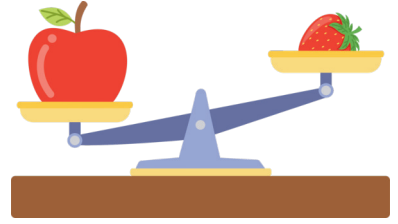
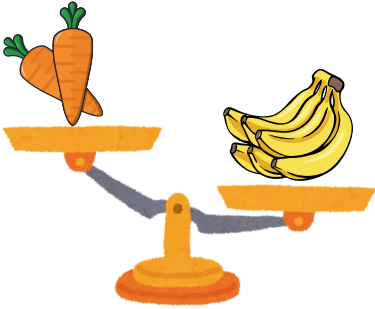


حَوَاطِ الْجِسْمِ الْأَثْقَلِ

التَّمرِينُ 01



أَكْمِلْ بِالْوَحْدَةِ الْمُنَاسِبَةِ

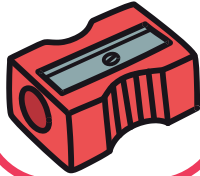
التَّمرِينُ 02



3



25



20



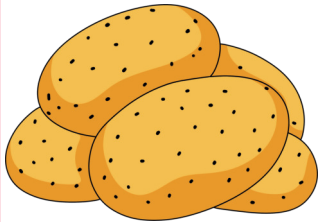
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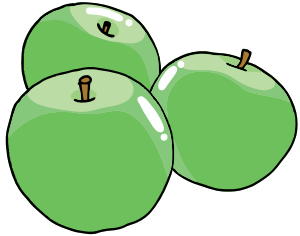
200

بِاسْتِعْمَالِ الْأَرْقَامِ رَتِّبِ الْخَضَرَ مِنَ الْأَثْقَلِ إِلَى الْأَخْفِ

التَّمرِينُ 03



900 g



550 g



350 g



200 g

