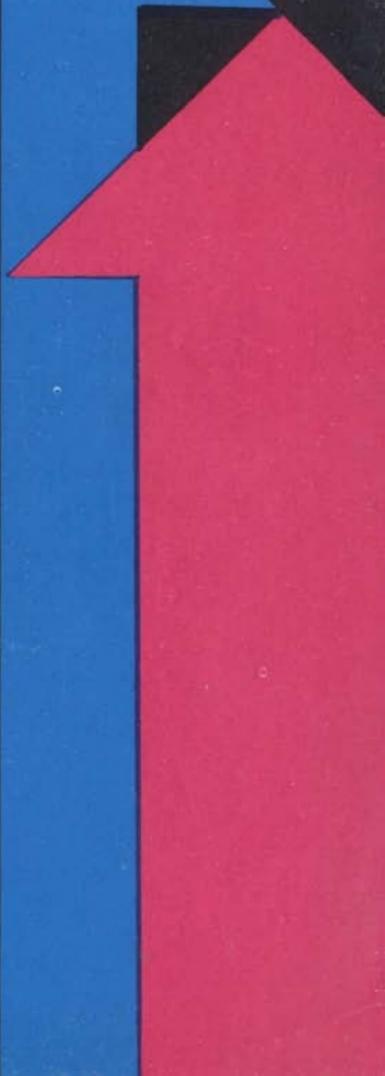


Е. И. ЗУЕВ  
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СИЛА

# РАСТЯЖКИ



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ISBN 5—85009—124—6

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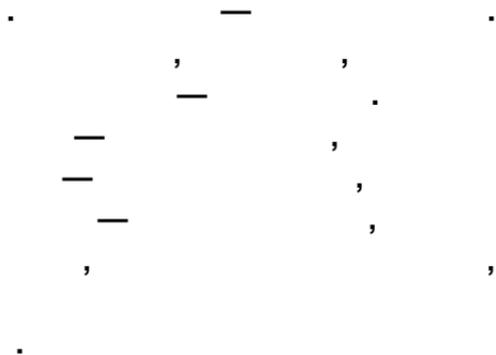
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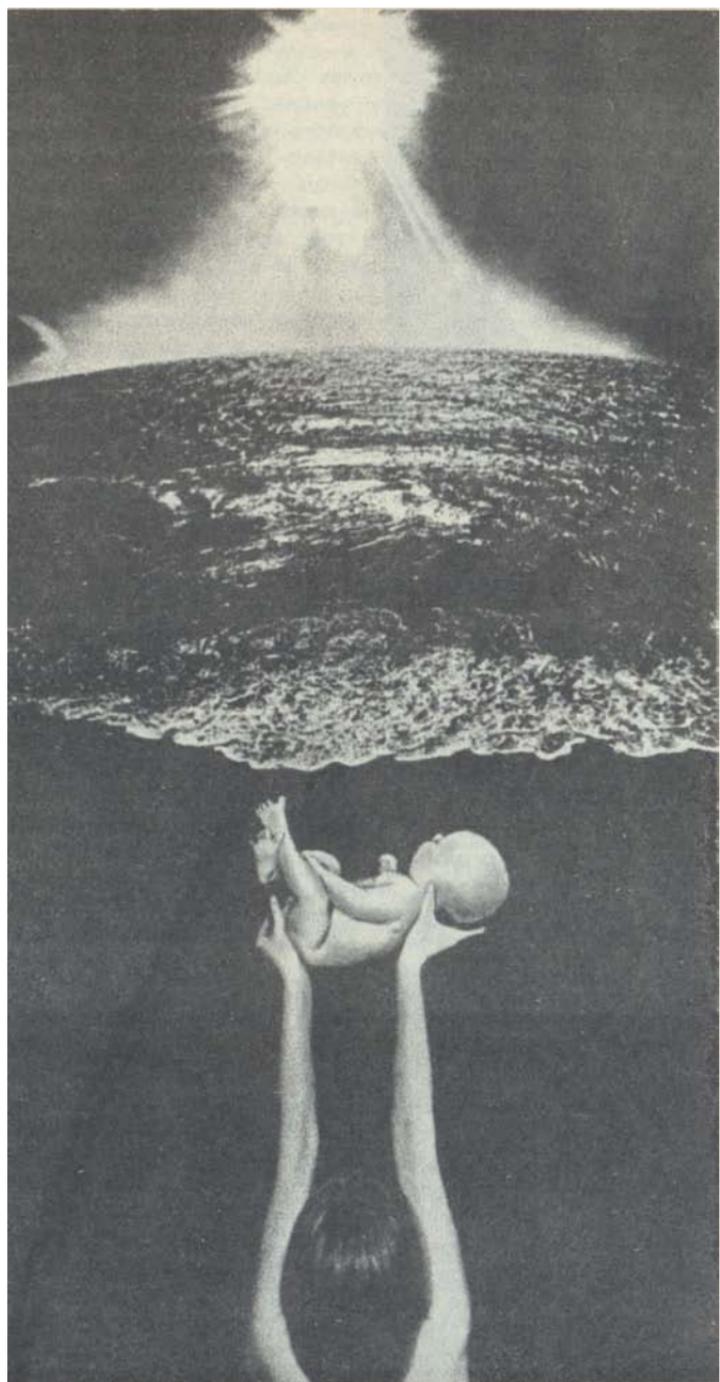
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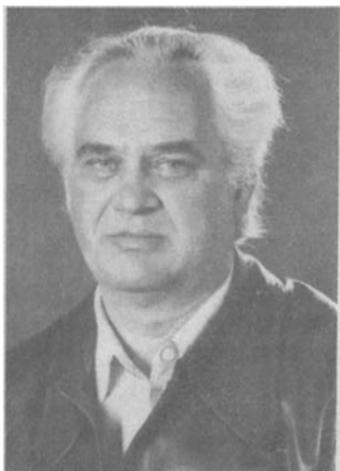
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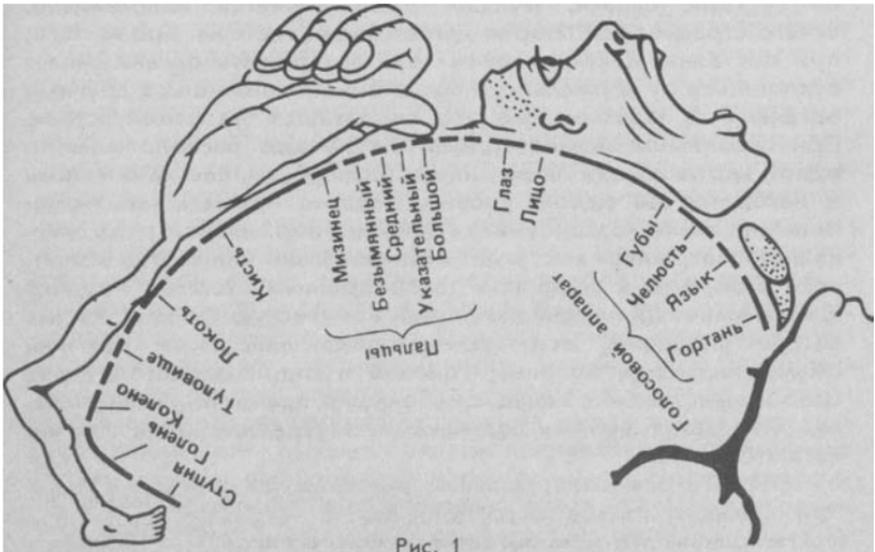


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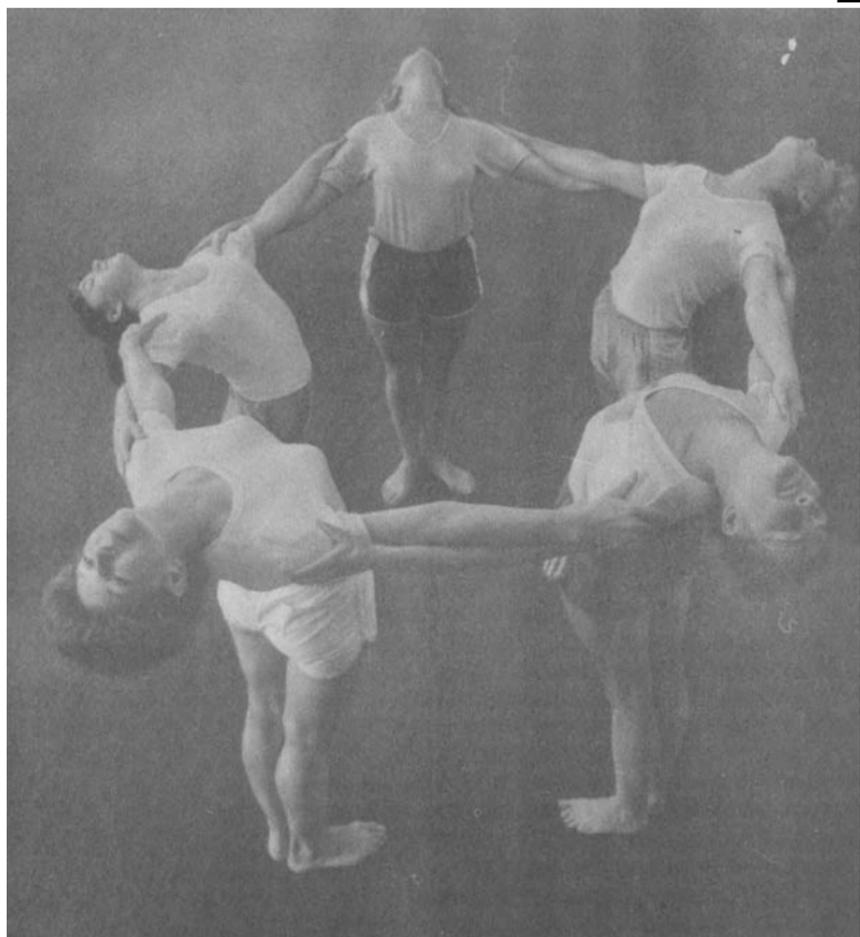
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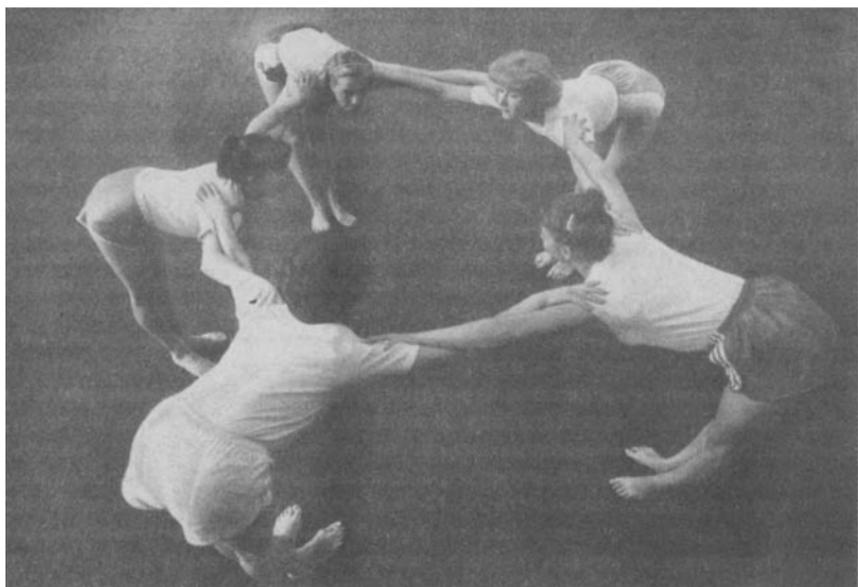


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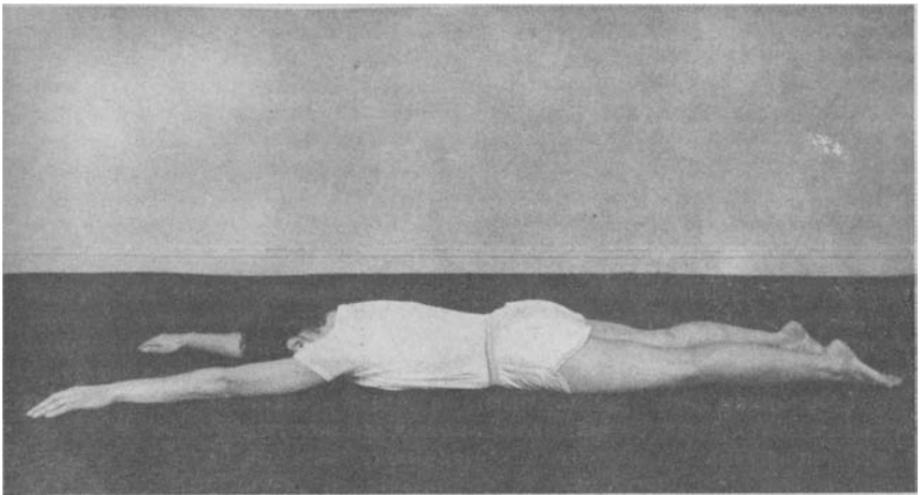
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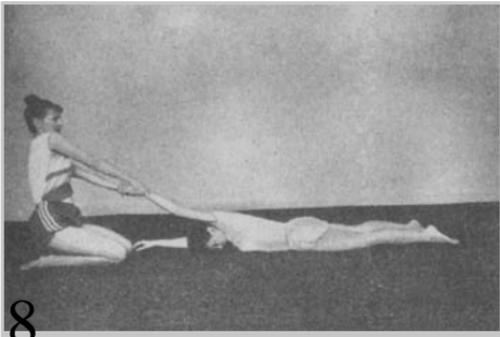
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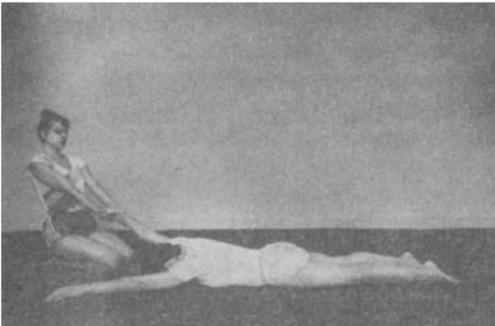


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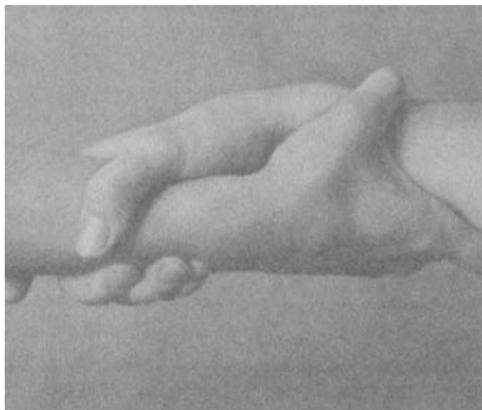
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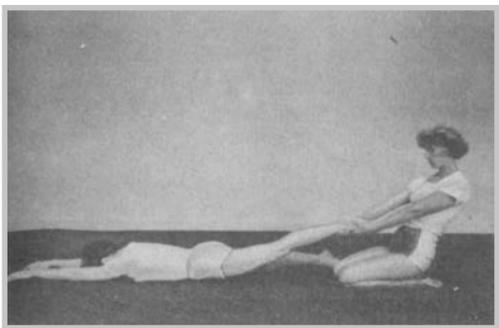


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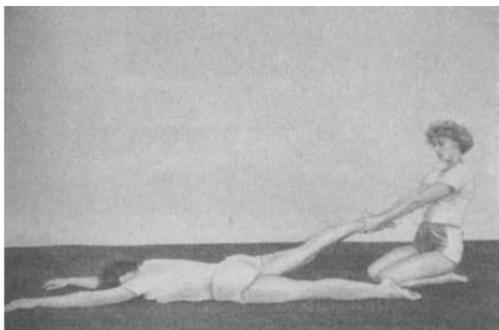
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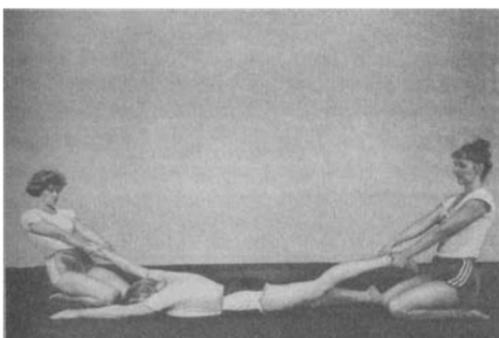
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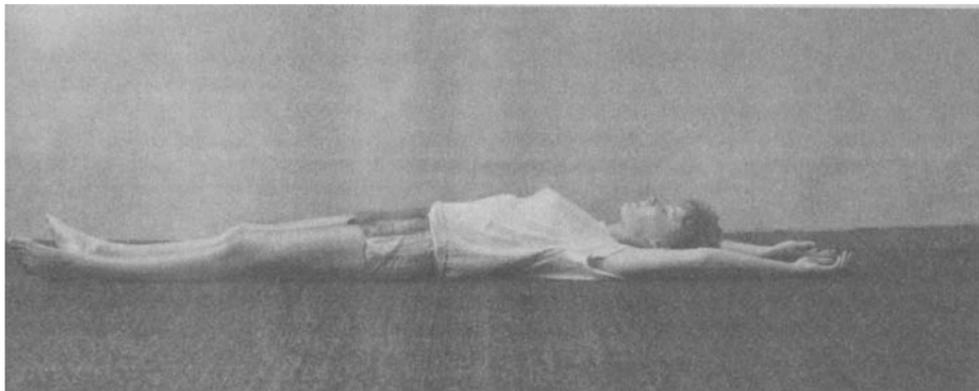
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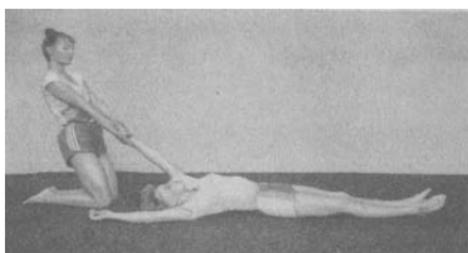
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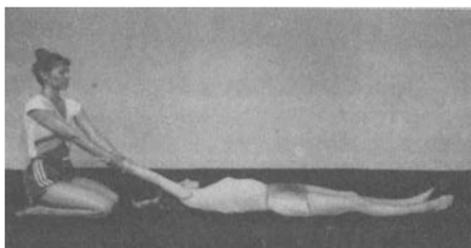


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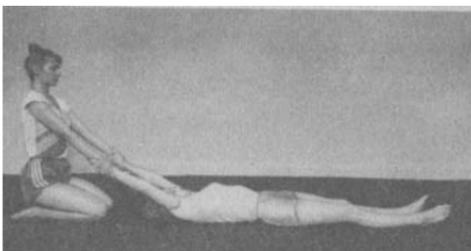


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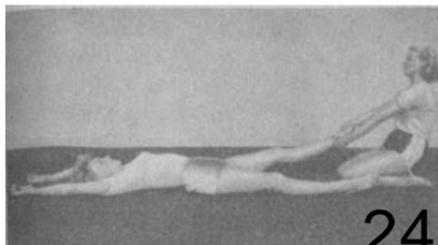
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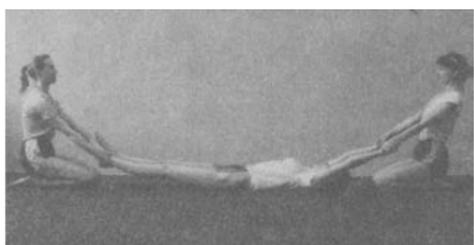
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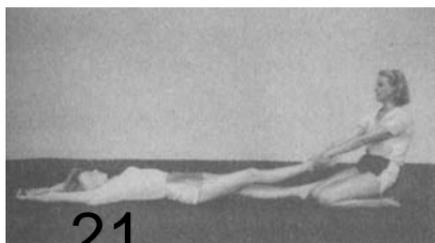
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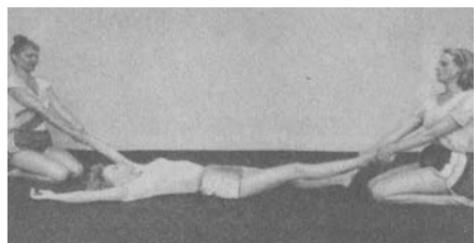
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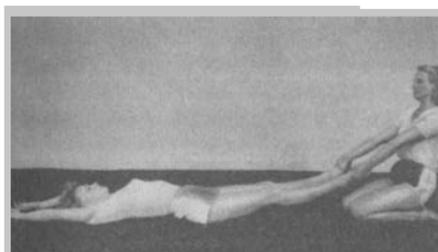
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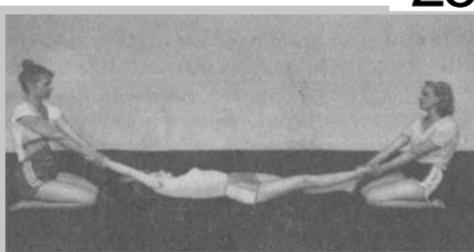
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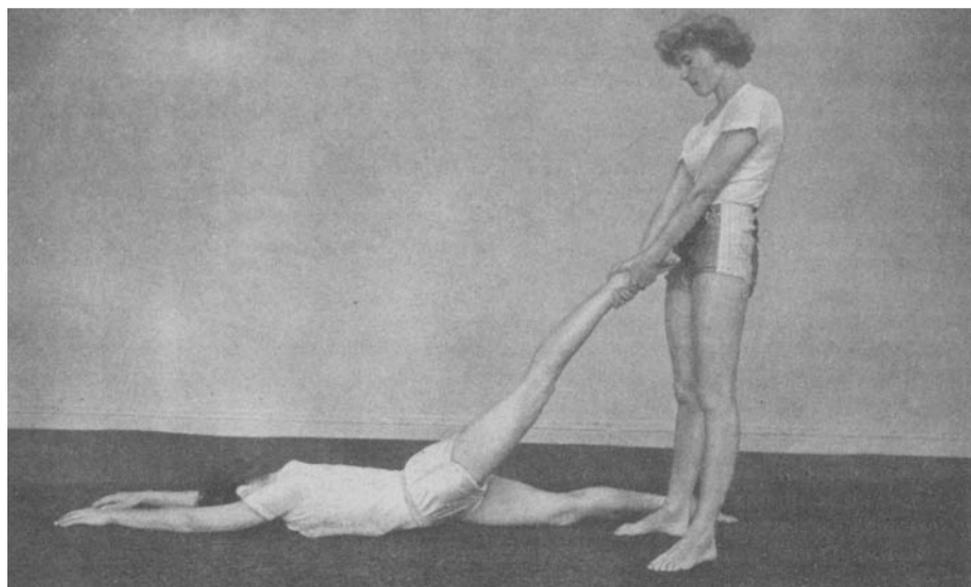


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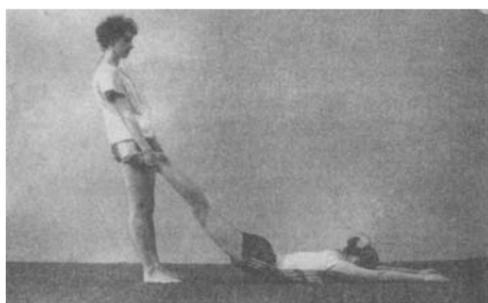


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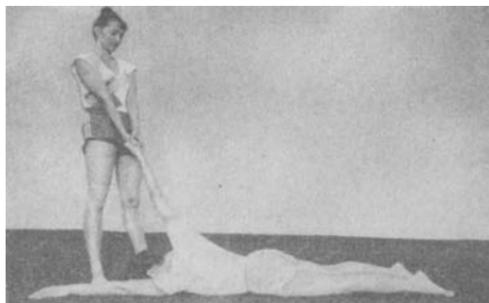
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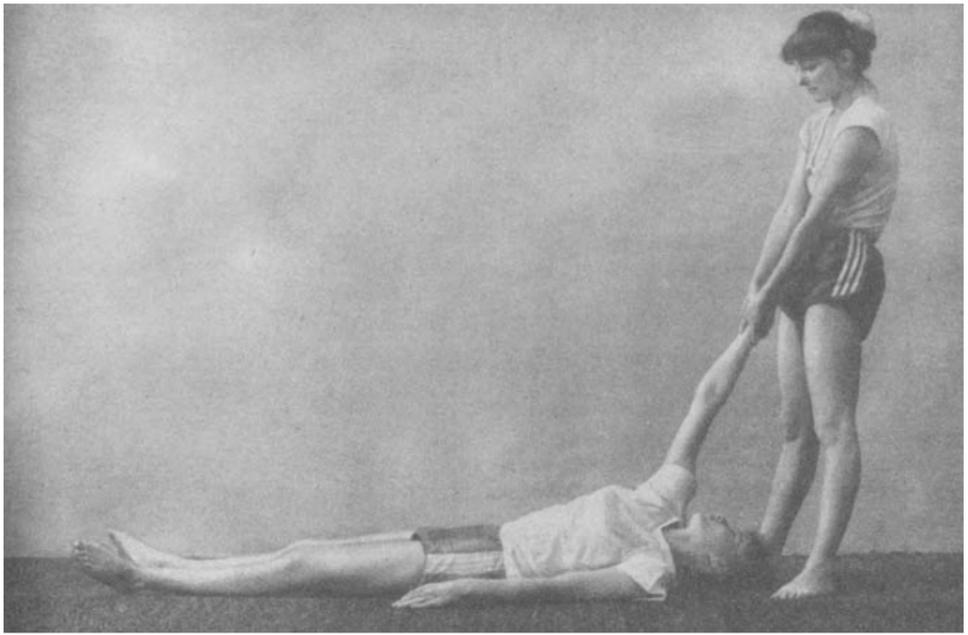


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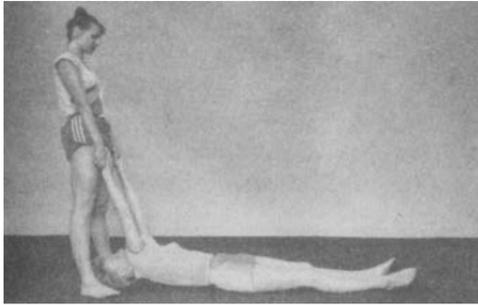
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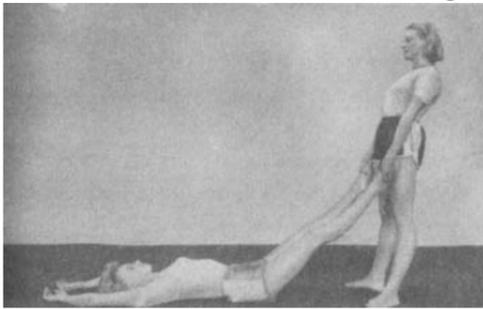
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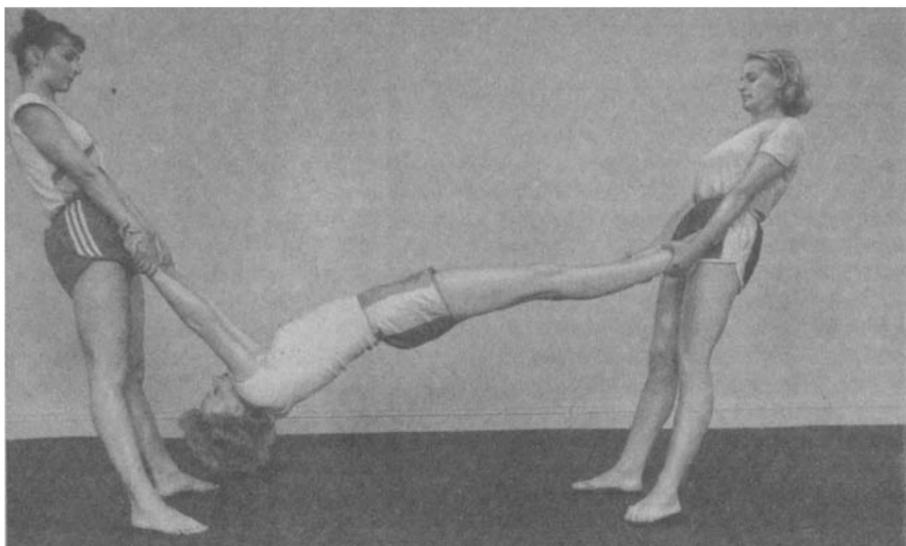
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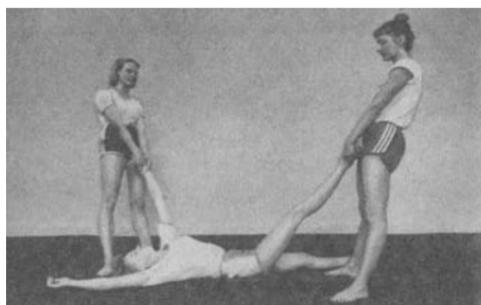
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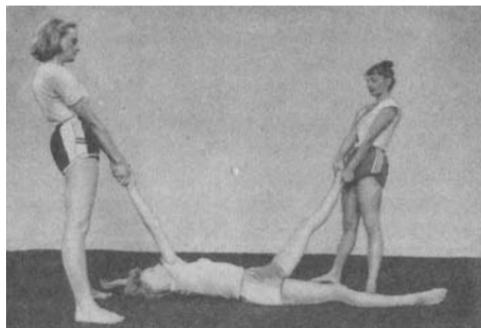
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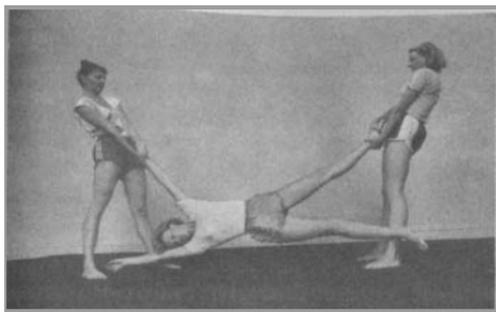
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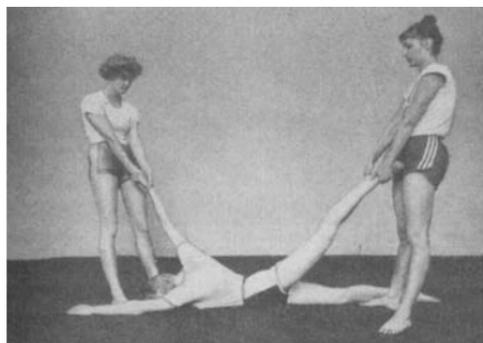
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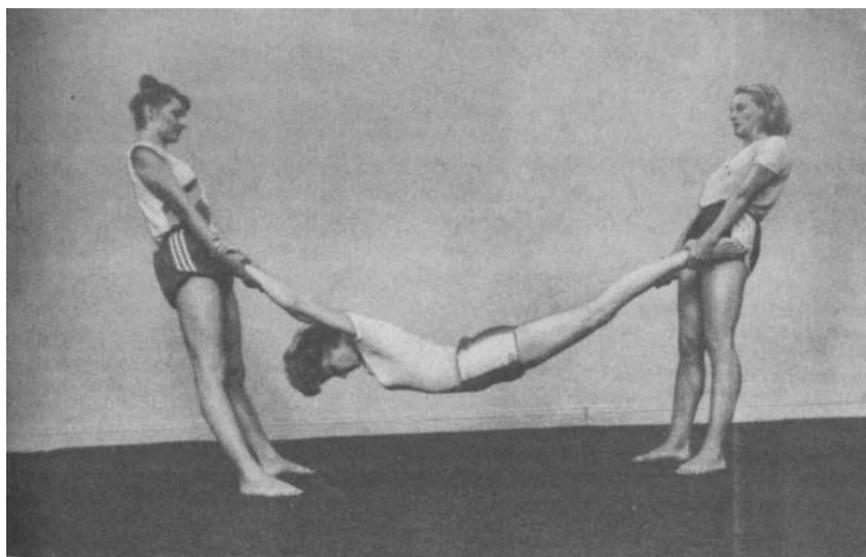


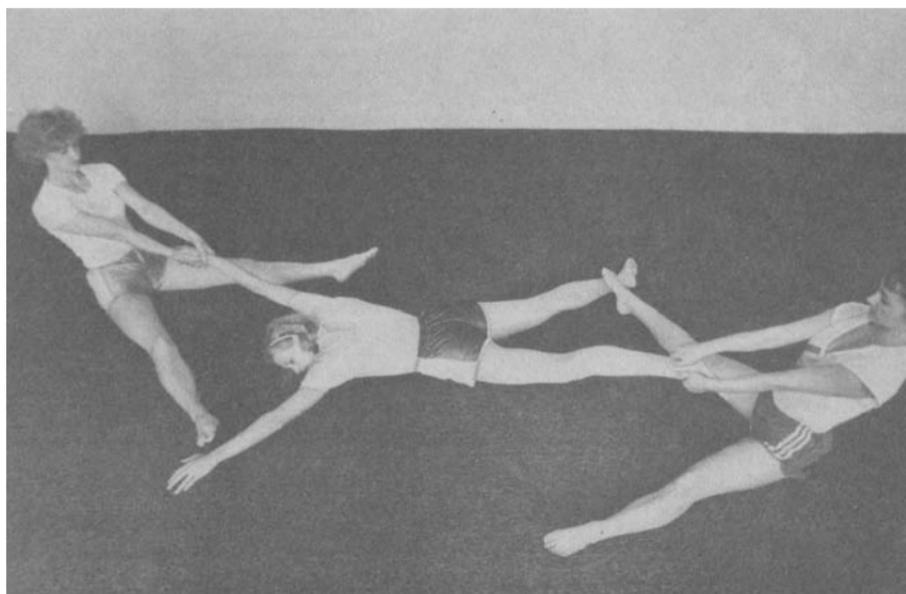
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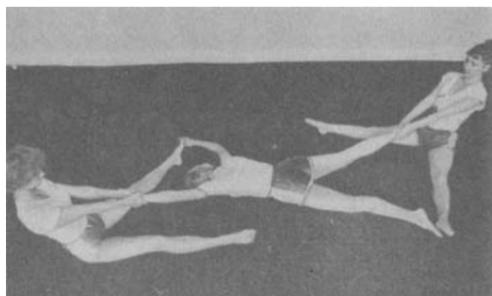


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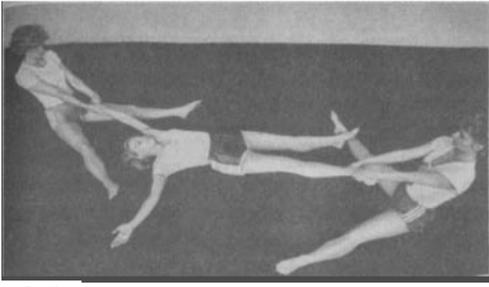
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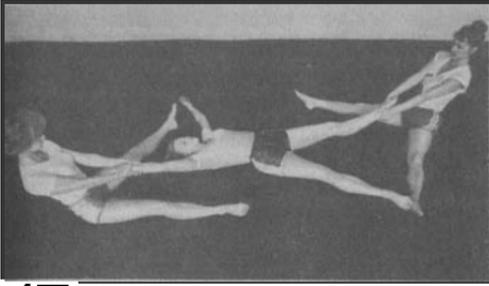
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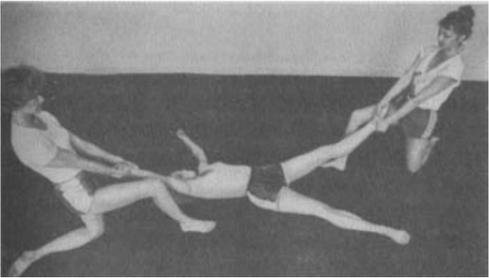
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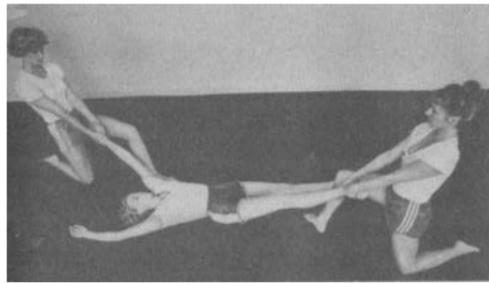


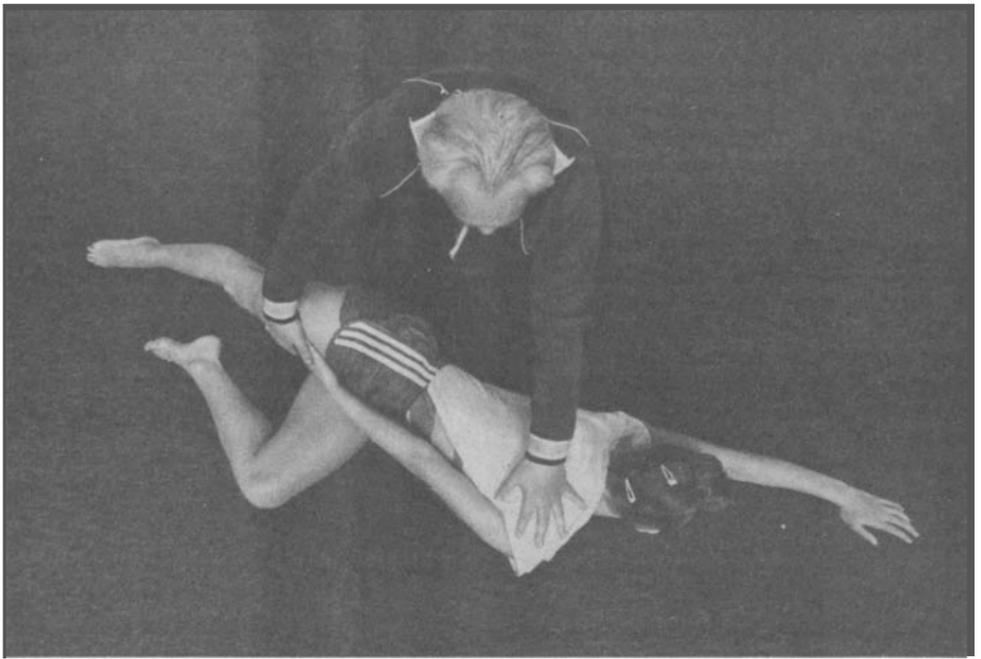
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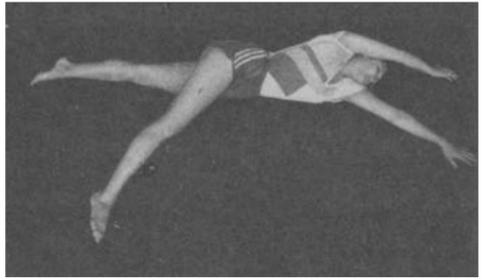
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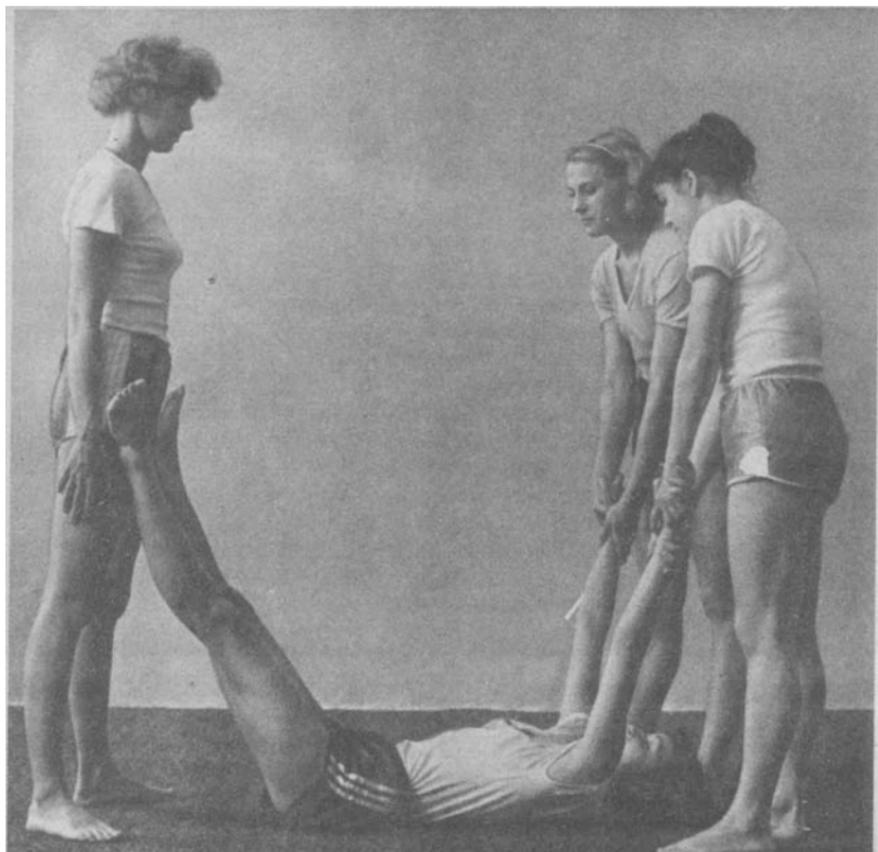
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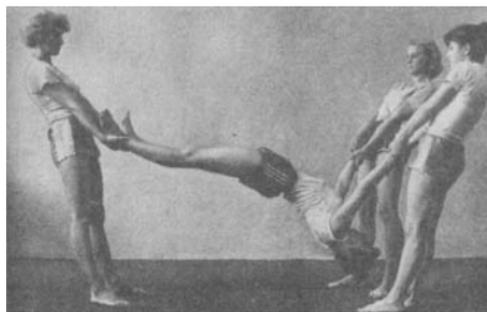


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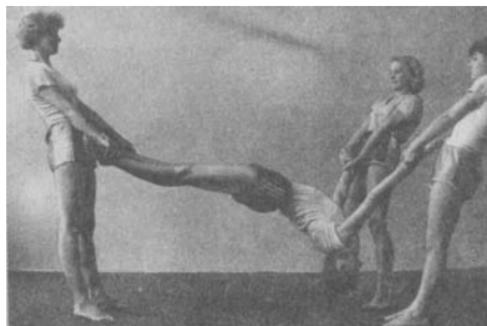
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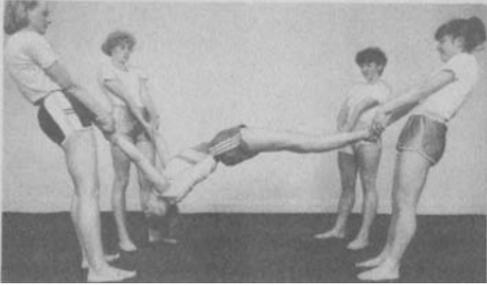
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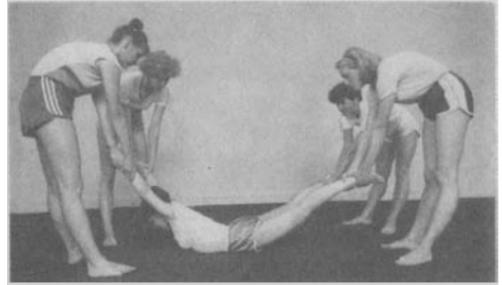


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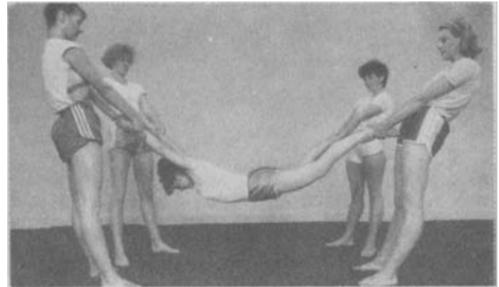
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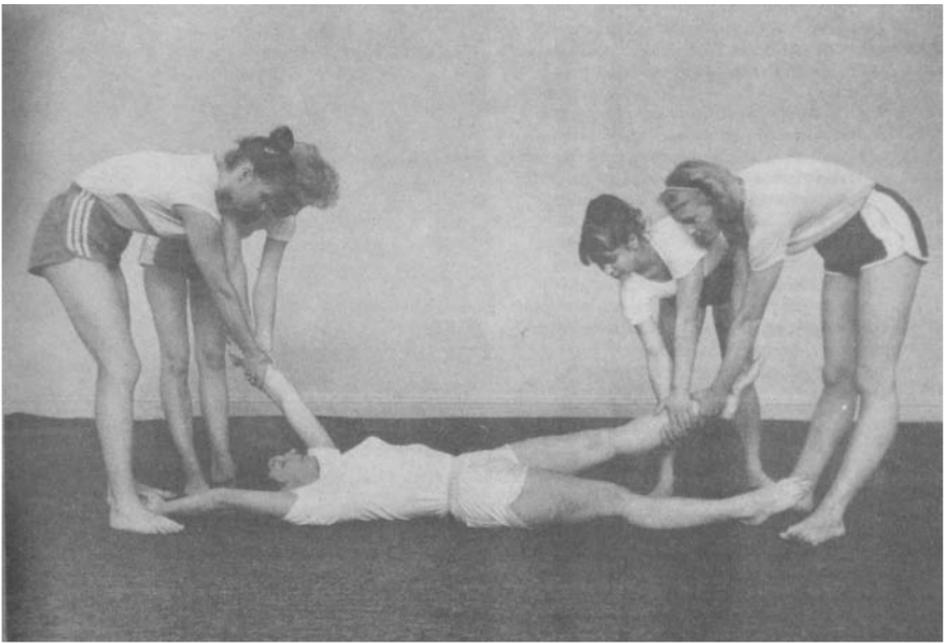


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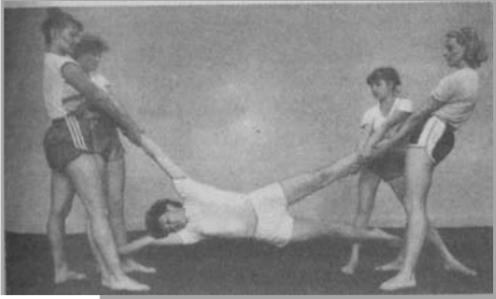
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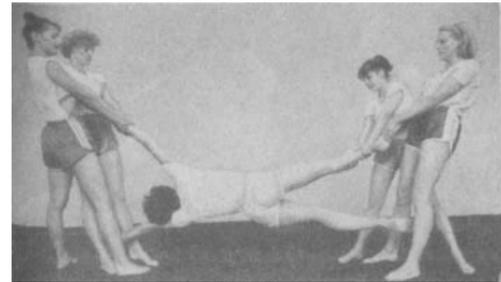


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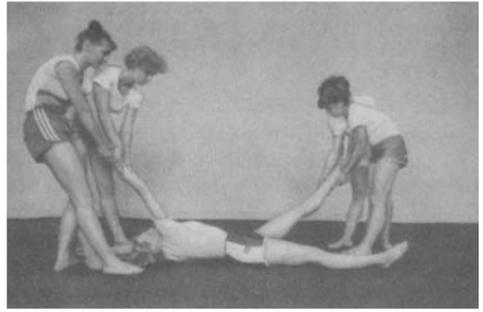
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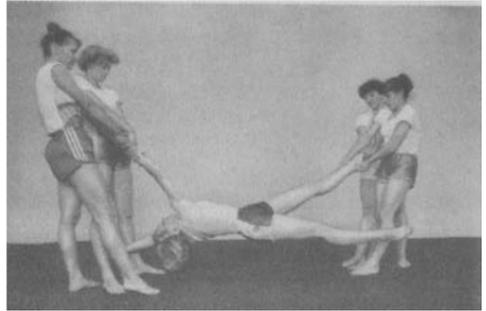
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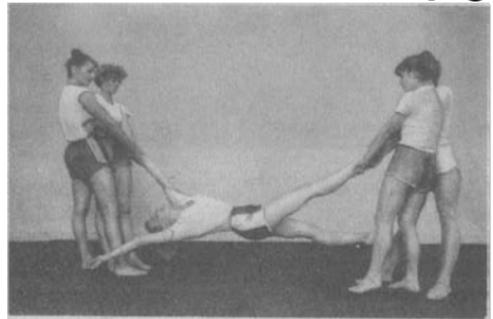


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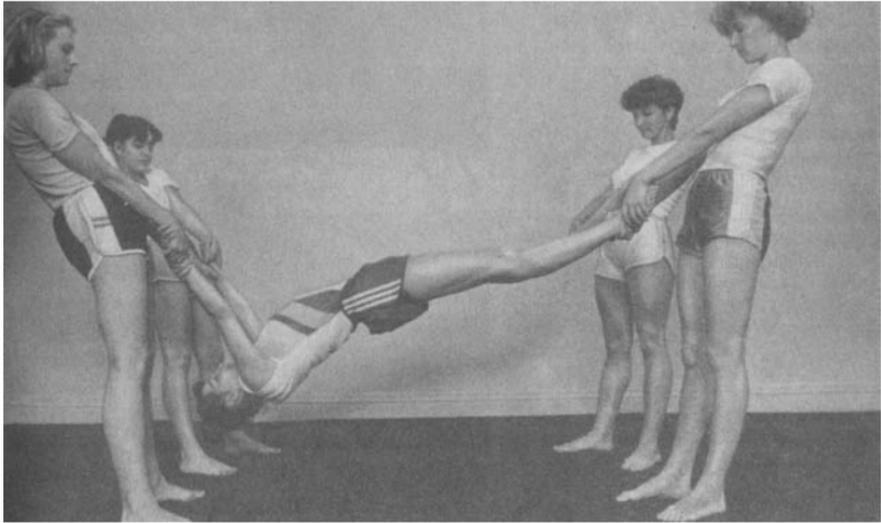
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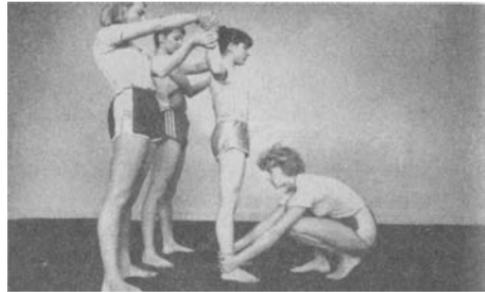
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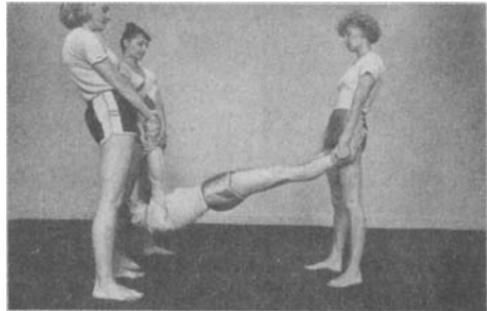
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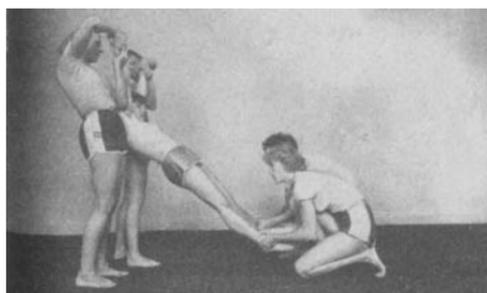
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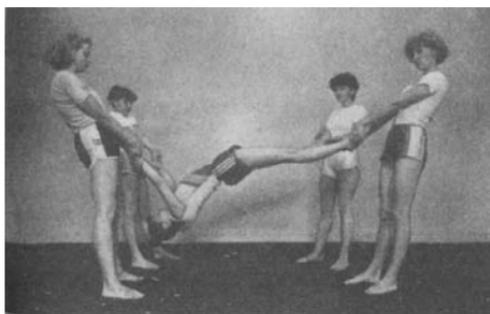




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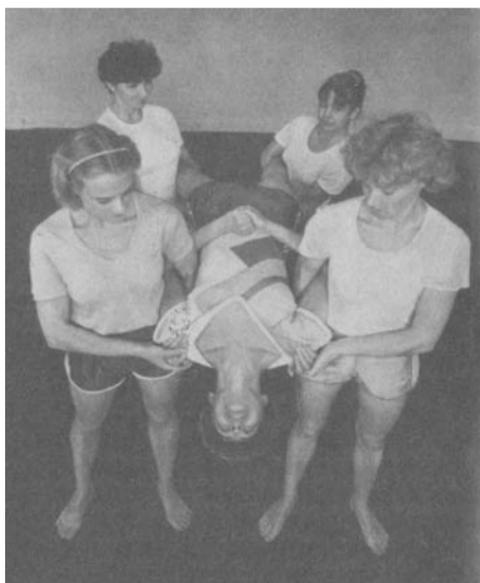
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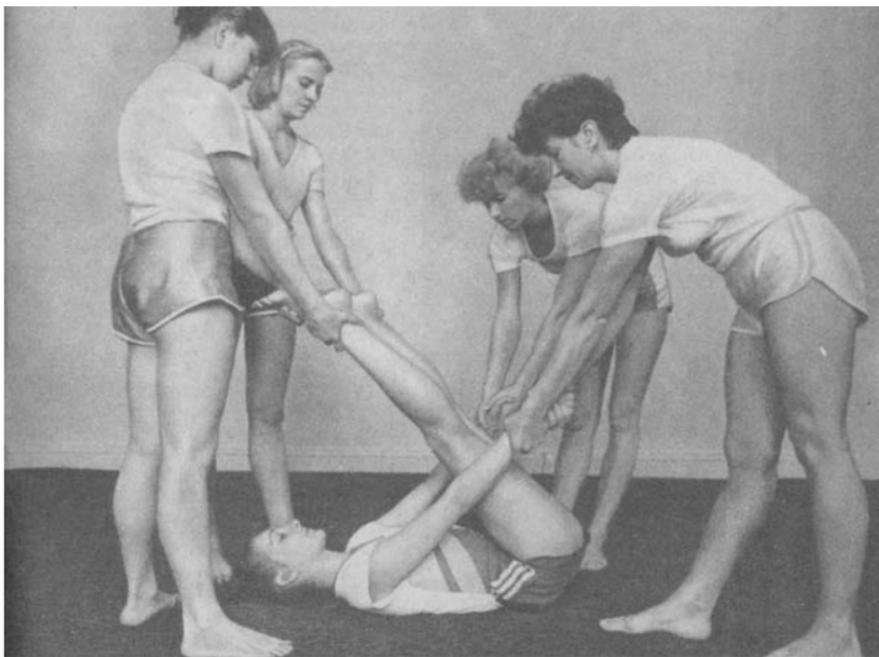
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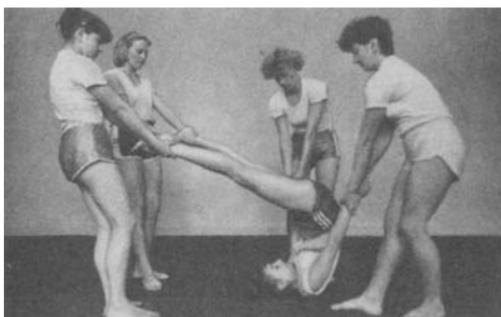
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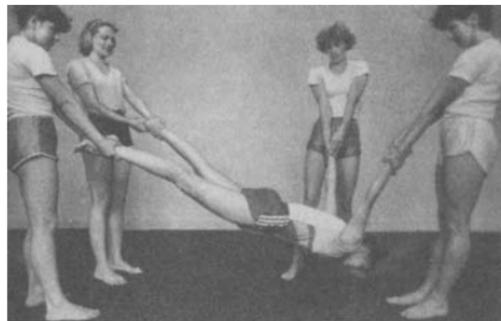


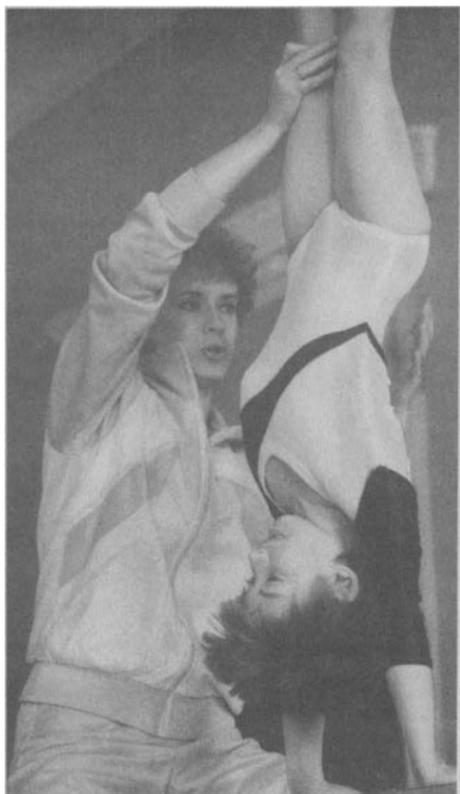
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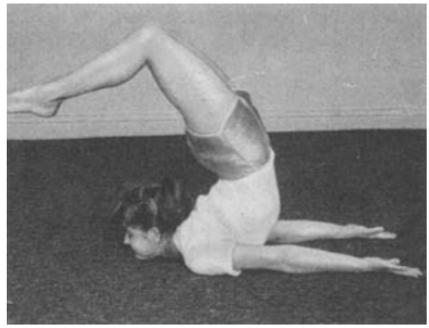


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Каждый может  
проверить на себе!

Растяжки снимают  
усталость и  
психо-  
эмоциональные  
нагрузки,  
увеличивают  
гибкость и  
улучшают  
кровообращение,  
повышают  
активность и  
настроение,  
восстанавливают  
силы и  
предохраняют  
от стрессов,  
помогают  
сохранить  
хорошую  
осанку, здоровье,  
молодость,  
красоту.