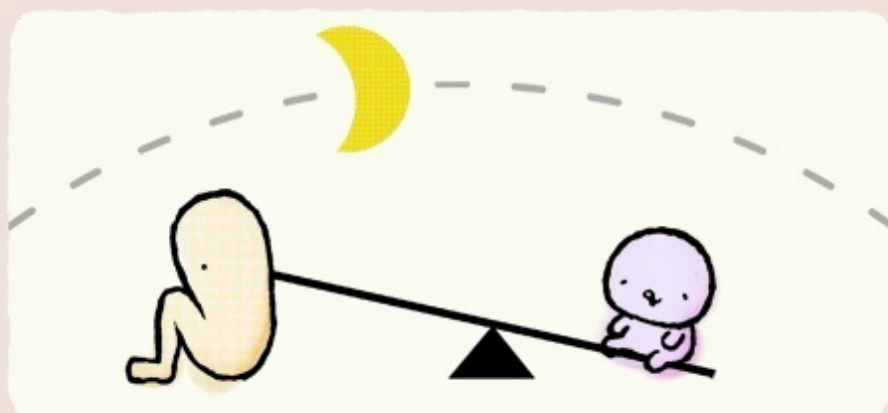
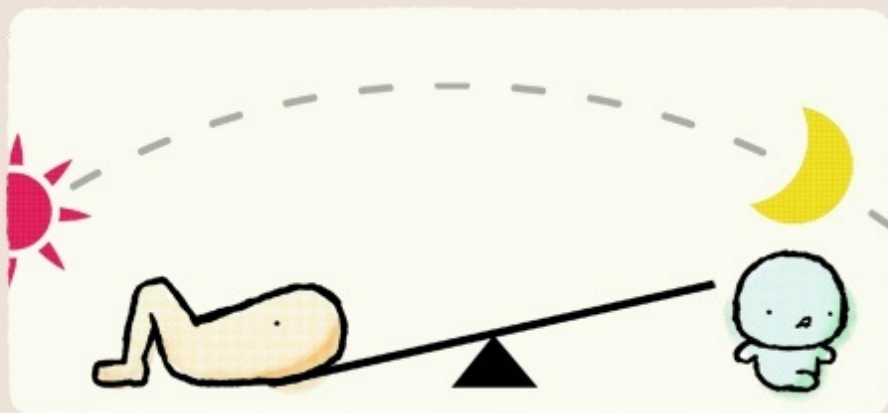
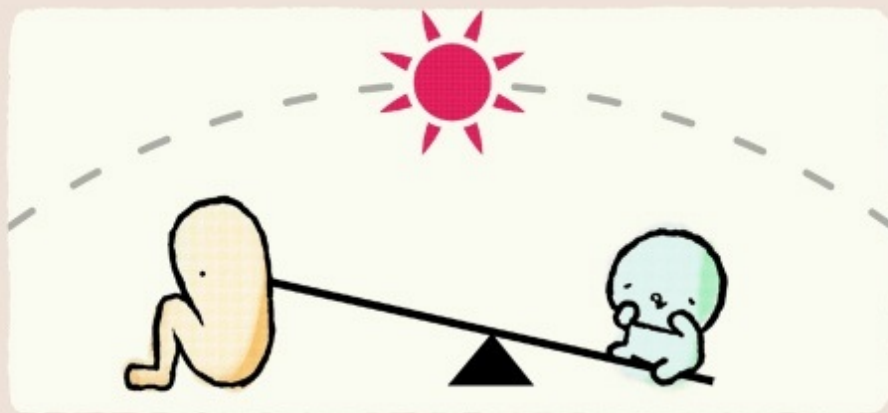
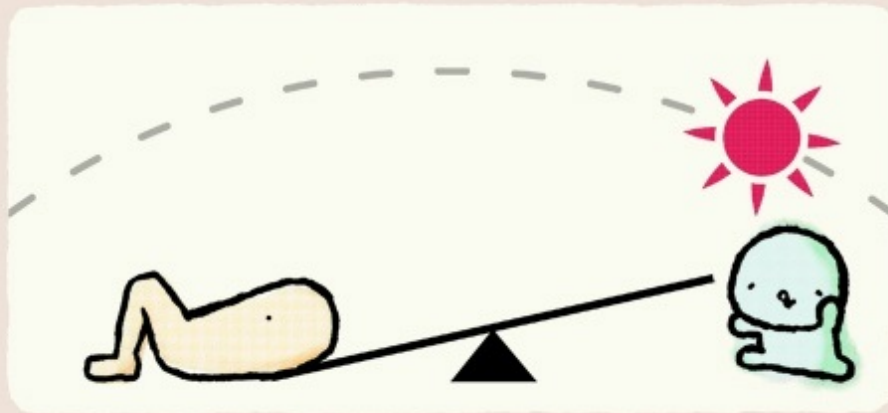


今週の「おんちゃん」





# かしこい腹筋



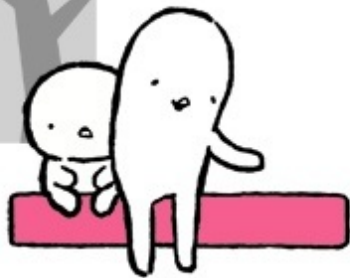
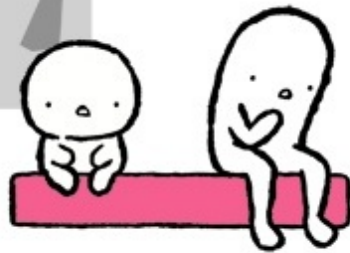


親き頭突か札





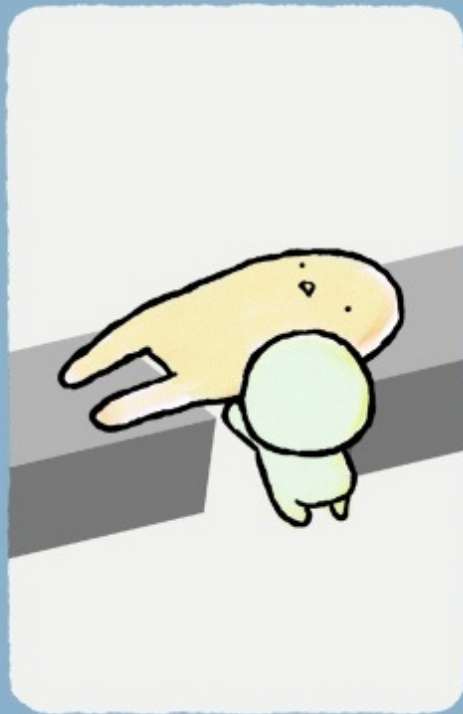
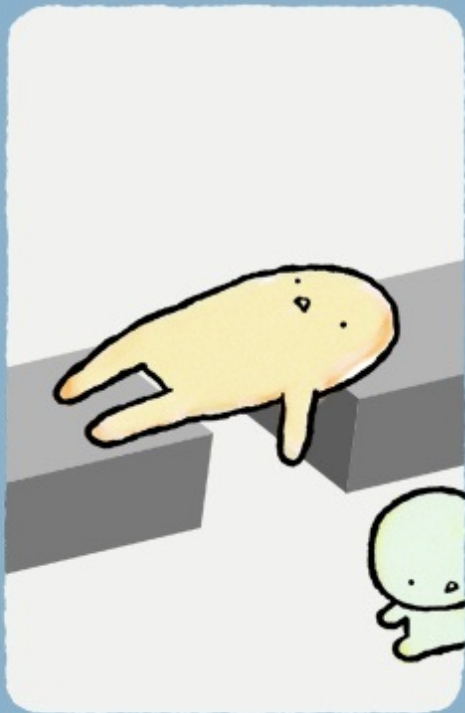
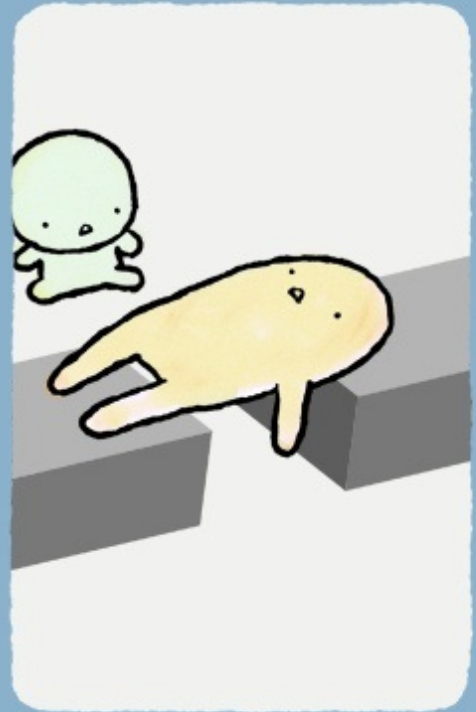
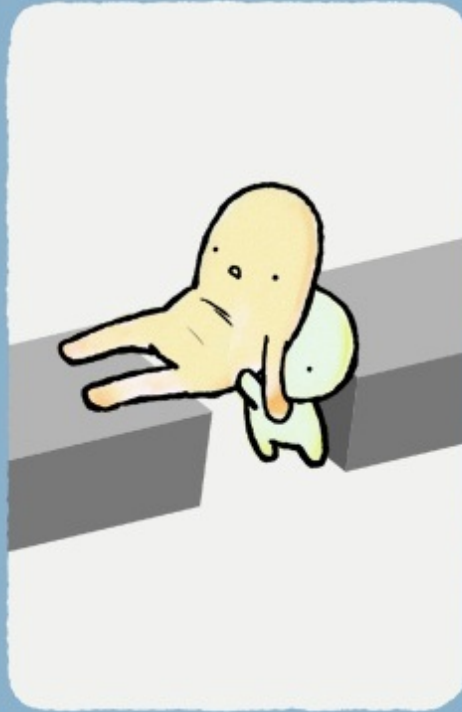
# 後味の悪い善意





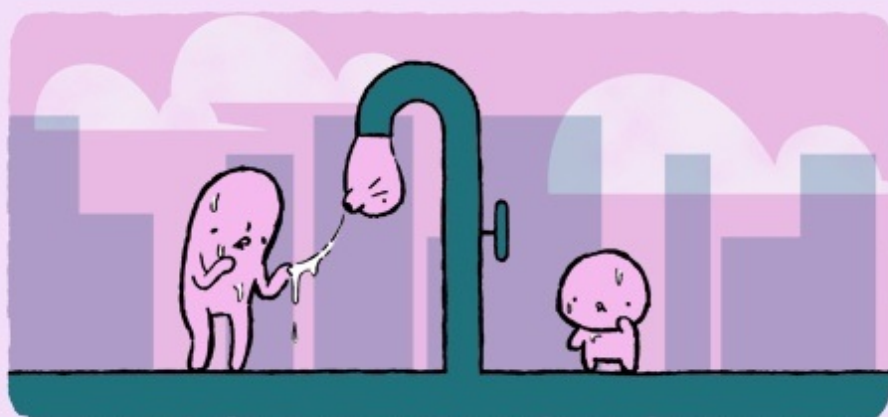
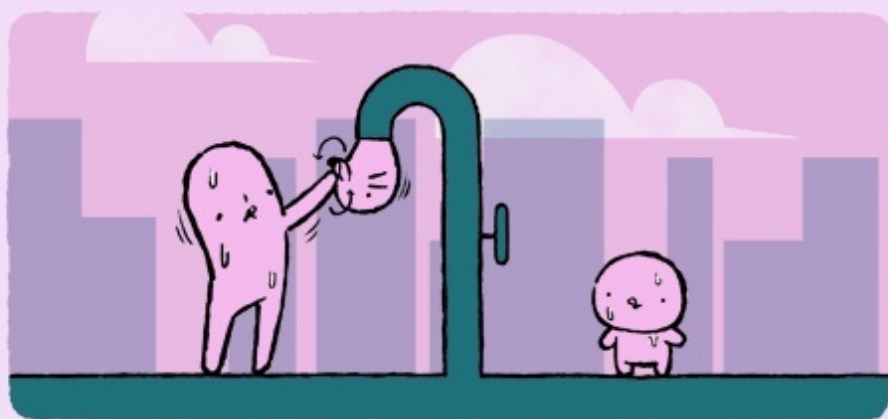
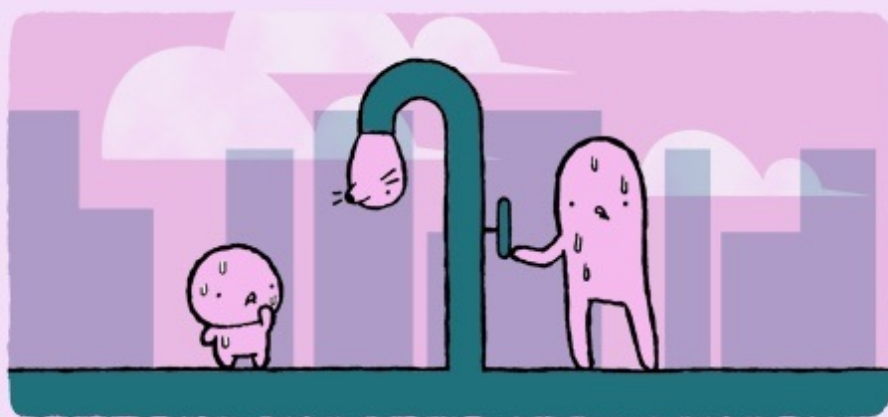
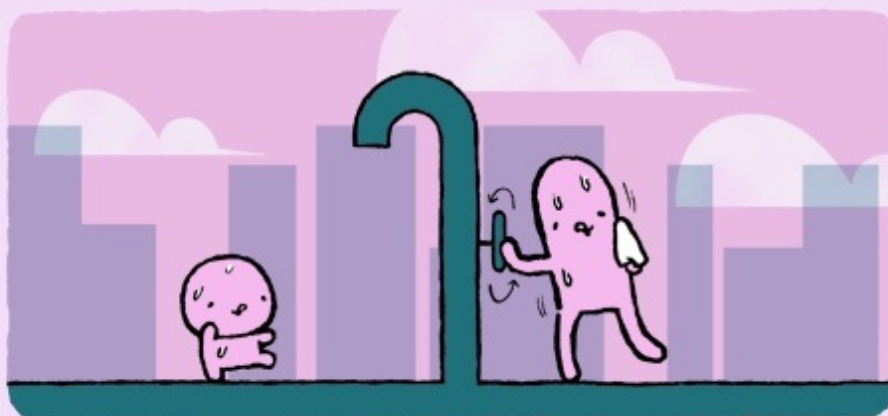


# かしこい腹筋 2



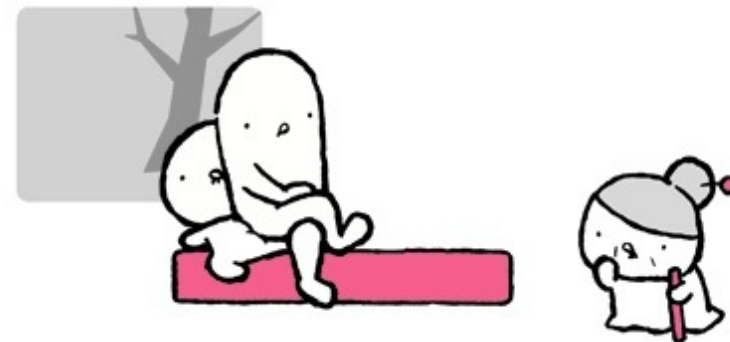
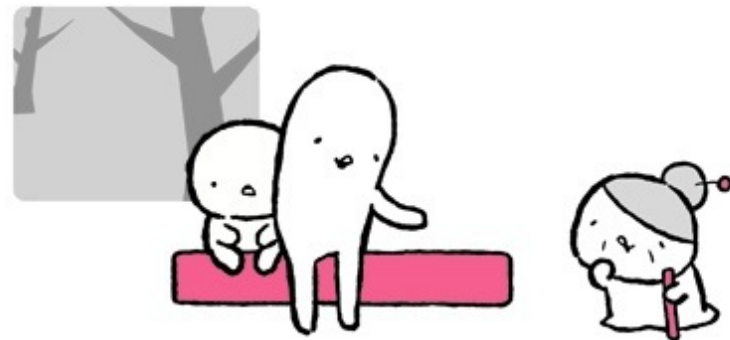
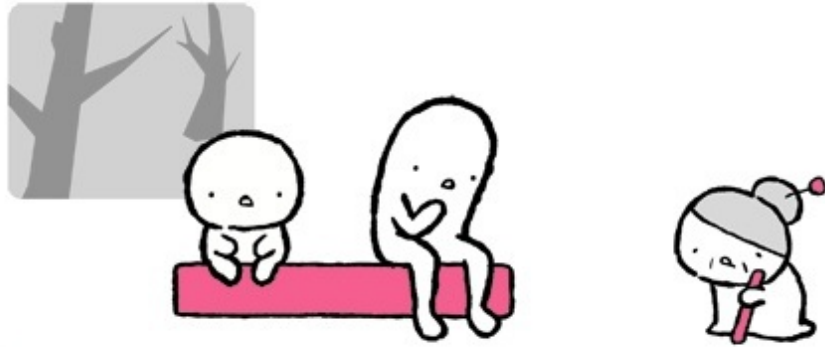


# 汗をかいたら水分補給





## 後味の悪い善意②





かしのい腹筋 3

