PLAN TRENINGOWY

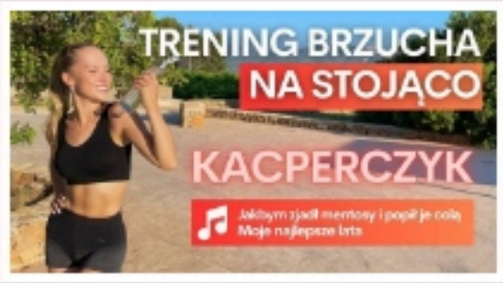
2026

ZAAWANSOWANY

TYDZIEŃ 46

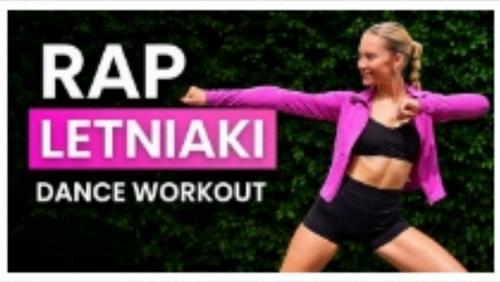
PON

48 MIN



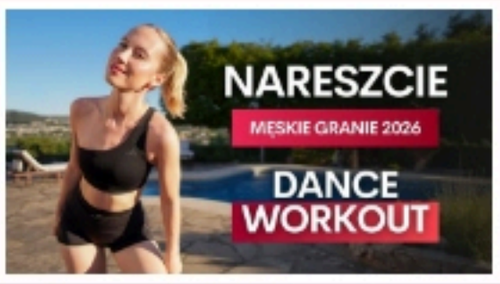
WTO

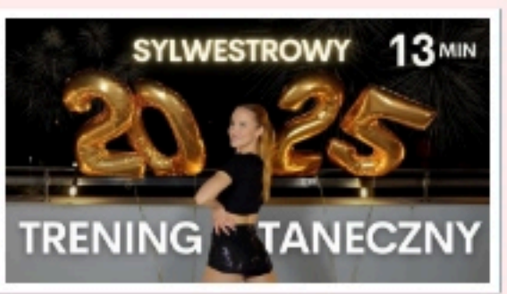
46 MIN



ŚRO

41 MIN



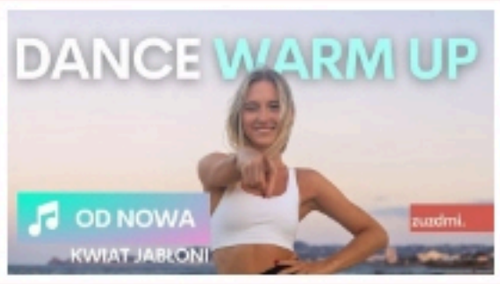


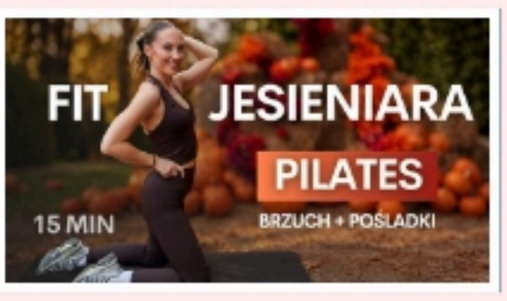
CZW

REGENERACJA

PIĄ

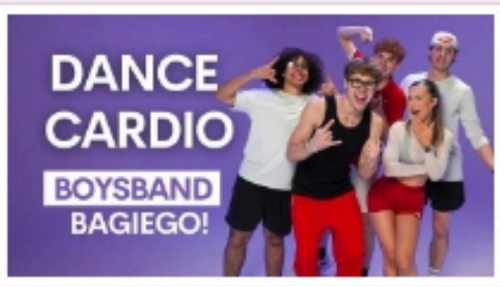
41 MIN





SOB

42 MIN



NIE

REGENERACJA

HOT & HOMEMADE

zuzdmi Subskrybuj I WYTAŃCZ TO!