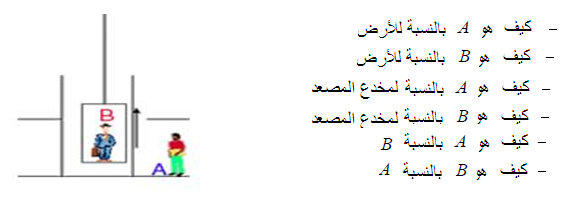
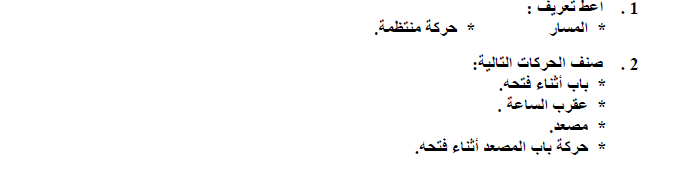
سلسلة تمارين الحركة

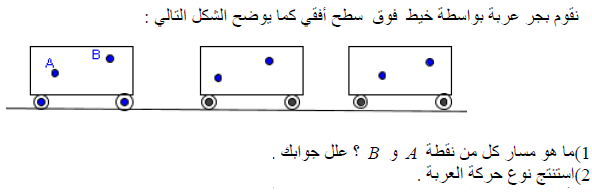
**1**



**2**



**3**



**4**

