







目 录

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04

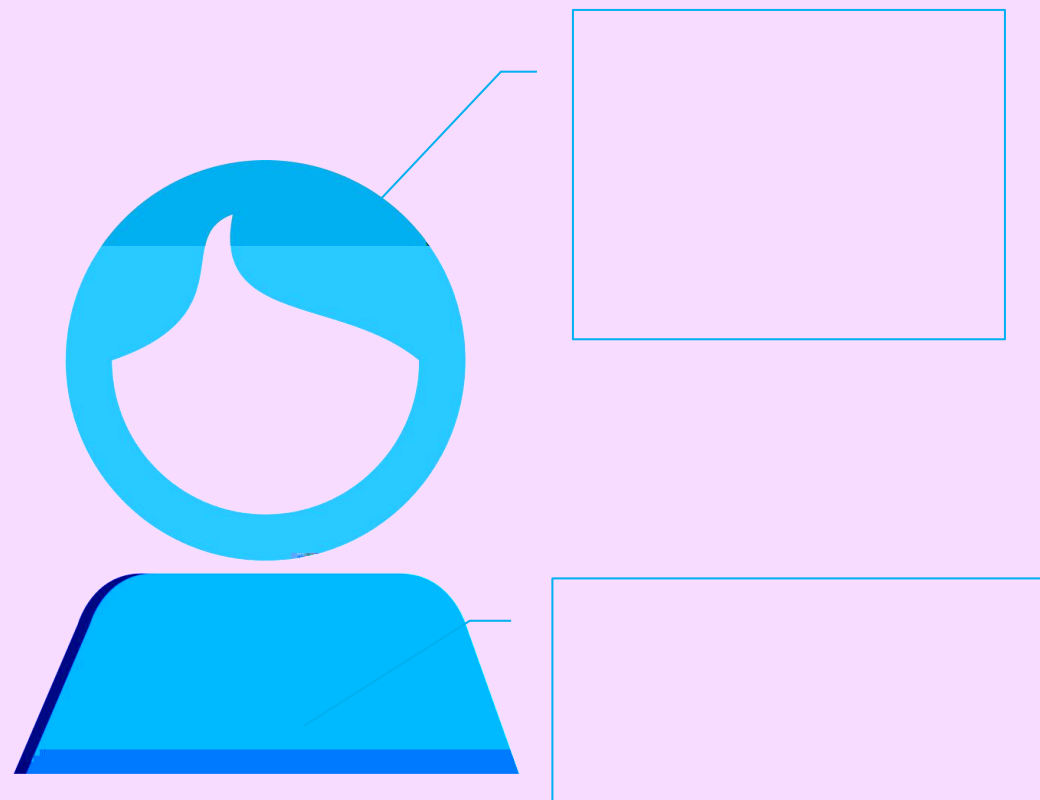
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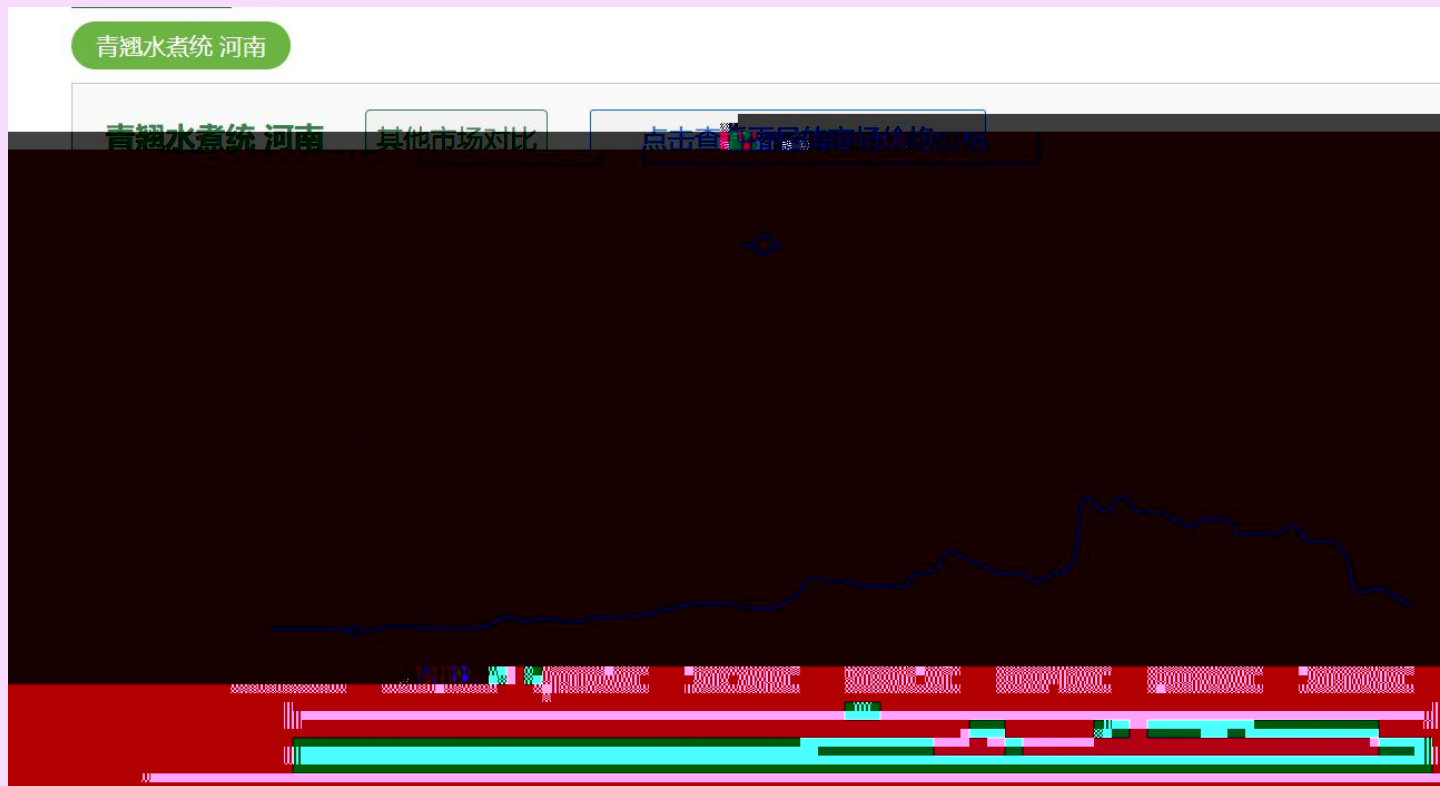






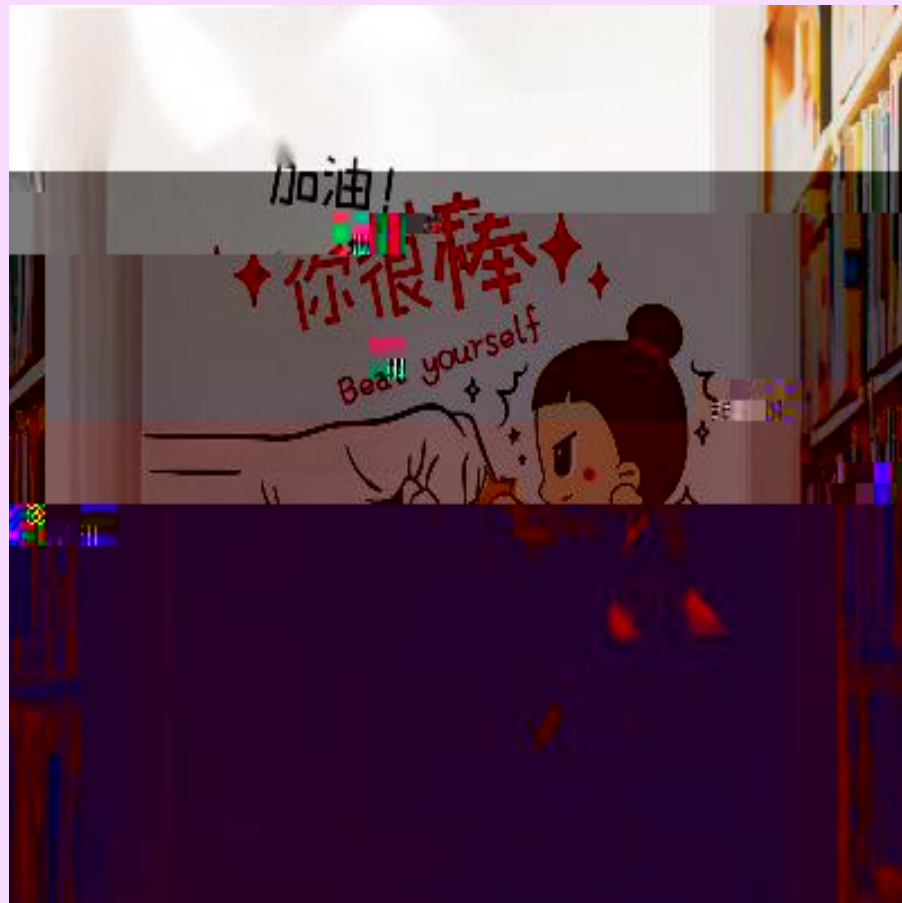
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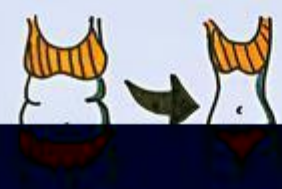


没事的，
犯点错误很正常，









健身计划

目标: 1个月减重5斤

22	23	24	25	26	27	28
→.←腰部	休	腿部	休	腿部	休	腿部
29	30					

鸡蛋、豆腐、鸡蛋、金针菇、鱼虾、鸡肉

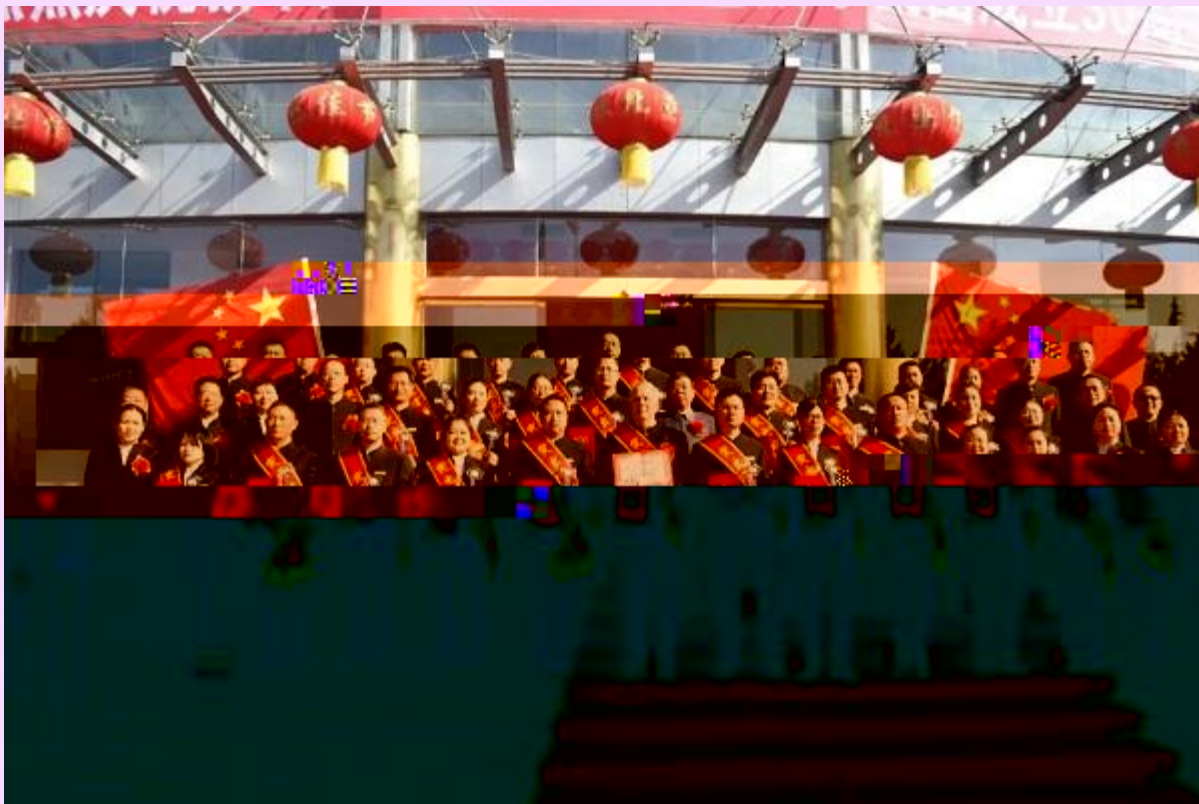




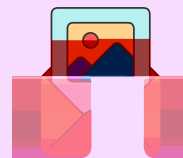
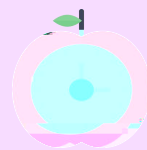
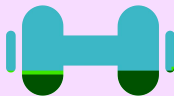
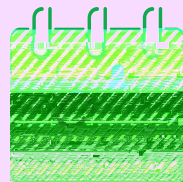














05







