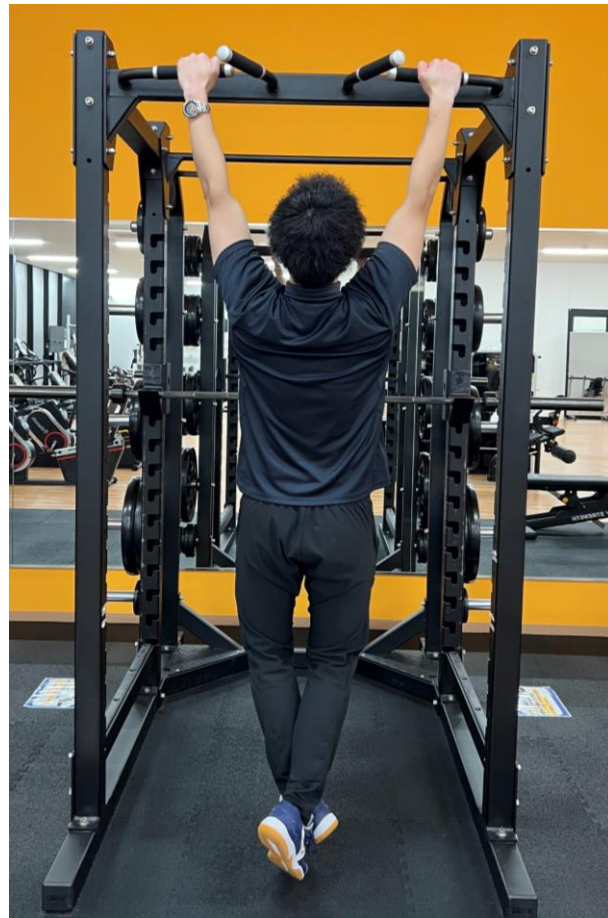
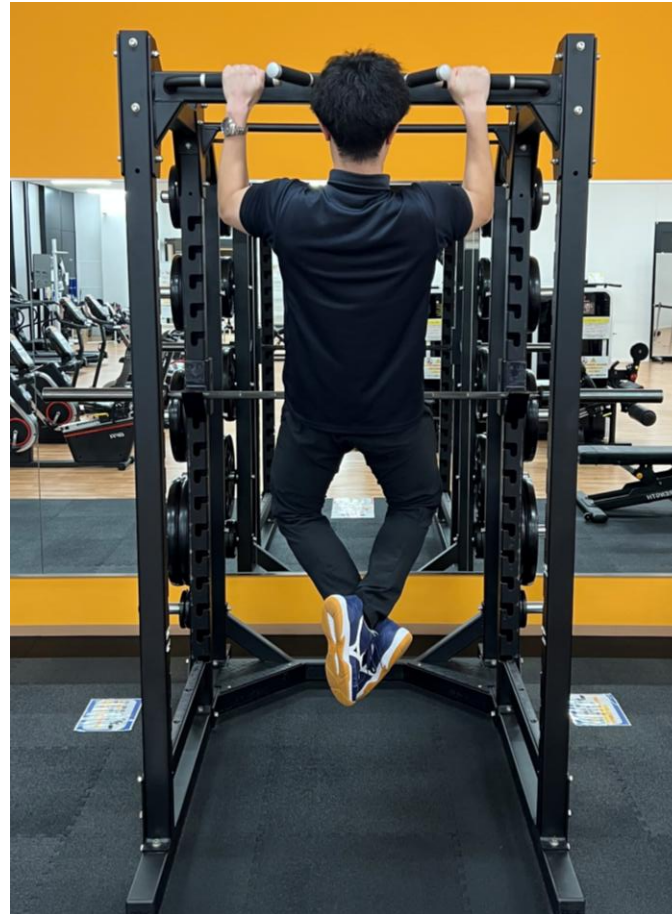
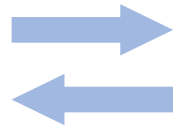


チンニング

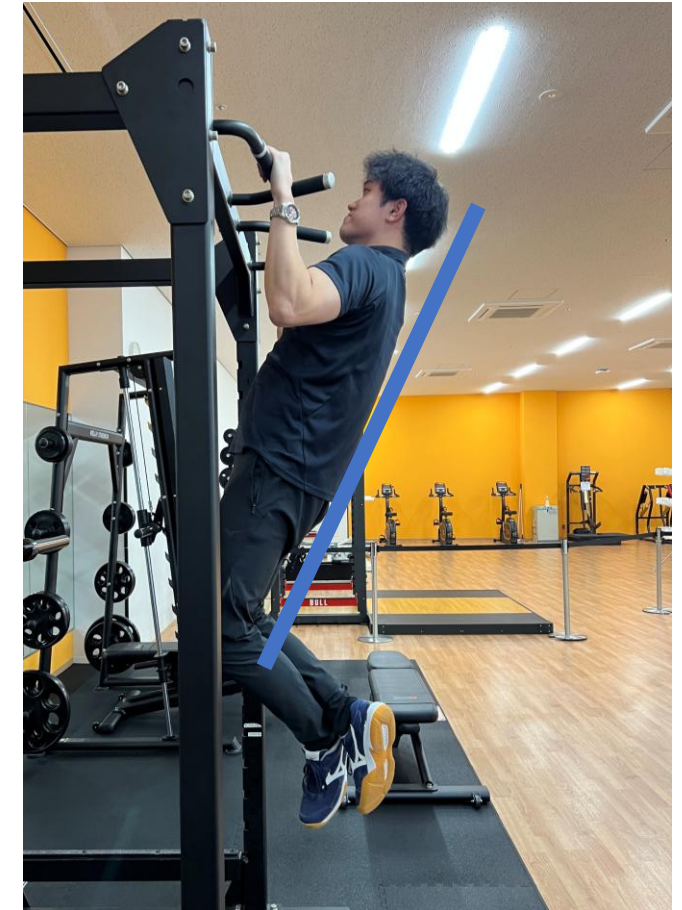


手幅は肩幅より広く



肩が上がらないように引く

CHECK!
✓



背中是一直のま