



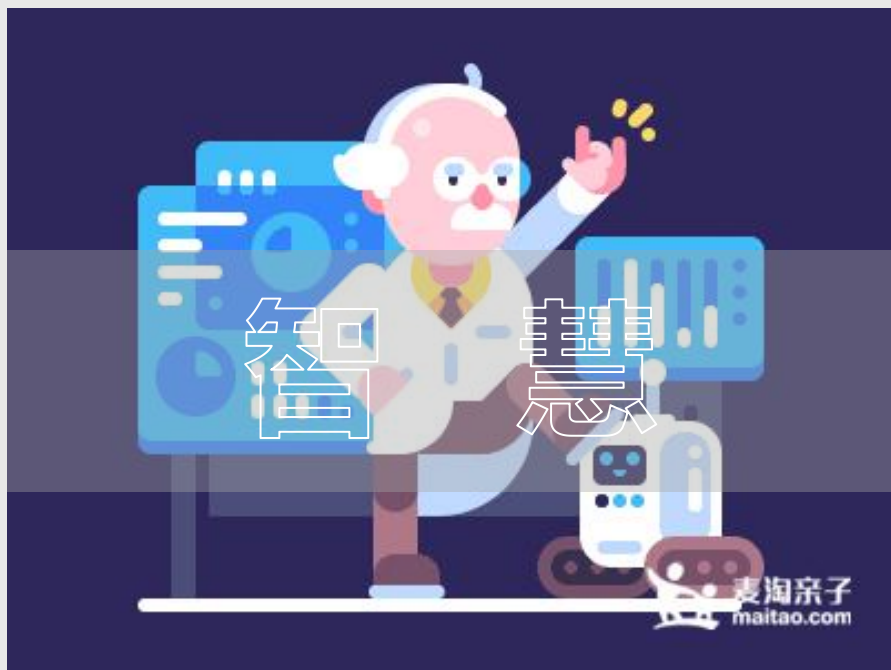


目 录

01

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02

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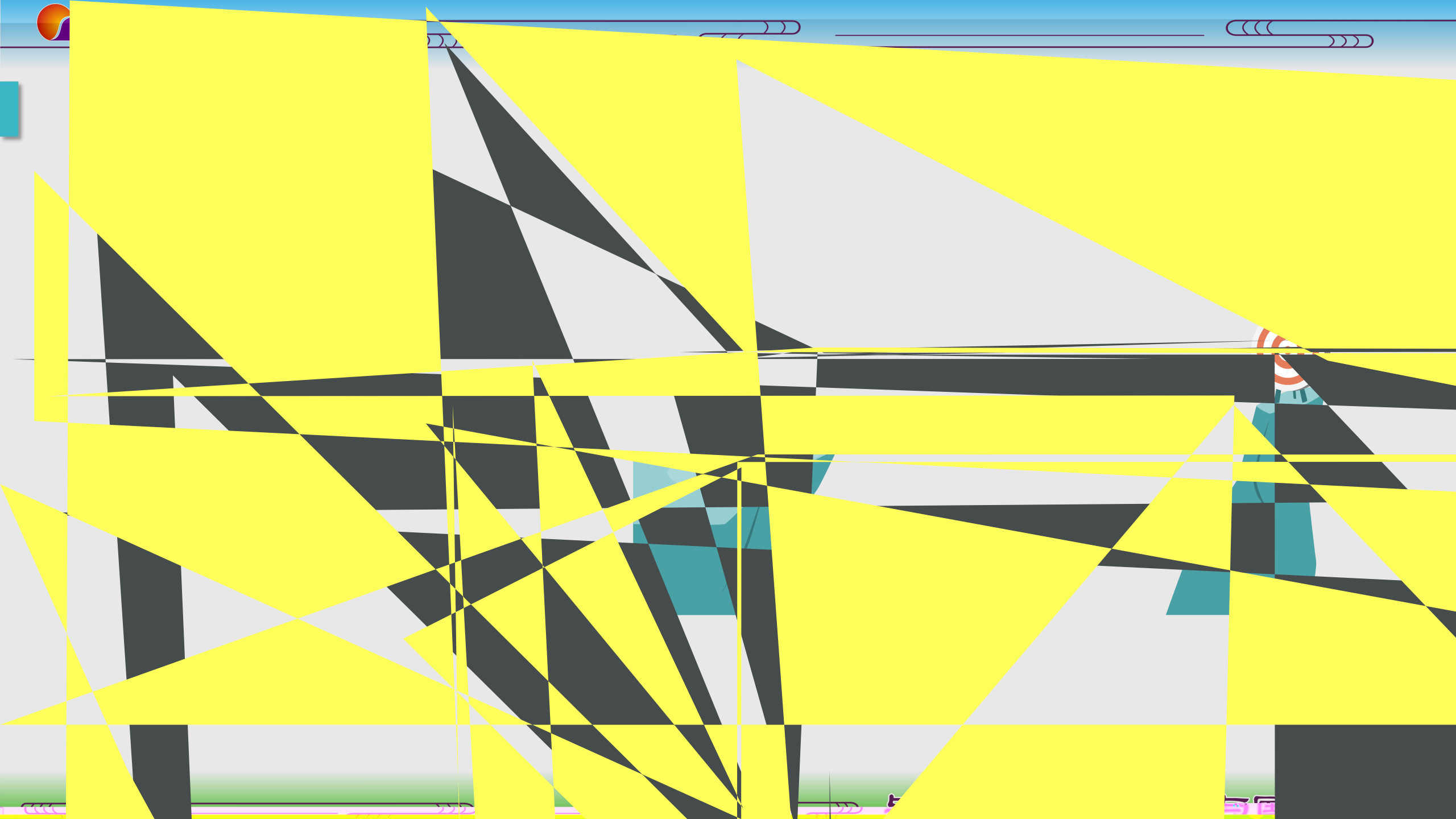


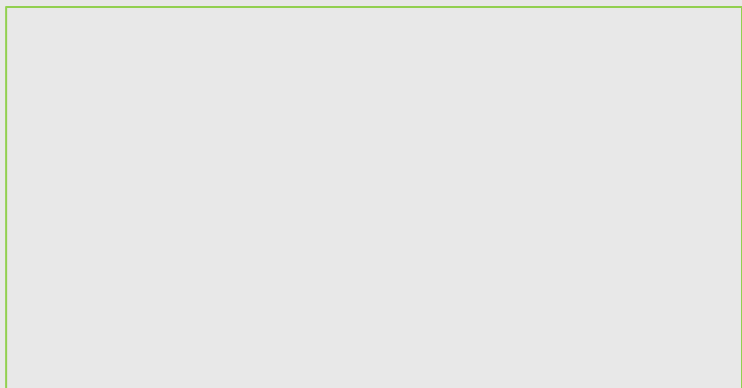
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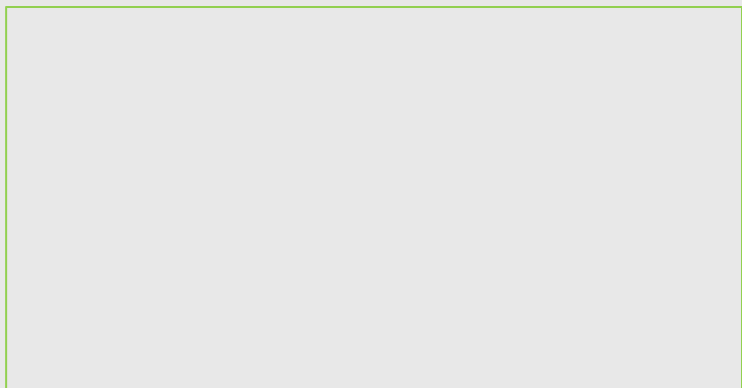
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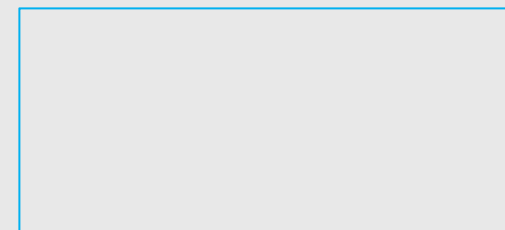
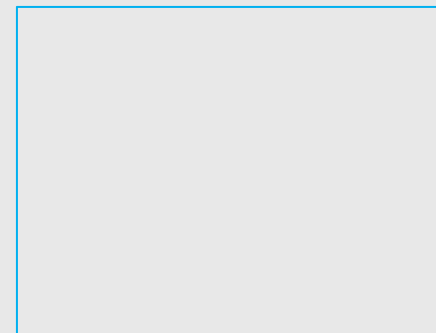
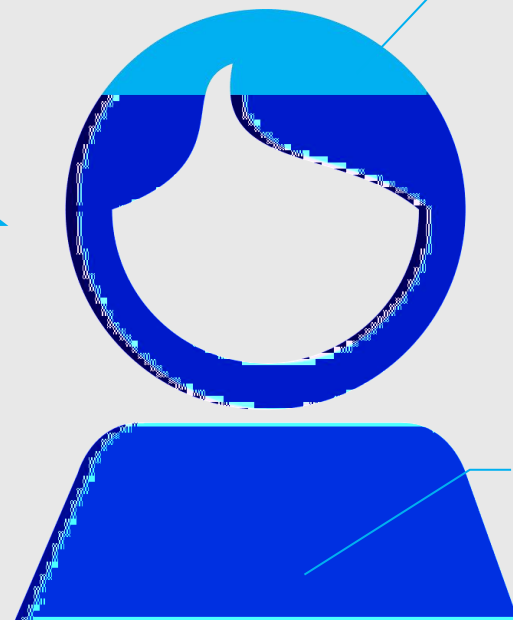


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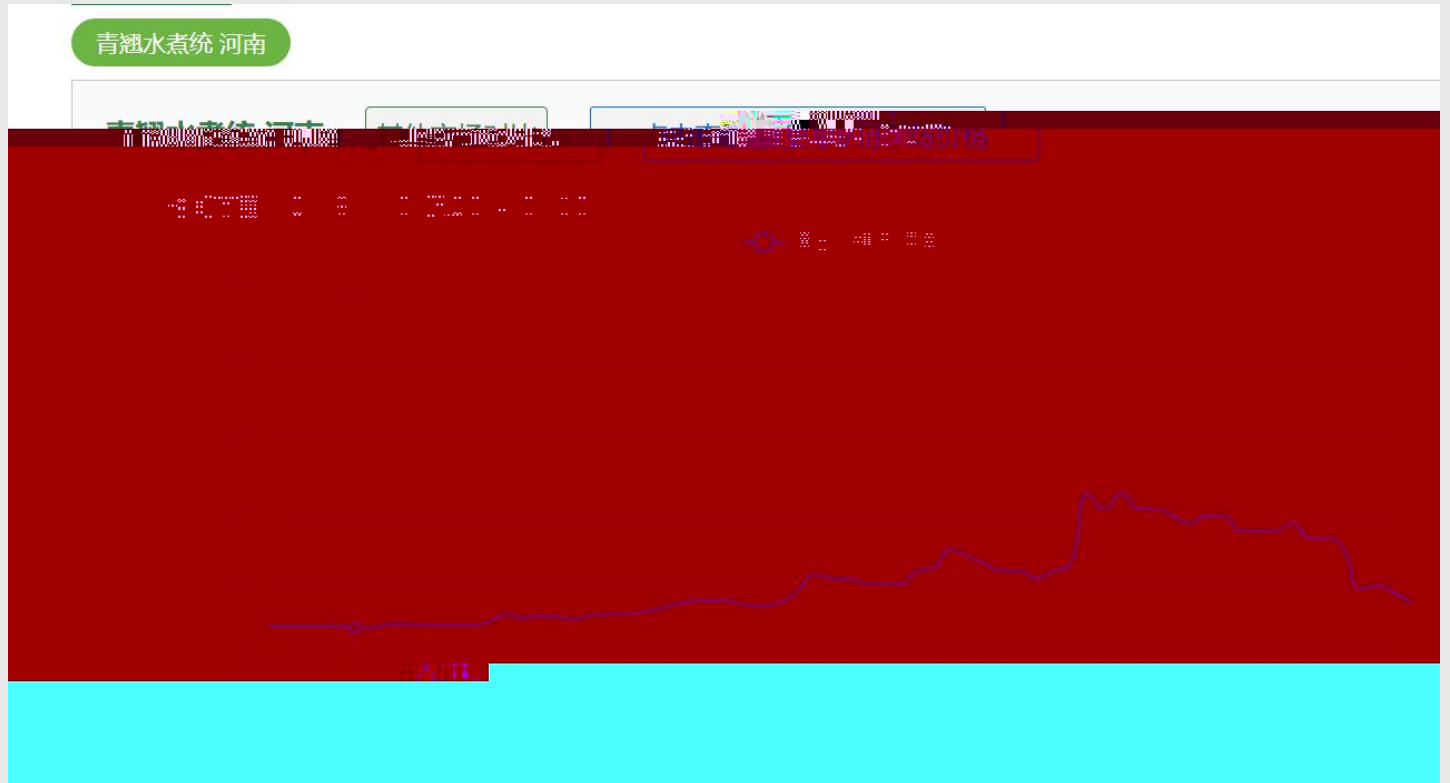




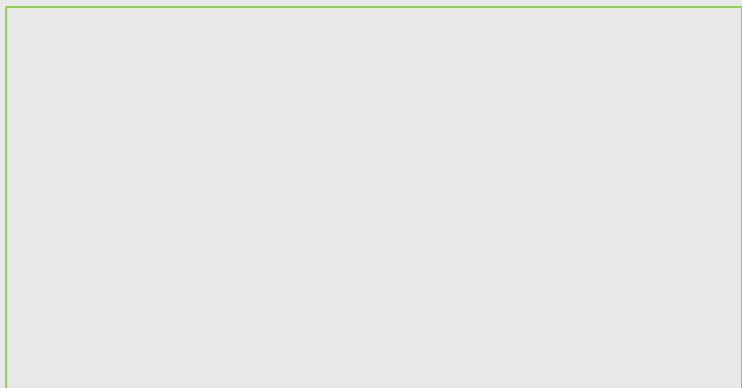


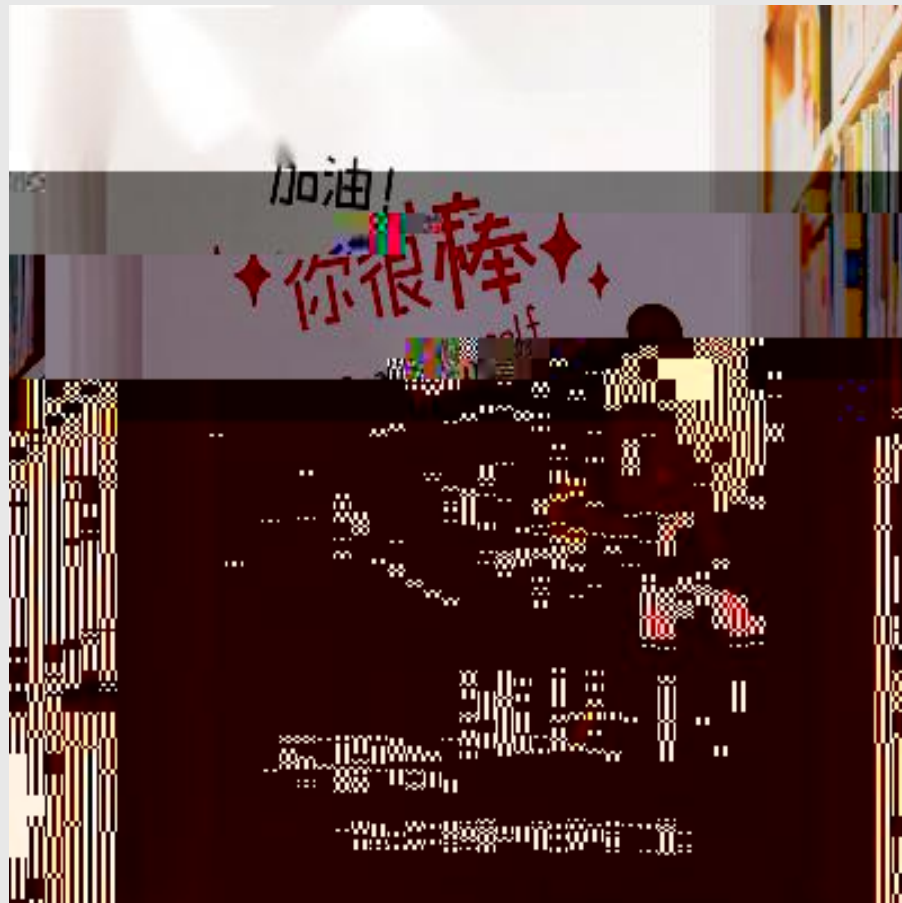
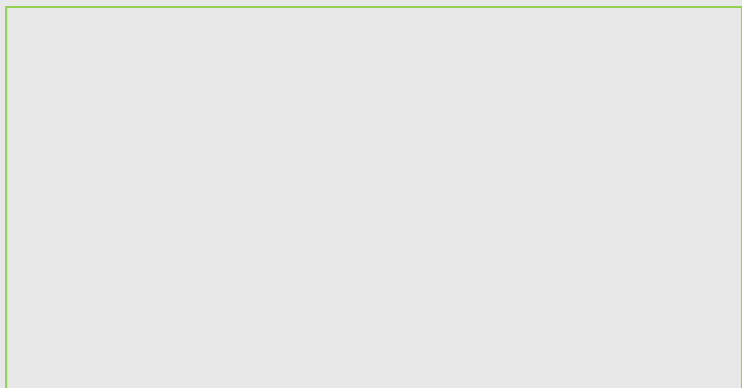


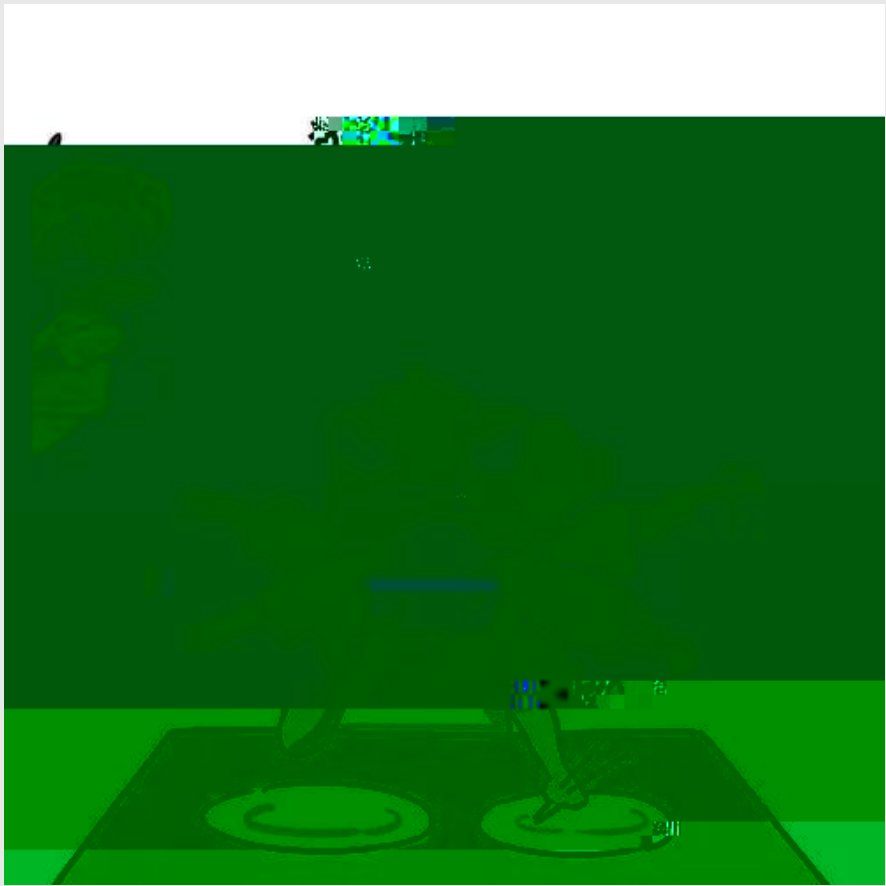
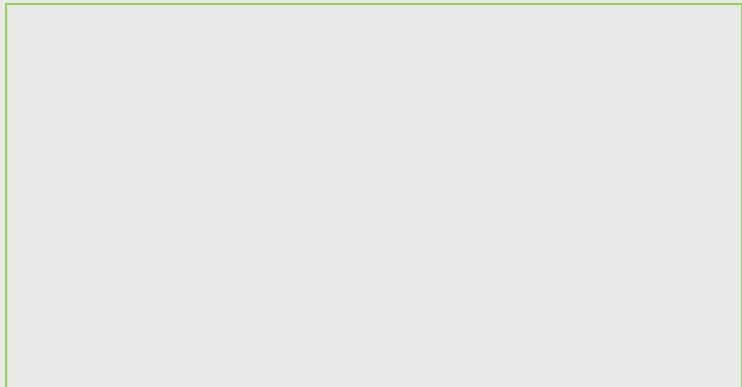
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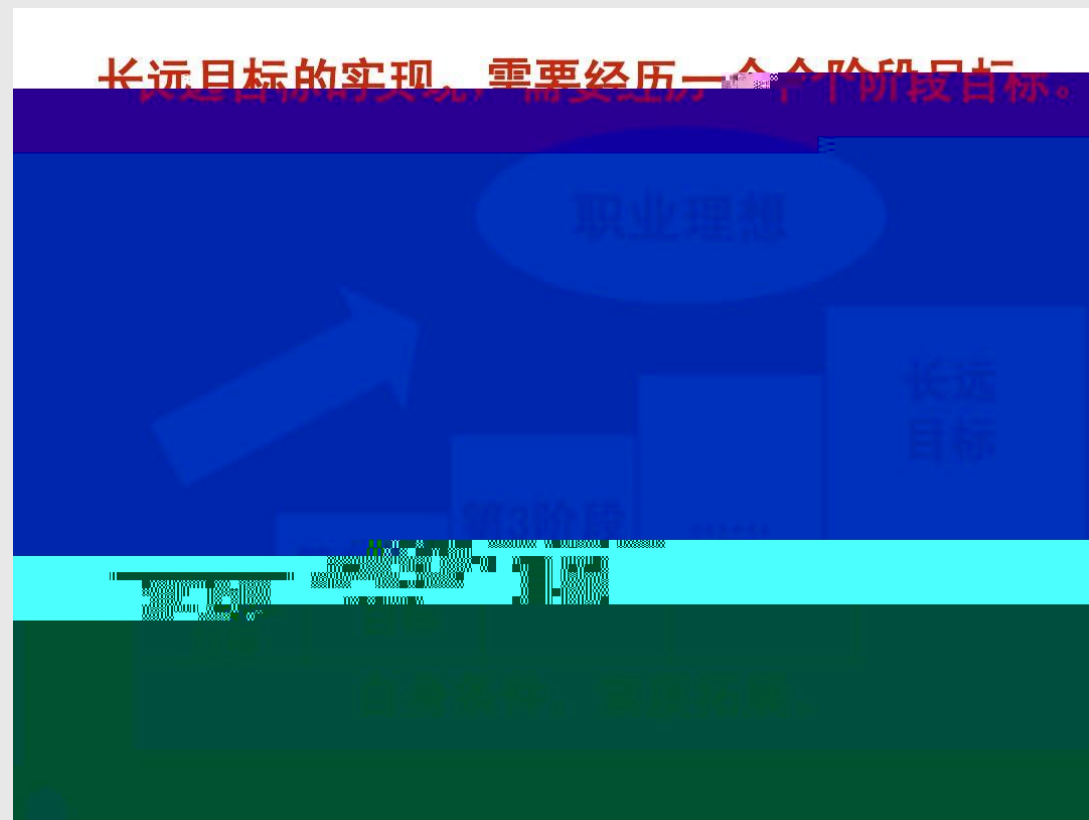
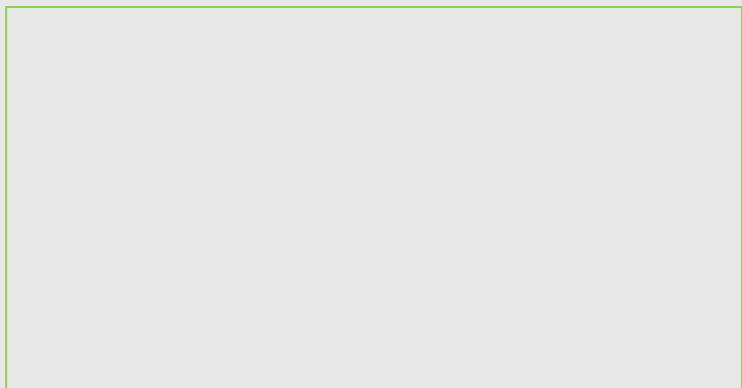


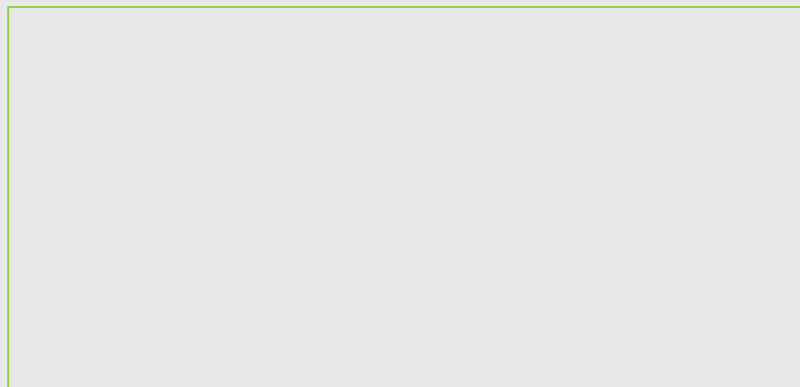


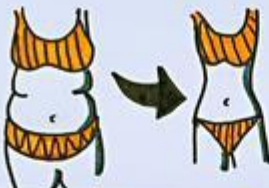


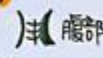
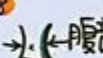
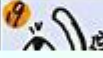
没事的，
犯点错误很正常，



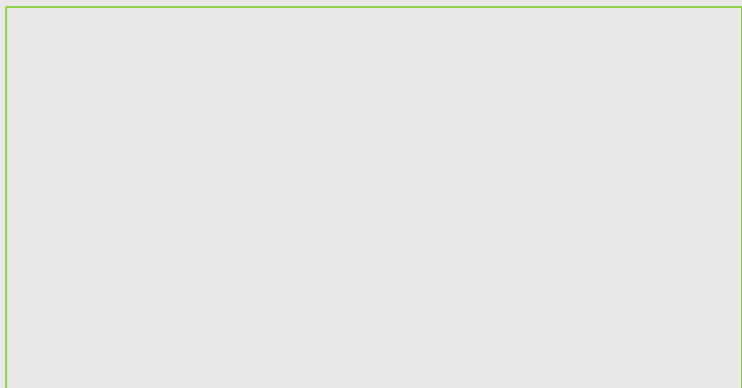


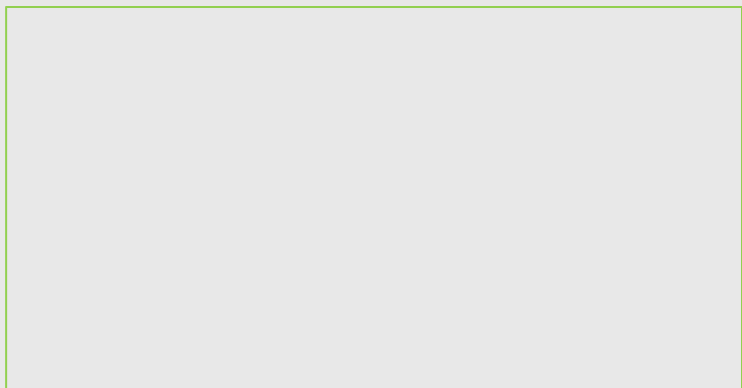


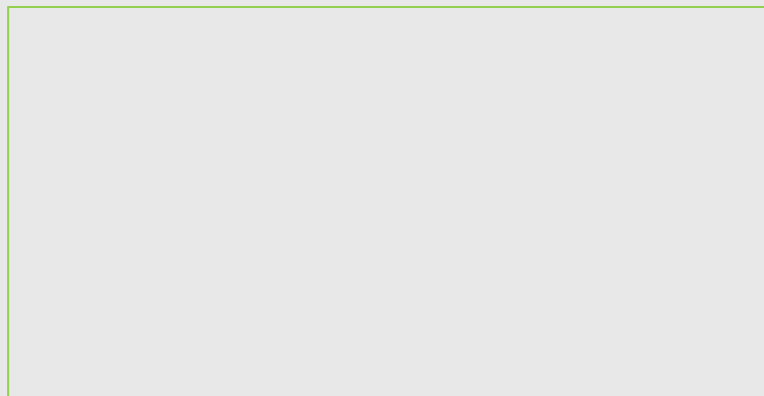

健身计划
目标: 1个月减重5斤

1  腰部	2 休	3  腿部	4 休	5  综合	6 休	7  跑步
8  腰部	9 休	10  腿部	11 休	12  综合	13 休	14  跑步
15  腰部	16 休	17  腿部	18 休	19  综合	20 休	21  跑步

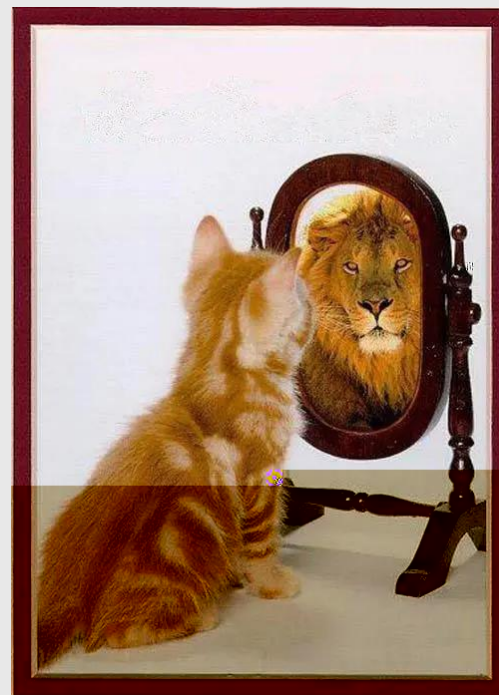
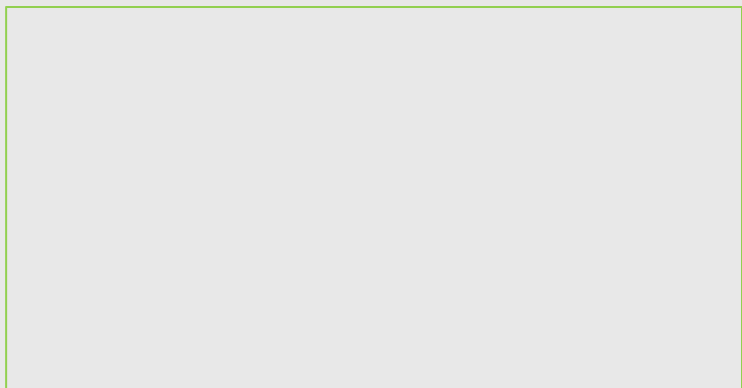


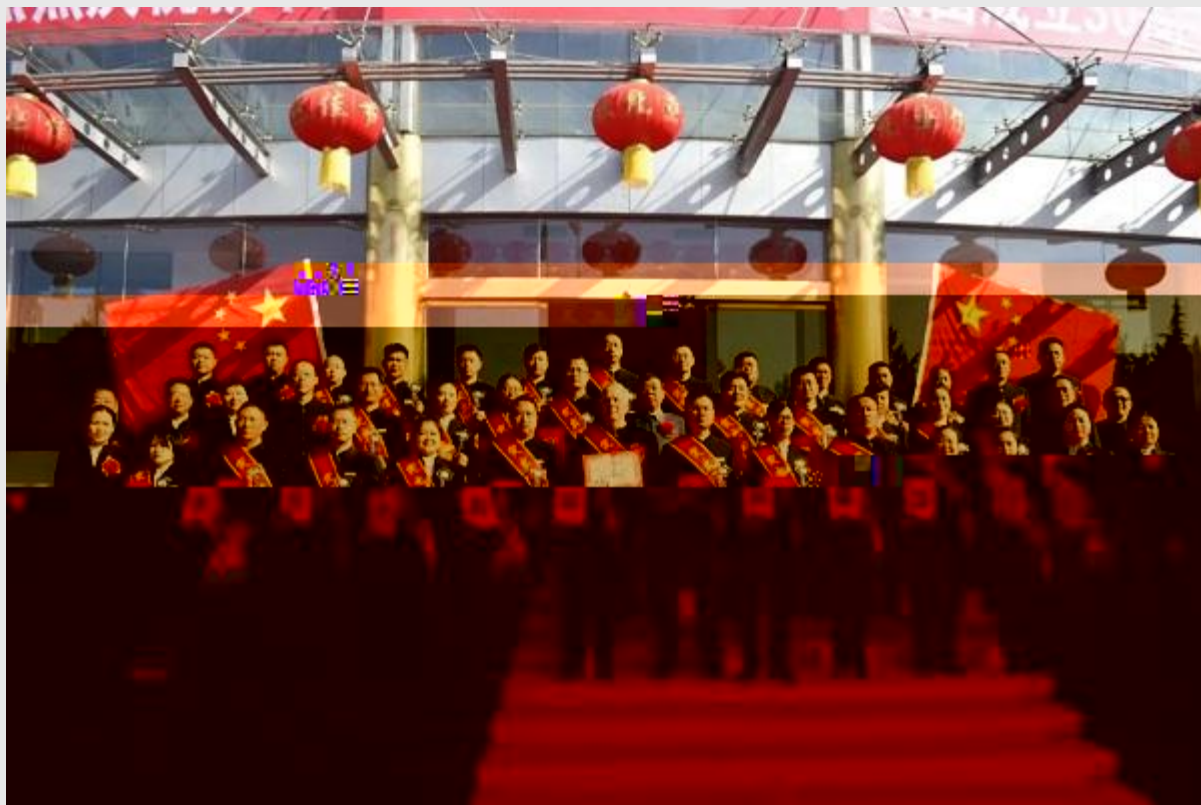


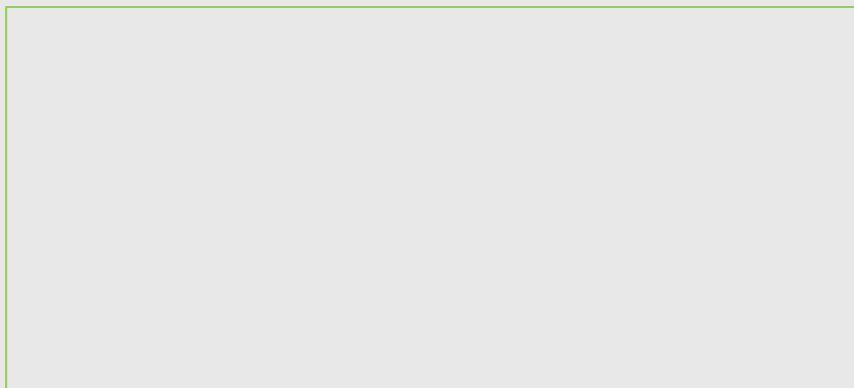


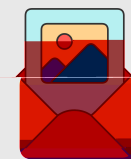
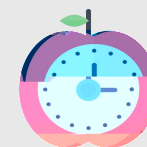
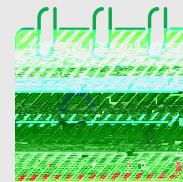


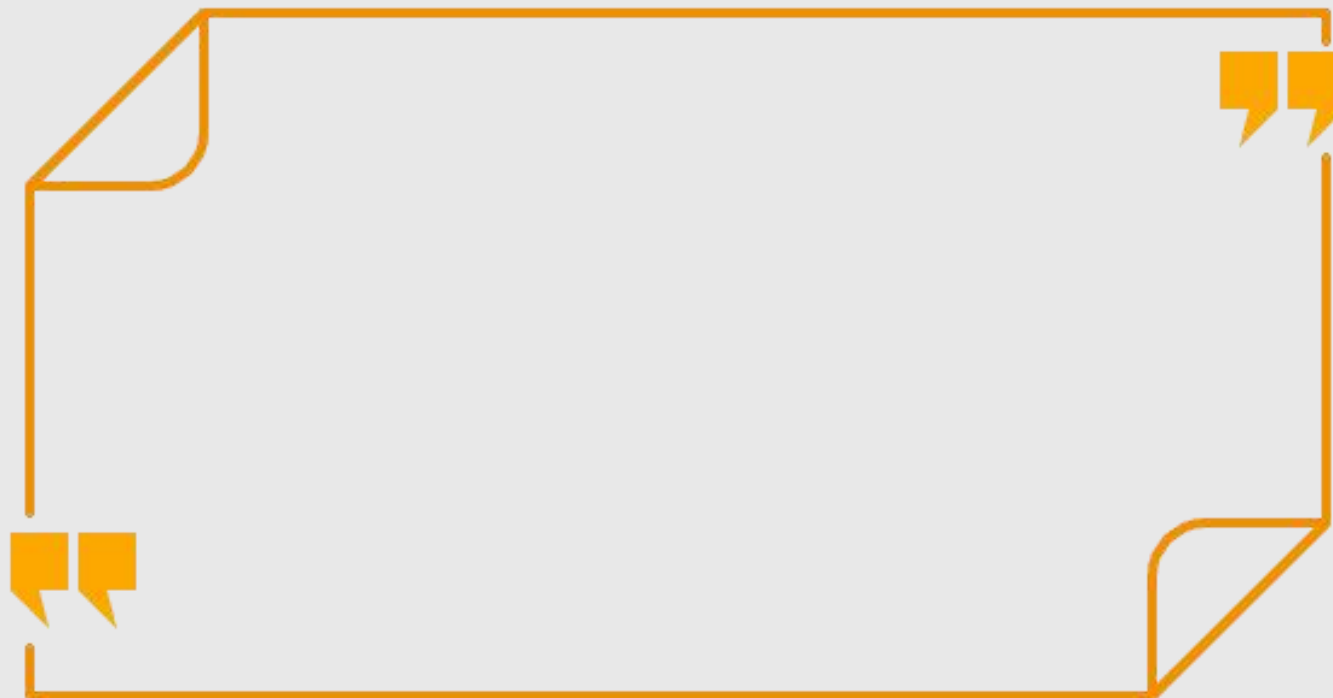






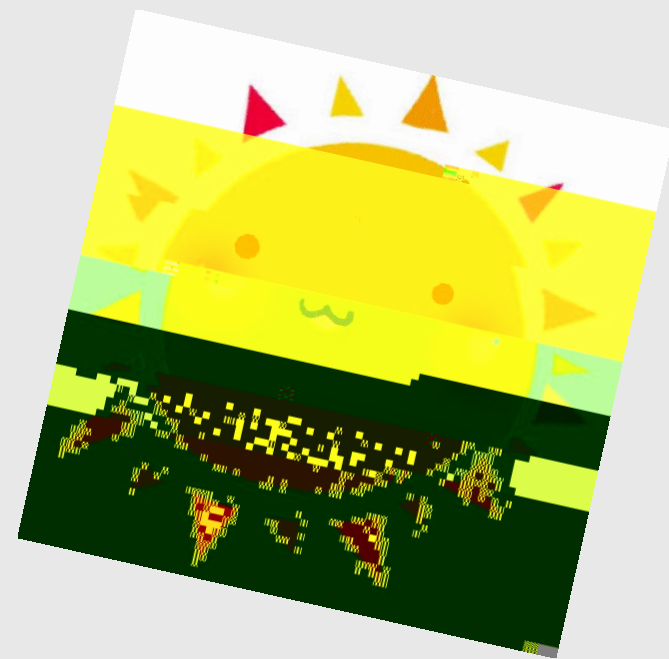






05









企业家爱国 就要做好立身

为中国人设计 让中国人健康

中国设计集团 中国设计集团

中国设计集团 中国设计集团

中国设计集团

中国设计集团

中国设计集团

