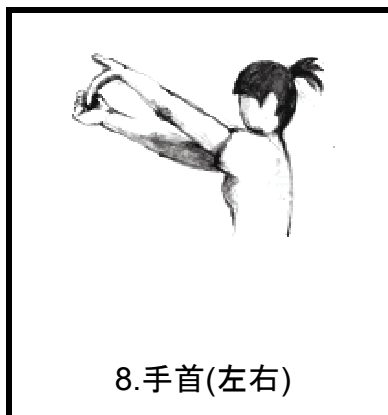
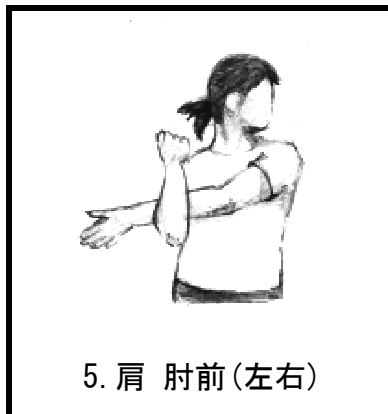
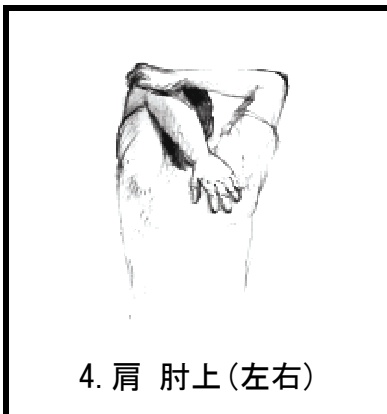
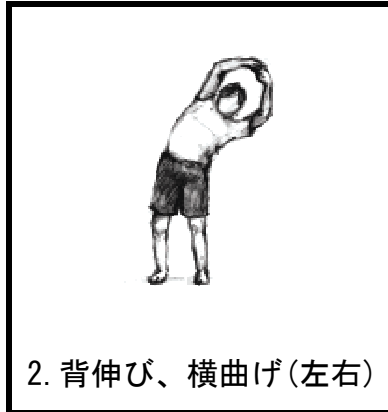
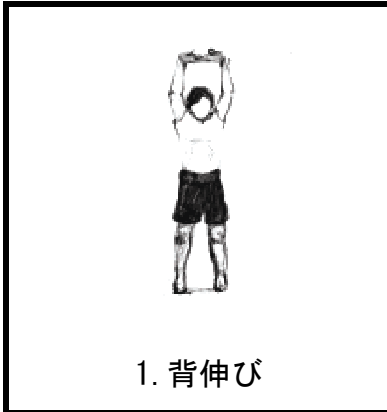


## 上半身のストレッチ(各15秒)



Pictures by KAWASE

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<http://takaidoseikotuin.com>