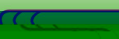
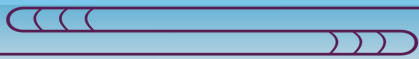






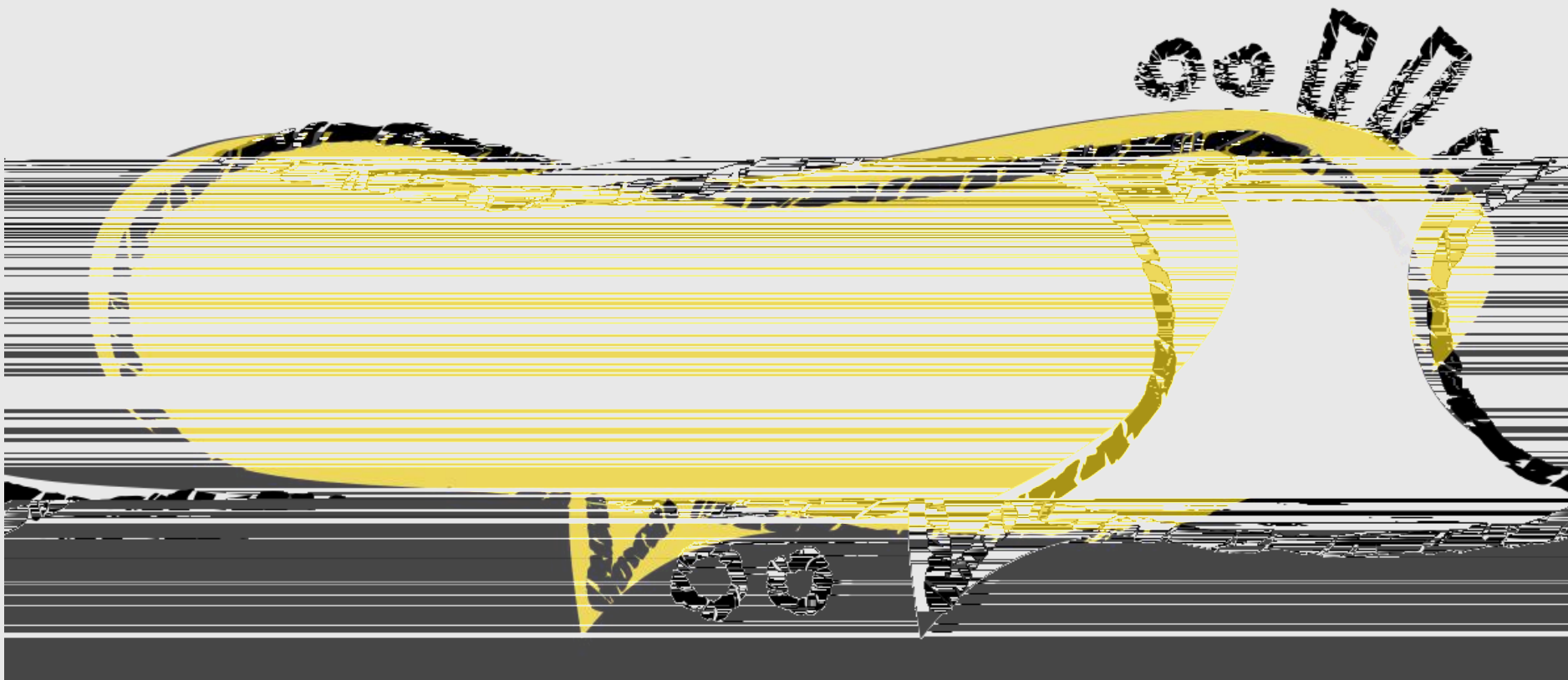


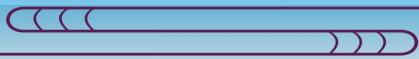
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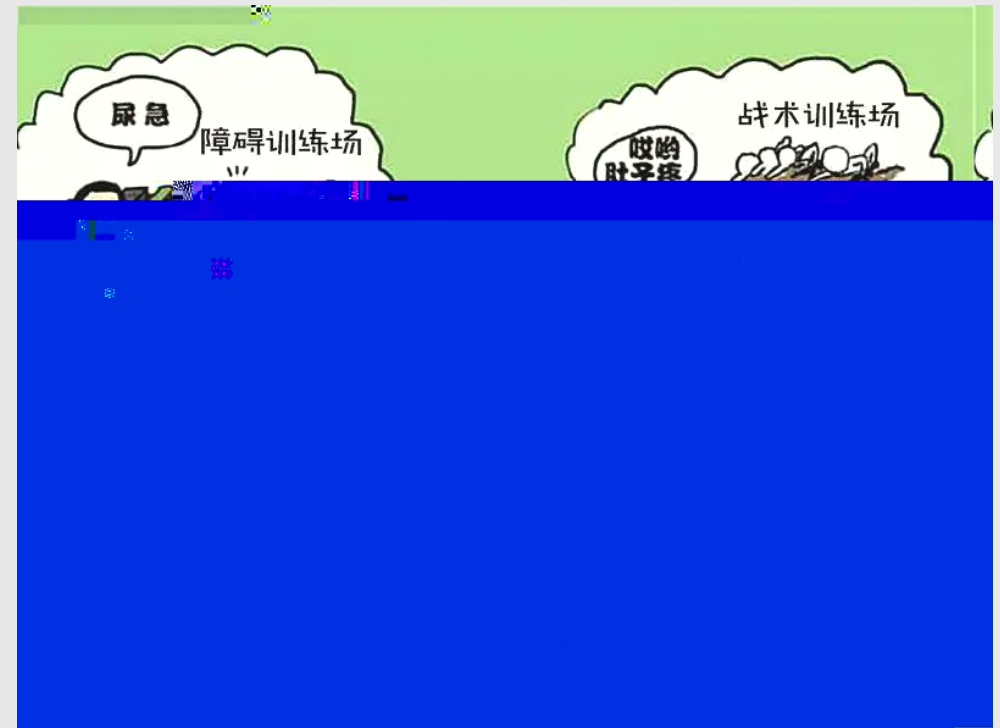


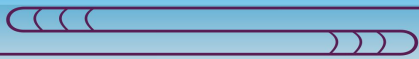




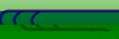
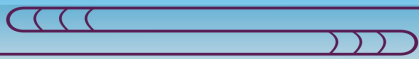


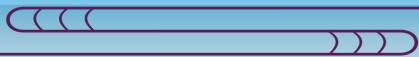


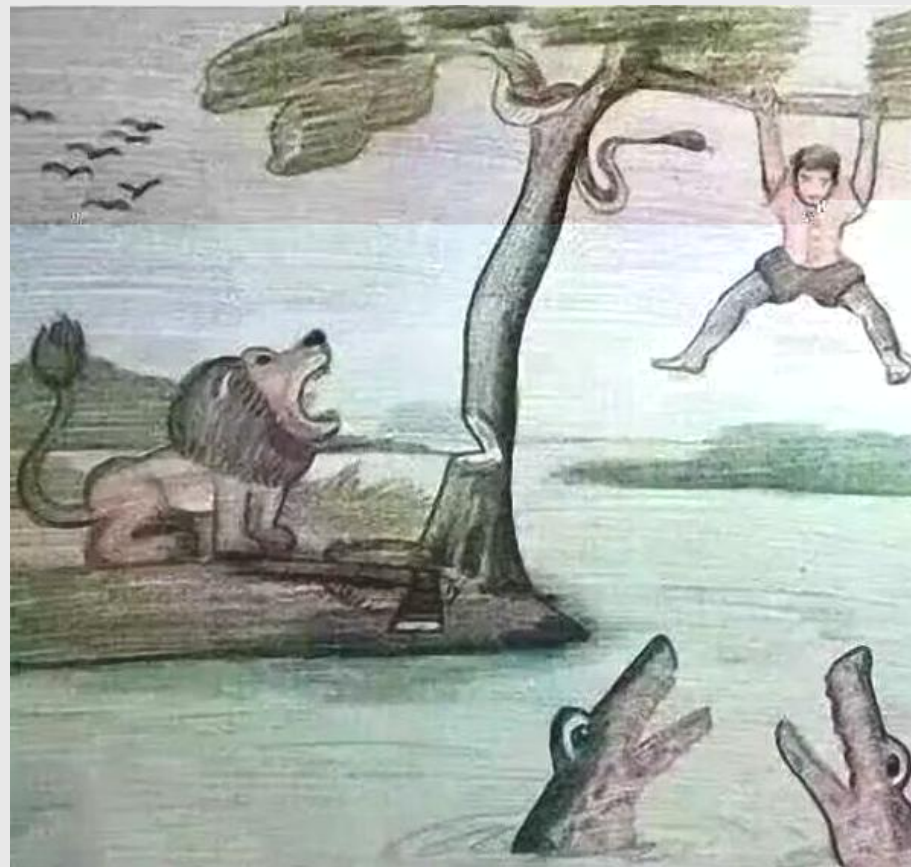
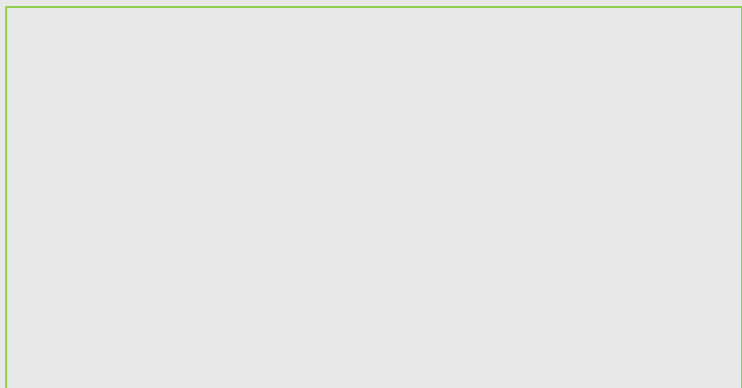


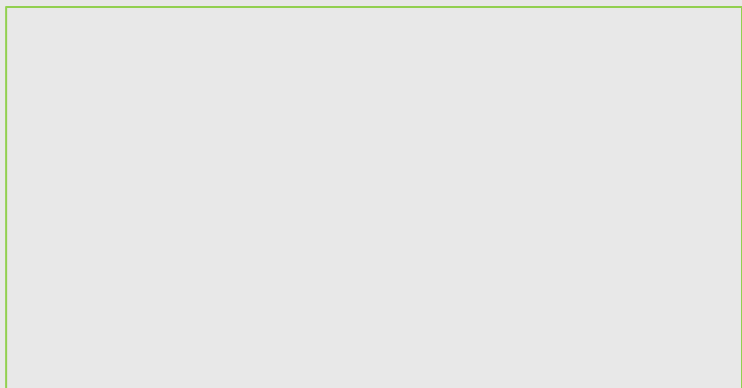


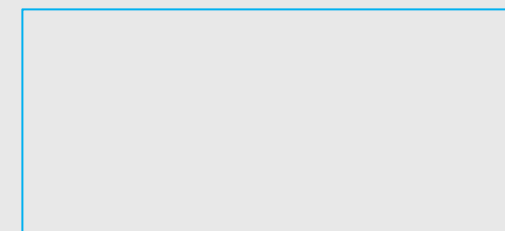
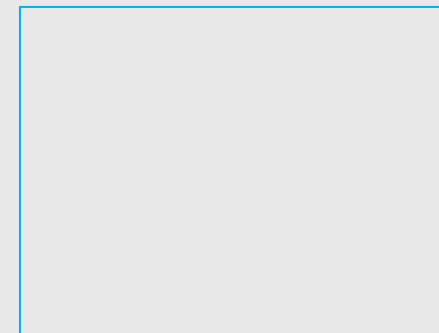


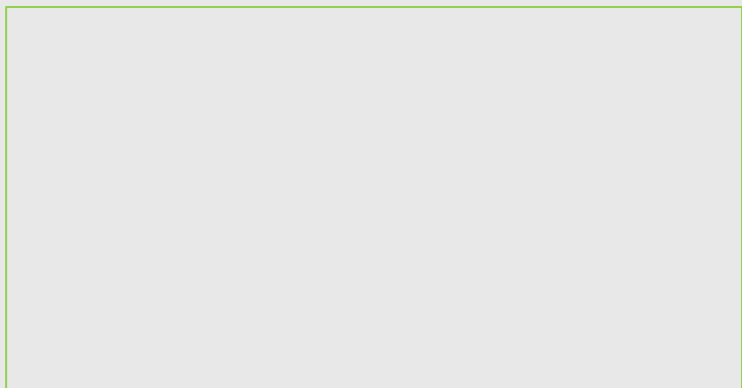




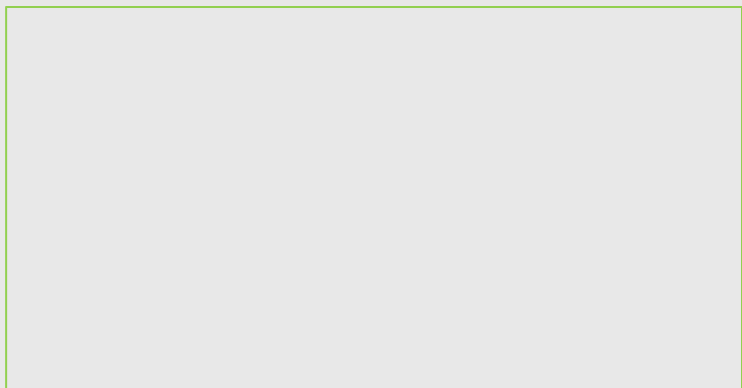


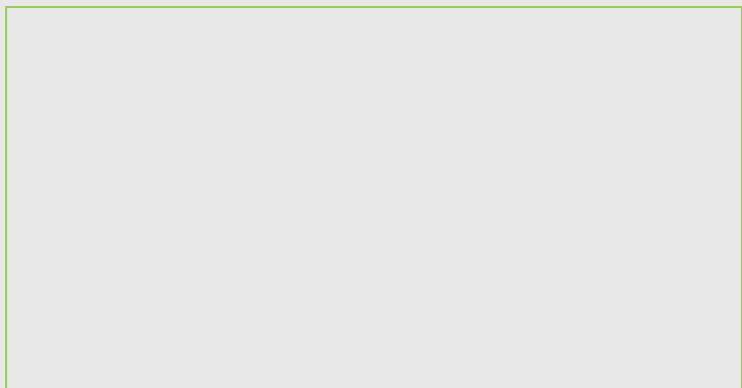


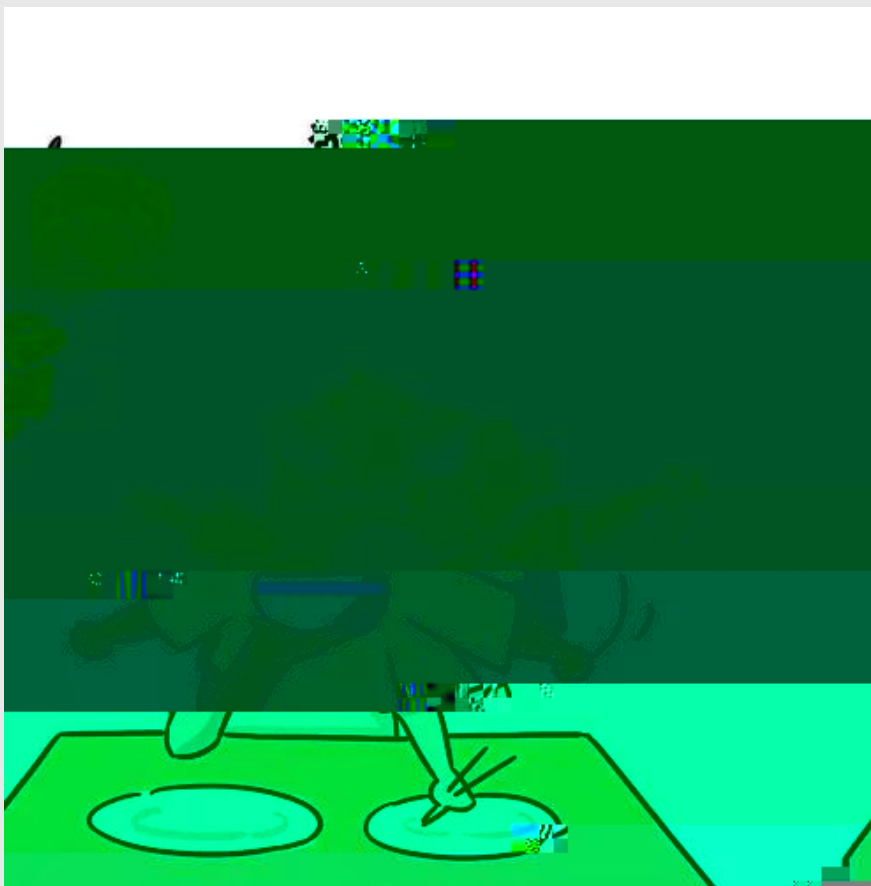
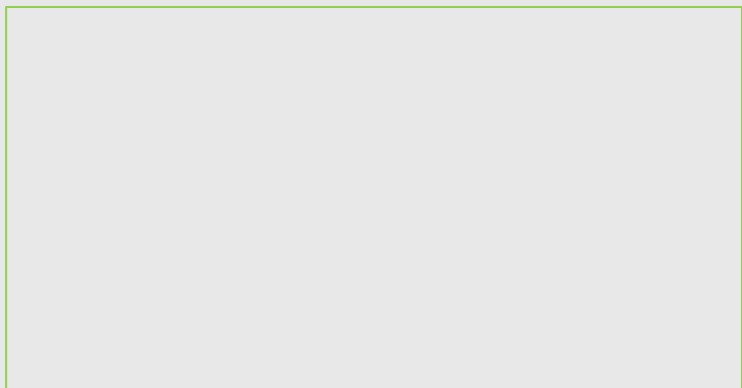






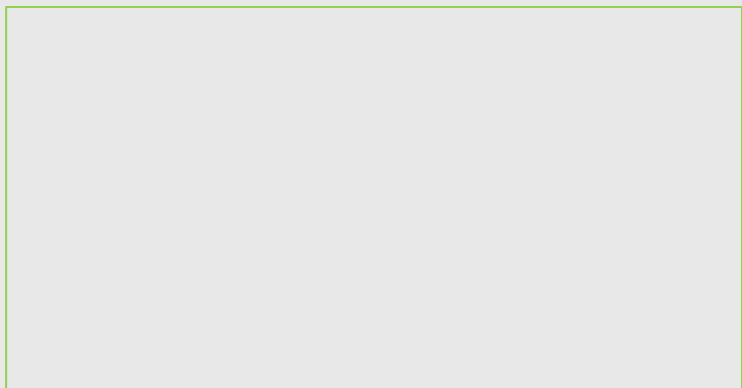


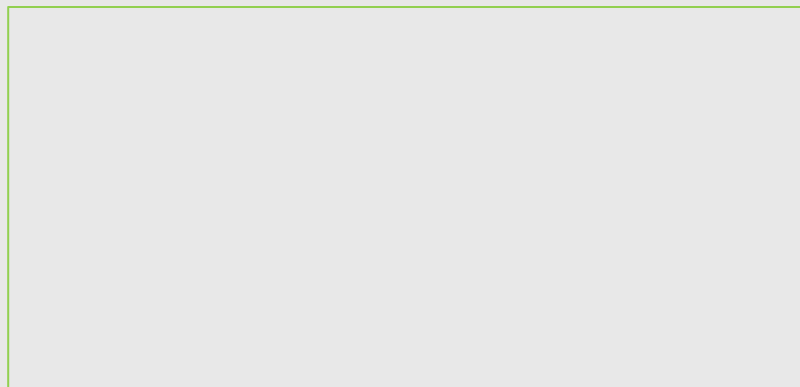


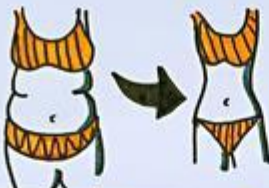


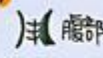
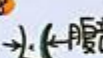
没事的，
犯点错误很正常，







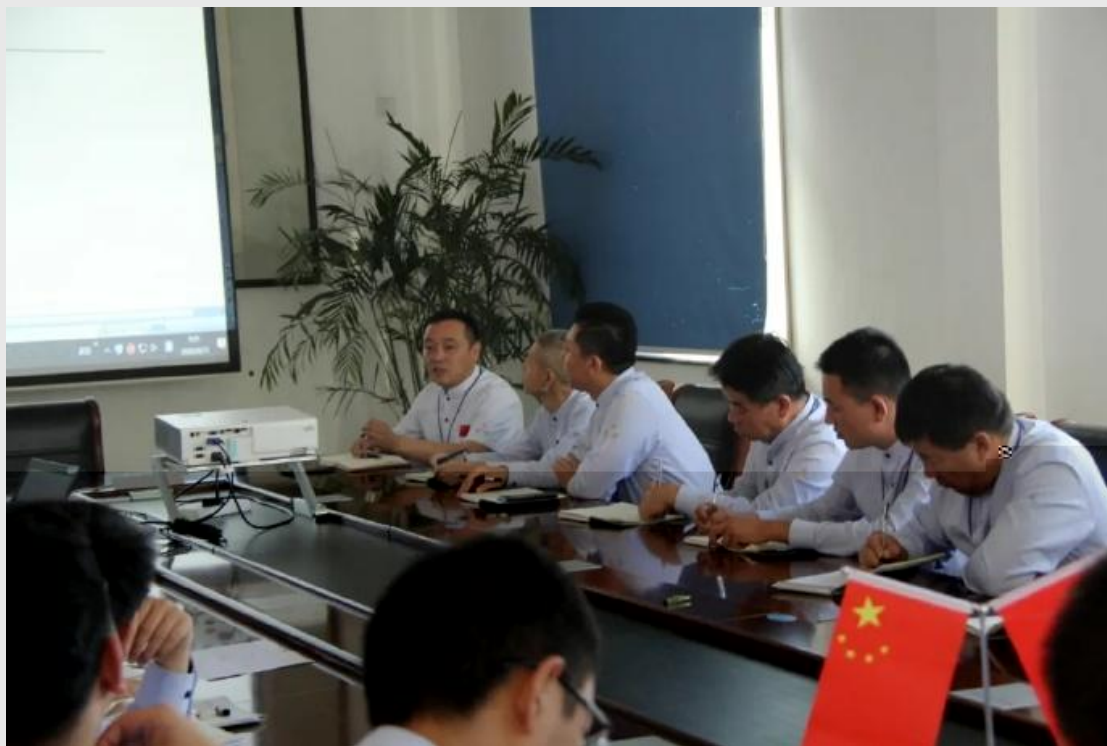
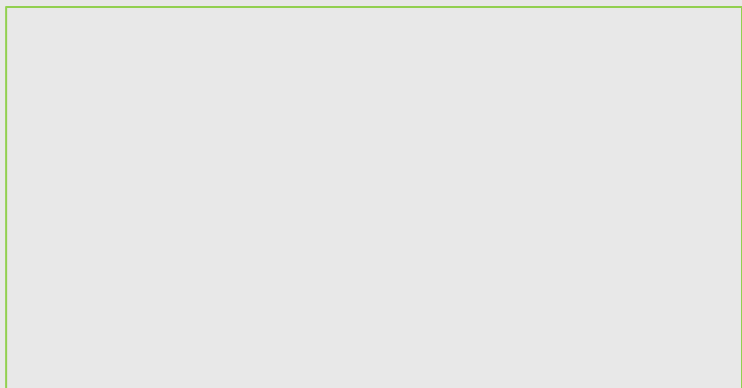

健身计划
目标: 1个月减重5斤

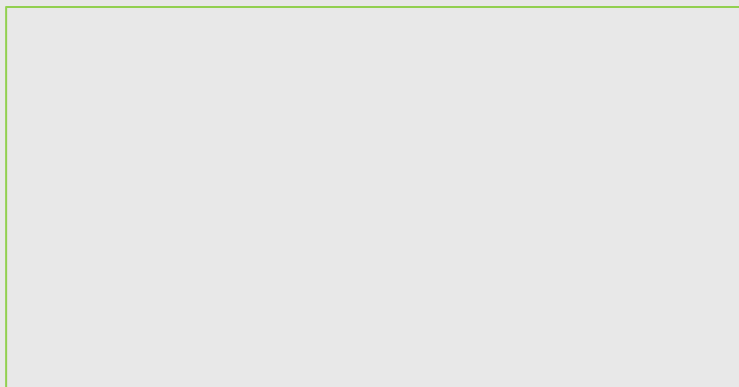
1  腹部	2 休	3  腿部	4 休	5  综合	6 休	7  有氧
8  腹部	9 休	10  腿部	11 休	12  综合	13 休	14  有氧
15  腹部	16 休	17  腿部	18 休	19  综合	20 休	21  有氧

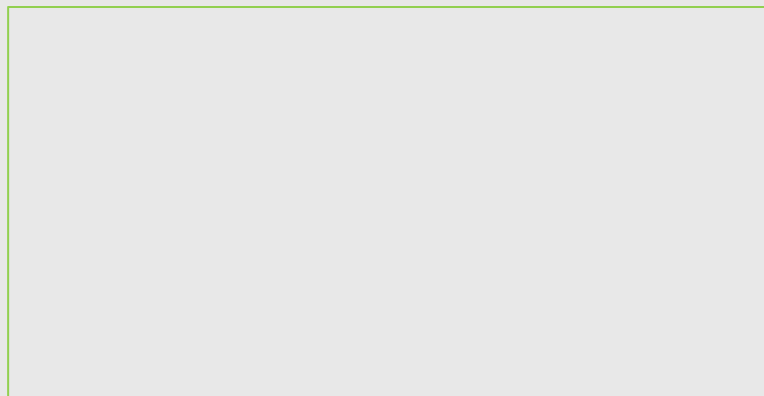


饮食:

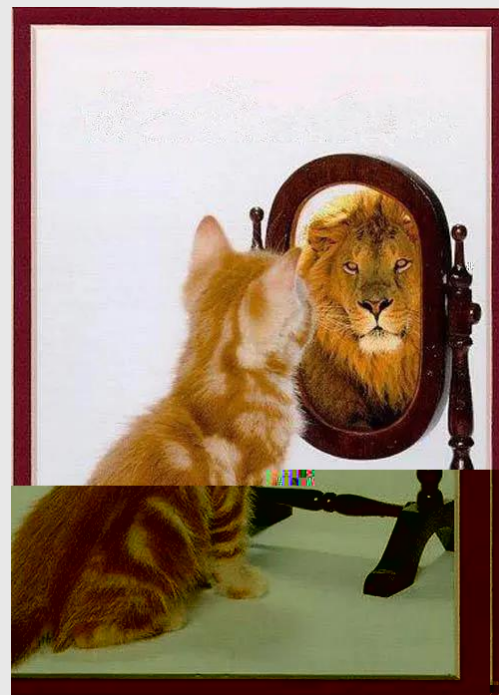
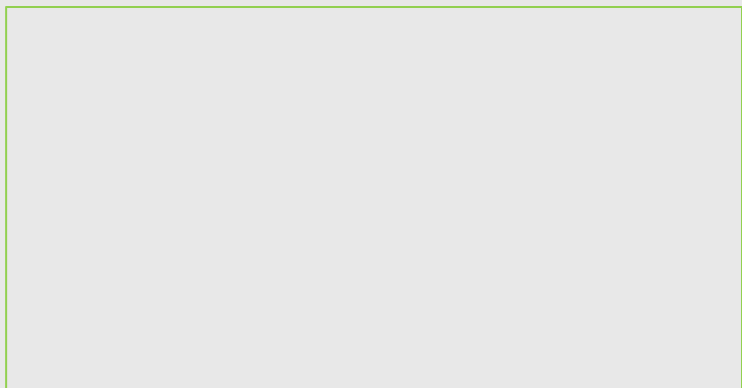
- 晚餐2个拳头绿叶蔬菜 (不吃淀粉类蔬菜)
- 晚餐1个拳头的蛋白质 (鱼、鸡胸肉、豆腐、鸡蛋、虾仁、鸡胸肉)
- 晚餐1个拳头的碳水 (米饭、红薯、玉米、燕麦)

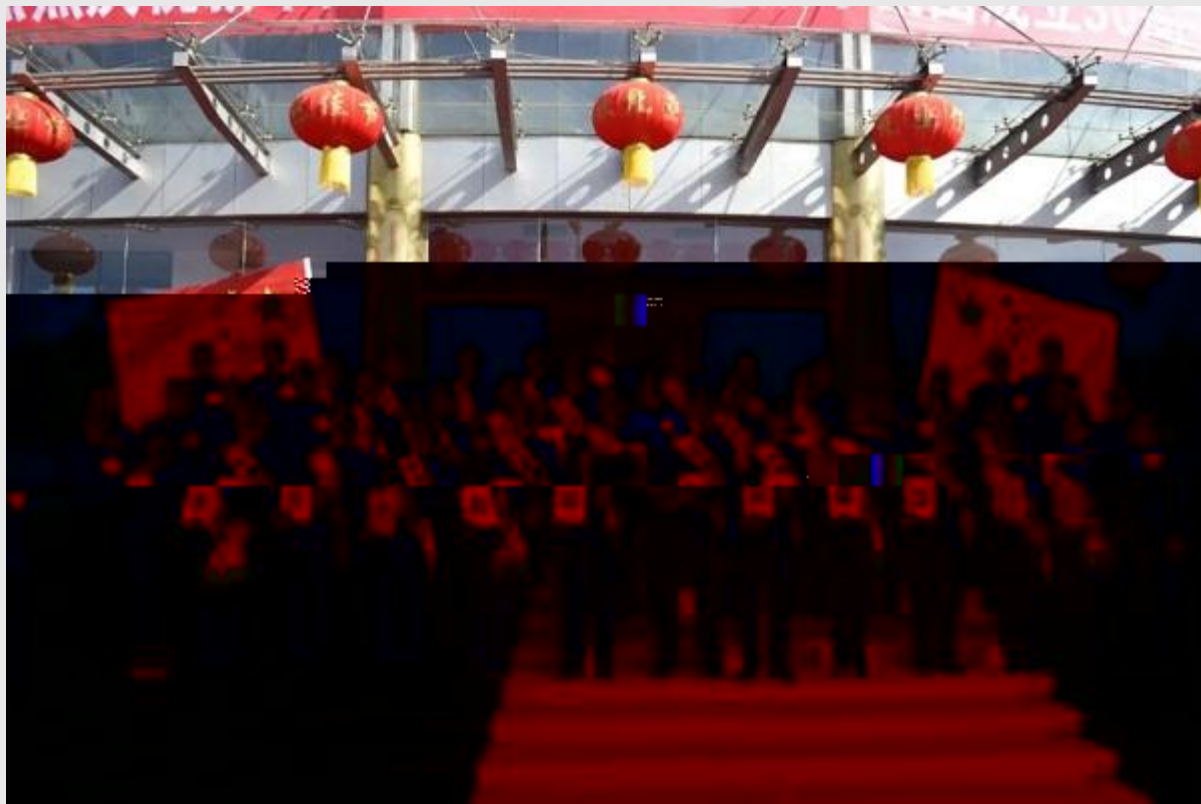


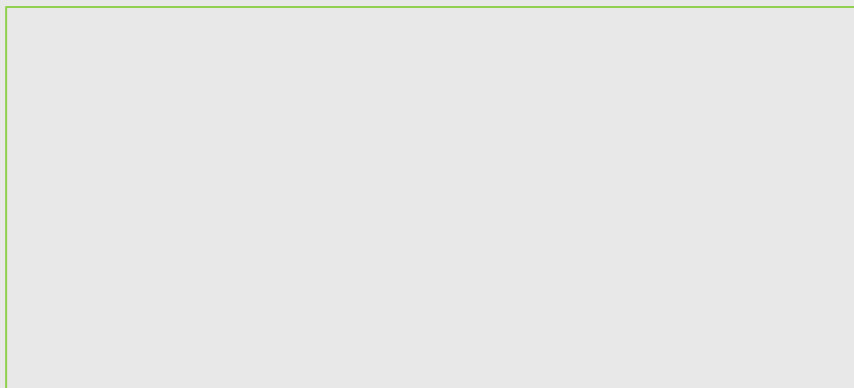


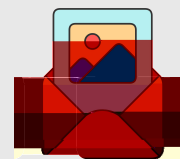
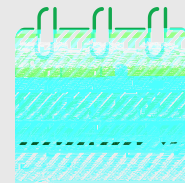


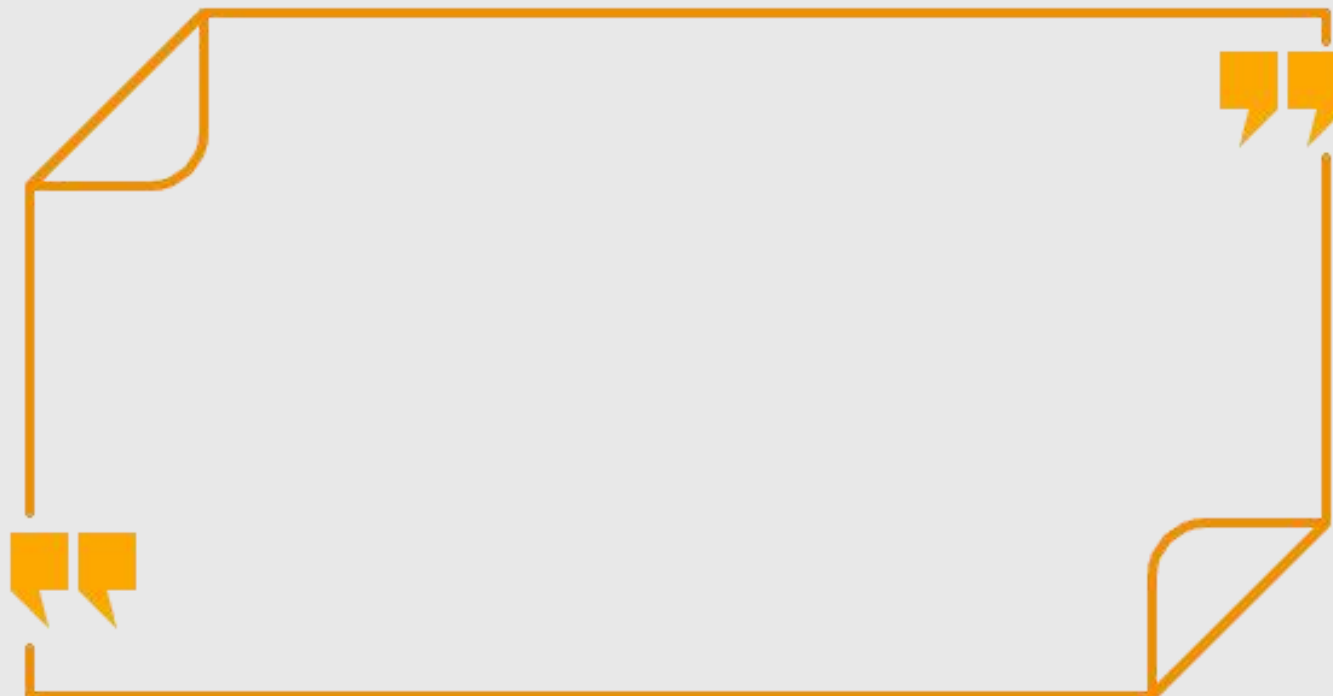


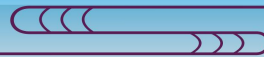
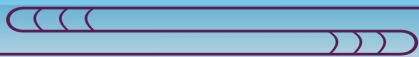




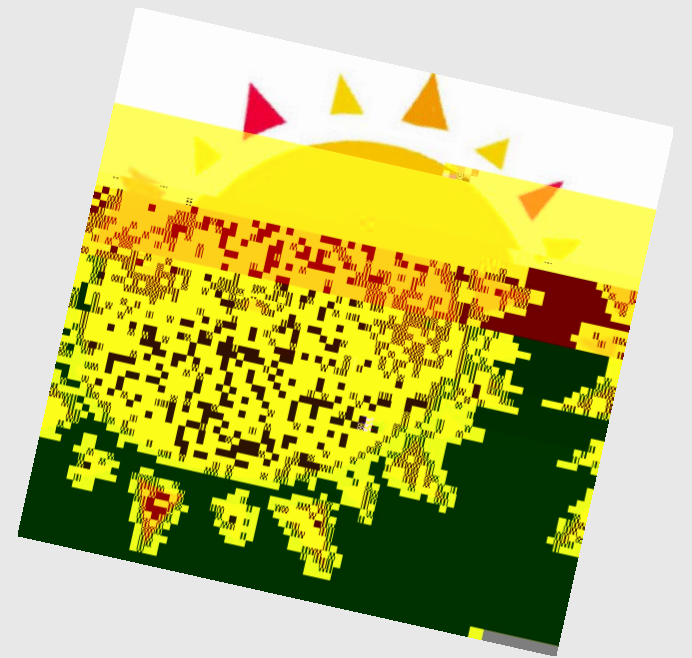




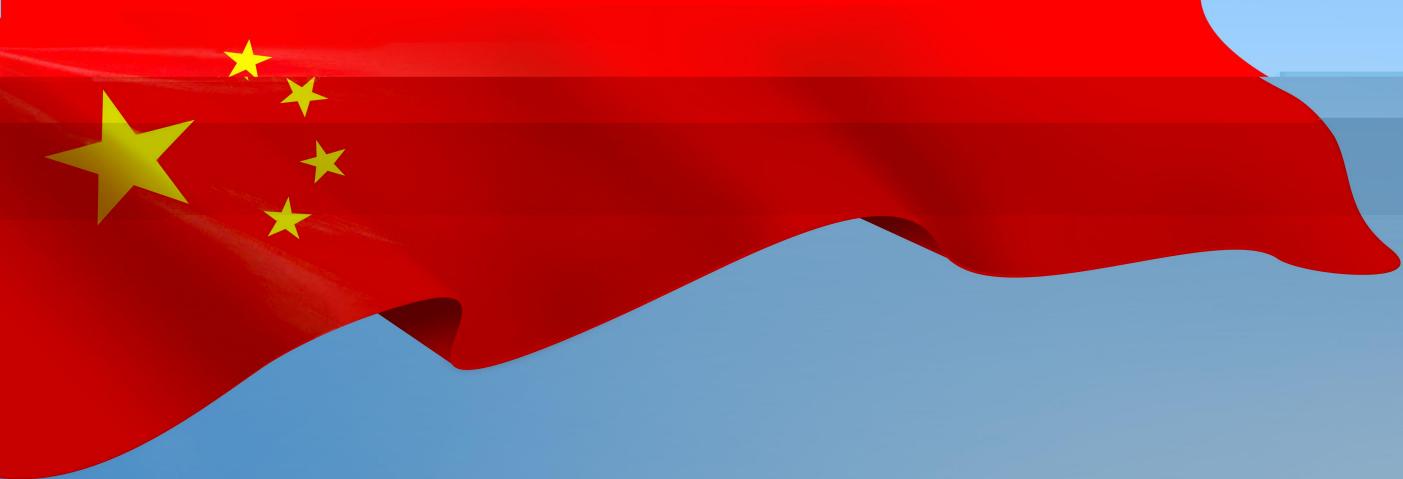












企业家爱国 就是做好产品

为中国人设计 让中国人健康

我是这样想的 也是这样做的