

## AMILA ?????? ??????????? GLUTE MASTER



pagkos-gymnastikis-glute.jpg



?? ?? ????? ??????????? Glute Master ??????? ?? ?????? ??????? ?????? ?? ???????.

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**Price**

329,89 €

329,89 €

Παράδοση 1 έως 3 ημέρες

[????????????????????](#)

Manufacturer [Amila](#)

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AMILA ?????? ?????????? GLUTE MASTER

?? ??? ????? ?????????? Glute Master ??????? ?? ?????? ??????? ?????? ?? ??????? ?? ?????????? ?? ?????????????? ?? ??????? ??  
NSCA (National Strength & Conditioning Association) ????. ?????????????? ?????????????? 6 ???????, ??? ?????????????? ?? ???????  
??????, ?? ??????? ?????????? ?????????? (????????? ?? AMILA GluteMaster) ?????? ?????????? ?????????? ?? ??????? (front squat),  
????????????? ?? ?????????? ?????????? The Journal of Strength & Conditioning Research. ????. ????. ????. ????. ????.  
**GluteMaster** ??? Front Squat, ?? ?????????? ?????? ????: ?????????? ??? ?????????? ???, 10 ??? 20 ??? 25 ???  
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????? ?????? ?????? 5x5cm ?????? 2,5mm ??? ?????? ??? ?????????? ?????? ?????? ?????? ?????? ?????? ?????? ?????? ?????? ?????? ??????  
????????? ?????? ??? ?????????? ?????? ??? ?????? ?????? (??? 41, 44 ??? 46cm ??????) ??? ?????? ?????? ?????? ?????? ??????  
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????, sand bags ??? . ????. ????. ?????????? ????. ????. ????. ??????????

????????? :145,5x62,5x41x5~46,5cm

?????????:

> ??????: 50x50x2mm

> ?????? ?????????? ??????: 3cm

+ ????. ?????? ?? ?????? ????

+ ????. ????. ?????? ?????? ?????? ????. ????. ????. ????. ????. ????.

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+ 2 ?????????? ?????? ????. 1 ?????????? ????. ????. ????. ????. ????. ????. ????.

+ ?????? ??????????

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