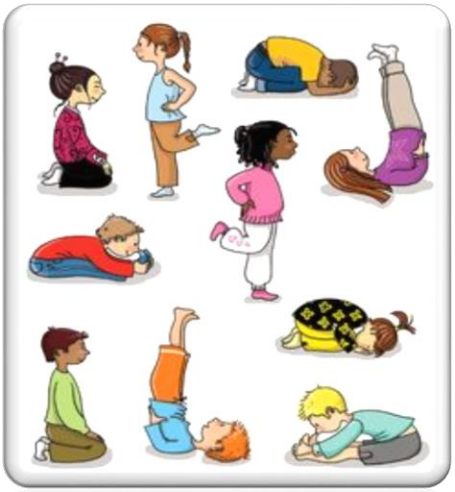Ασκήσεις Γυμναστικής