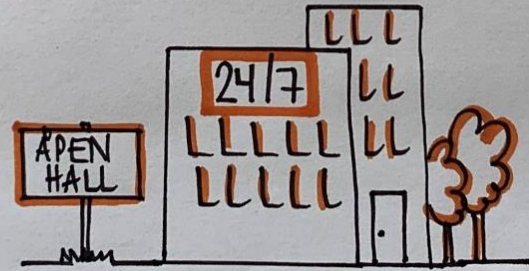
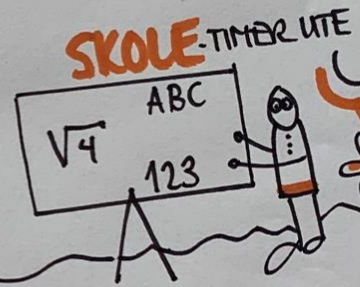


HVORDAN BLI MER AKTIVE?

MOTIVASJON

MINST 100 PUSHUPS
PR. DAG



MINST 15KM/uke

Trine Ristner