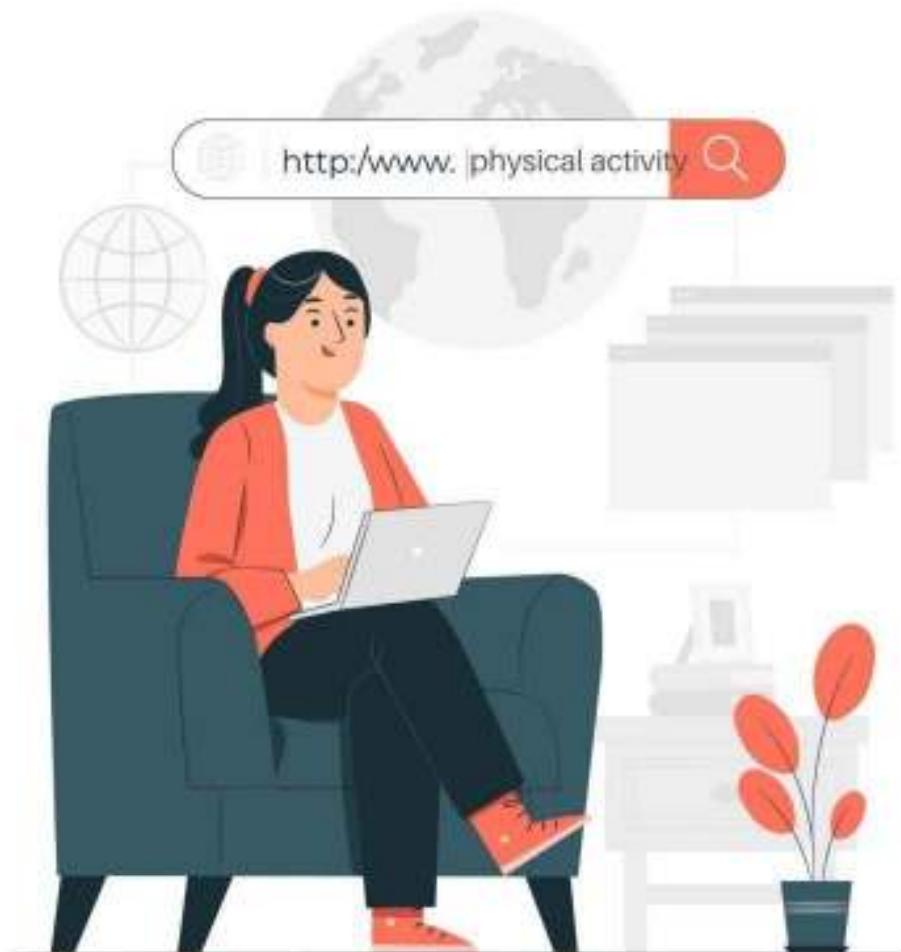


# WOMENS HURDLES

## AN EUROPEAN COLLABORATIVE PARTNERSHIP TO INCREASE WOMEN PARTICIPATION TO PHYSICAL ACTIVITY PROGRAMS



**INTELLECTUAL OUTPUT 2**  
**Web Search**



# WOMENS HURDLES AN EUROPEAN COLLABORATIVE PARTNERSHIP TO INCREASE WOMEN PARTICIPATION TO PHYSICAL ACTIVITY PROGRAMS

622171-EPP-1-2020-1-IT-SPO-SCP

Co-funded by the  
Erasmus+ Programme  
of the European Union



THIS OUTPUT HAS BEEN REALISED WITH THE CONTRIBUTION  
OF ALL THE PROJECT PARTNERS:



The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

## AUTHORS/RESEARCHERS

|                  |   |
|------------------|---|
| <b>BULGARIA</b>  | Yoanna Dochevska<br>Ivaylo Zdravkov<br>Kalinka Gudarovska   |
| <b>GREECE</b>    | Goumas Spyridon<br>Vlahopoulou Maria<br>Benetos Georgios Goumas<br>George Richter Dimitrios<br>Vlachopoulos Charalampos<br>Toutouzas Kostas                                     |
| <b>ITALY</b>     | Gianluca Sotis<br>Roberto Volpe<br>Dario Arceri<br>Paola Rodinò<br>Michele Sciarra<br>Stefania Urbinati<br>Dolores Forgione<br>Andrea Ferrari<br>Gianluca Arnesano <sup>1</sup> |
| <b>LITHUANIA</b> | Daiva Grikišienė<br>Jūratė Sobutienė<br>Aušra Vaitkevičienė<br>Vilma Verygienė  |
| <b>ROMANIA</b>   | Gabriela Mut- Vitcu<br>Bogdan Mut- Vitcu  |

<sup>1</sup> The methodology to carry out the web search has been developed by Gianluca Arnesano, Web Marketing and Social Media Analytics, Adjunct Professor, Lumsa University – Roma.

## TABLE OF CONTENTS

|  |  |
|--|--|
| 1. INTRODUCTION.....                   | 2  |
| 2. THE WEB SEARCH.....                 | 2  |
| 3. THE EMERGED MACROTRENDS.....        | 2  |
| 4. PARTICIPATING COUNTRIES TRENDS..... | 2  |
| 5. CONCLUSIONS.....                    | 2  |
| 6. ANNEXES.....                        | <b>Errore. Il segnalibro non è definito.</b> |

# 1. INTRODUCTION

## BACKGROUND OF THE PROJECT

WOMEN'S HURDLES project is a collaborative partnership to identify and share good practices among European countries about physical activity among active women.

This project's general objective is to promote social inclusion, equal chances for sports access among the female population and adequate awareness of the importance of health-enhancing physical activity.

At a general level, WOMEN'S HURDLES (WH) project expects to contribute to the development of the European dimension in physical activity for all active women. From a more personal perspective, this project desires to enroll women and motivate them to engage in a form of physical activity in an organized and stable manner. Knowledge acquired through the WOMEN'S HURDLES project is disseminated in the European Union, firstly to the 5 Member States participating to the project: **Bulgaria, Greece, Italy, Lithuania and Romania**.

WOMEN'S HURDLES has been organized in 7 Work Packages (WPs).

### **WP1 - project management**

This activity concerns the overall management and coordination of the project including the quality management activities, budget control, time management and risk/conflicts management. The role of each partner was clearly defined at the beginning of the project, in accordance with each partner's expertise and experience in a specialized field. As it is a multi-national collaboration, all the participating countries preferably communicate via electronic mail and electronic live communication with regular TCs.

### **WP2 - dissemination activities**

The project objectives will be attained increasing awareness of women and their families. Cultural, societal and health system-related factors need to be considered when planning strategies to increase physical activity in women, hence is crucial to create a positive and powerful culture through different activities.

Moreover, it is considered appropriate to propagate project materials across Europe, mainly through major networks (of television, radio or social media, nowadays) that will most certainly amplify the effects.

### **WP3 - analysis of the needs and barriers**

A comprehensive analysis of the literature as well as the ideation and implementation of a survey in the participating countries is required in order to identify the barriers to physical activity, and thus, to imagine possible solutions. Besides the direct method of acquiring information from women participating to the project (through our elaborated questionnaire), the activity of web research will be undertaken in order to understand properly what women search online about

“physical activity” acquiring a new, innovative manner that is necessary to the understanding of the barriers in front of a physical activity in women with the age between 20 and 65 years of age.

#### **WP4 - identification of good practices**

The use of a wide literature review, with a local variation apprehension, is the best solution for the evaluation of the good practices for women physical activity in different countries. Thus, the feasibility of implemented activities in different local contexts will be considered using diverse cultural, social and medical-related profiles.

#### **WP5 - definition of golden rules to increase women’s participation to physical activity programs**

At this point, the countries experts will elaborate a document with final meaning and of crucial importance, called the manifesto, which will have as basis the results of the survey and the analysis of good practices, and which will have a role in describing the golden rules that are mainly indications necessary to increase women’s involvement in physical activity programs, with a specific consideration to local cultural, social and medical particularities.

#### **WP6 - train the trainers activity**

A Train the trainers (TtT) methodology will be used to implement medical and technical educational activities through the organization of a training course for professionals (physicians, physical trainers and physical activity managers) working in the selected countries. Each country will launch a call to select 2 professionals and managers that are involved actively and permanently in the physical activity field, and thus, will take part in a Master event, in Rome. By the end of the course, these people will be able to disseminate their knowledge to other professionals in their own countries.

### **BACKGROUND OF THE WEB SEARCH**

*What women search online about “physical activity”?* this is the question from which the activity started in order to contribute in an innovative way to the understanding of the barriers to physical activity in women.

An estimated 80% of women in Europe use some form of social media daily. Research suggests that women of all ages are increasingly turning to social media for information about health and health behavior norms. In recent years, a new fitness trend has emerged, providing Web-based and social media-based content designed to inspire individuals to exercise and be healthy. “Fitspiration,” commonly shortened to “fitspo,” is the broad term used to describe this “fitness inspiration”. Fitspiration on social media allows users to view exercise-related images and videos and communicate with like-minded individuals. It often contains exercise tips, recipes, and photographs of food or people (including professional photographs, self-portraits (“selfies”) and “before and after” images to highlight changes in weight or muscle).

Social media users may follow dedicated fitspiration pages and profiles so that related content appears in their newsfeeds. Fitspiration-related social media posts are often tagged using

hashtags such as “#fitspo,” allowing social media users to easily search for posts related to this topic, with women more than twice as likely as men to like these pages.

So, in WOMEN’S HURDLES we wanted to describe and identify the characteristics of fitspiration content posted across social media (ie, Instagram, Facebook, Twitter, and Tumblr) via public hashtags with regards to physical activity and exercise, body image messages, food or dieting messages among women.

## 2. THE WEB SEARCH

### RATIONALE OF THE WEB ANALYSIS

This report aims to give an overview of the relationship between woman, mainly, and all the obstacles they find to practice physical activity. In particular, the aim is to understand why women talk about sport but do not practice it. To achieve this result, social networks and web pages have been scanned in order to get what barriers they faced and how they could overcome them.

Numerous obstacles have arisen during this report, from the selection of hashtags to be considered to the platform to use. The report has been divided in 3 phases in order to make the task more clear and detailed. Five countries were involved in this report, specifically: Bulgaria, Greece, Italy, Lithuania and Romania. There was also a reference to the historical moment in which the report was made, since the SARS-CoV-2 pandemic has changed, in a very strong way at certain moments, the lives of many people. As the results of this report will show, the COVID-19 pandemic played a dual role: on the one hand, it has been considered one of the main challenges to be faced to training, as the gyms were closed because of the restriction measures; on the other hand, it also represented a new opportunity to train at home during the lockdowns.

The main objective was to find descriptions of posts, comments or responses to articles in which the causes of lack of physical activity were clearly stated, but knowing how difficult it was to find such a result, the report also aimed to define what the causes and solutions to the most known barriers to physical activity could be. Finally, considering this difficulty in collecting relevant data to achieve the aims of the research, our results show that women do not justify and motivate their inactivity on their social media accounts, and it is thus hard to stress the “hurdles” they encounter.

### METHODOLOGY OF THE WEB ANALYSIS

The web analysis lasted 7 months (from March to September 2021) and has been structured in different phases and consequential steps.

#### PHASE 1: DESIGN OF THE ANALYSIS STRUCTURE

##### COLLECTION OF THE HASHTAGS

The web analysis began with a collection of all the common and known hashtags used by social media users concerning the project topics (in line with the web search scope): **#training**, **#fitlife**, **#strong**, **#gymtime**, **#womensports**, **#womenworkout** or **#women**. Subsequently, various hashtag monitoring sites have been used to observe the first results and to select the most convenient, simple and suitable ones for the following steps. Within this research process, the following websites were used:

- Social Buzz!
- Track my Hashtag

- Brand24

All the results (Annex 1) were divided by number of mentions and type of platform used.

3 worksheets have been created in order to divide the hashtags into 3 groups:

- Fitspiration
- Womensport
- Womenworkout

More than 130 hashtags were collected in this file. The *Fitspiration* group contains a higher number of hashtags because in this cluster there were the most trending topics for Instagram users who practice exercise. The *Womenworkout* group had few hashtags because it was too specific and the subject was not so popular or used by people. Finally, in *Womensport* there were all the hashtags identified about sports practiced by women.

## REDUCTION OF HASHTAGS AND FIRST TABLES

Starting from Annex 1 results, we tried to reduce the number of hashtags in order to have a smaller amount of results to be analysed. This reduction was achieved through:

- An online search, using Google and websites like Tagfinder<sup>2</sup> that suggest the most trending or relevant hashtags to use, based on the posts the user wants to share. Thanks to this we could eliminate hashtags like **#strength** or **#strong** since they were used in posts where bodybuilders show muscles or where trainers perform exercises.
- A consultation of Instagram using the hashtag search function. Knowing that Instagram allows the use of 30 hashtags max for each post, the results showed that many hashtags on the list could be deleted like **#women**, too generic and with few relevant results.

The results of the reduction activity (Annex 2) were divided in 5 tables by topic.

## REMOVAL OF THE POLLUTED POSTS & FINAL LIST OF HASHTAGS

The resulting 30 hashtags have been analysed with Mention website<sup>3</sup> that searches posts of Instagram filtering them by Country. Unfortunately the result was not satisfactory, since most of the posts were about sportswear. In fact, the research showed that a huge number of companies use social media, in particular Instagram, to promote their products.

The majority of the emerged companies could be classified in 3 groups:

- Clothing
- Sports equipment
- Supplements/ weight-impaired products

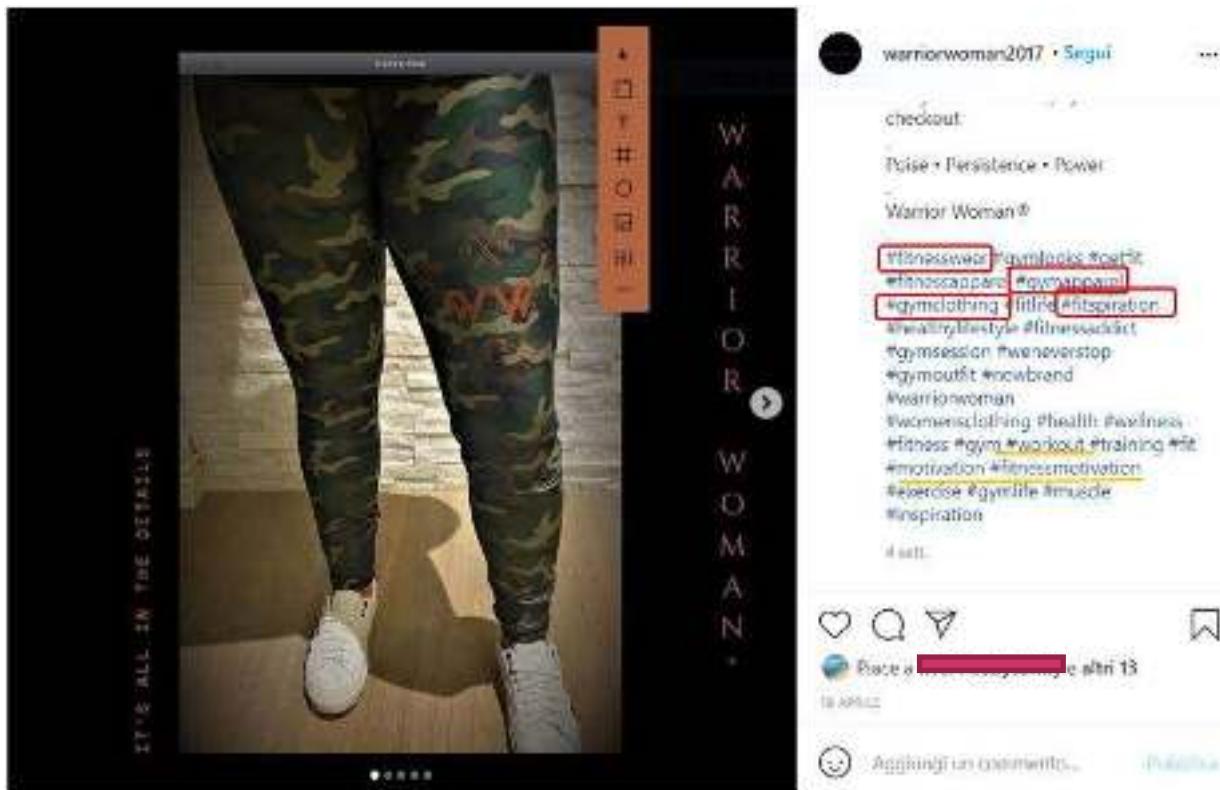
Almost all of these posts had no user comments de fact excluding them from our web search. To exclude the largest number of contaminations, some of the posts that appeared during the previous research were analyzed in order to create a list of all the hashtags used by companies to promote their products. This made emerge that many hashtags considered useful in the beginning (Annex 1) were very polluted by advertisement posts of fitness-related products and therefore, they were considered not relevant for our report.

---

<sup>2</sup> [Hashtag generator for Instagram and Twitter in country Italy. Search top hashtags. \(tagsfinder.com\)](#)

<sup>3</sup> [Monitoring and Social Media Management | Manage your Brand Online \(mention.com\)](#)

The picture below show an example of polluted post. The list of hashtags brought us to this post that could be relevant for us but the post referred to a sportswear company and so we had to exclude it.



Picture 1: example of polluted post

Additional to the list of the *HASHTAG TO DELETE* we also created a list of *HASHTAG TO FOLLOW* (Annex 2), in which the final hashtags to be monitored have been collected (around 20).

## LOCALIZATION OF THE HASHTAGS

In order to find data of users from each country involved in the project (Bulgaria, Greece, Italy, Lithuania, Romania), it was necessary to make a localization<sup>4</sup> of these English hashtags. This phase consisted in taking every hashtag of the table and looking for the comparable one in the language of the 5 countries.

Hence, the research showed that not all countries had a localization for each chosen hashtag (Annex 3). This was a problem for the project as the lack of local hashtags was compensated by the use of English hashtags, but in this way the search was not fully targeted.

However, 73 localization hashtags were founded and allocated by topic. The topic **WORKOUT** was the most completed, instead the topic **WOMEN** was the least one.

During this phase it was discovered, for example, how in some countries, users tend to use English hashtags instead of those in their native language. Thus, there were only few hashtags in the native language and to carry out the next step it was necessary to set up the search using the English language with some native words.

## PHASE 2: SCOUTING

### FINAL PLATFORM FOR SCOUTING AND FINE-TUNING

At the end of the Phase 1, it has been decided to use “**MentionLytics**<sup>5</sup>”, thanks to its numerous advantages:

- affordable cost
- maximum availability of the site development team
- possibility of finding post or data up to one year before
- great possibility to select search source from those available.
- clear and comprehensive reading of the report.

Once the website to be used was chosen, the following step was to set up the *Boolean Operators*<sup>6</sup> in order to find better and more targeted results. Some attempts have been made in order to get a good “fine-tuning”. This was a highly sensitive phase because with a good setting the results can be more satisfactory, otherwise there is a risk of not achieving the desired results.

---

<sup>4</sup> Localization: is the process of adapting a product's translation to a specific country or region. It's different from translation because it involves the knowledge of the target culture in order to correctly adapt the product to local values.

<sup>5</sup> [Social Intelligence Tools by Mentionlytics - Meet SIA](#)

<sup>6</sup> Boolean Operators are simple words (AND, OR, NOT or AND NOT) used as conjunctions to combine or exclude keywords in a search, resulting in more focused and productive results. This should save time and effort by eliminating inappropriate hits that must be scanned before discarding. (<https://library.alliant.edu/screens/boolean.pdf>).



Figure 1: Homepage Mentionlytics report

## BOOLEAN OPERATORS

In order to improve and to find all useful results, we reported 48 *Boolean Queries*<sup>7</sup> (Annex 4) divided by topic and nation, with various combinations of hashtags from the final Table Hashtags. The period covered by the research was 7 months, from January 2021 to July 2021. Originally, some Boolean queries were written to cover all the relevant countries related to this report; later on, each specific country had its query in its own language.

|   |                          |  |      |
|---|--------------------------|--|------|
| ▼ | FLAG                     | <input type="checkbox"/> Bulgaria      | -    |
| A | <input type="checkbox"/> | фитнес -бодибилдинг,площадка,протеи... | (II) |
| A | <input type="checkbox"/> | фитнес +тренировка,жени -бодибилдин... | (II) |
| ▼ | FLAG                     | <input type="checkbox"/> lithuania     | -    |
| A | <input type="checkbox"/> | fitnesas +moterys -jranga (LT)         | -    |

Figure 2: example of Boolean queries

<sup>7</sup> A query that matches documents matching Boolean combinations of other queries.

## FIRST RESULTS

After one week the first results, Mentions, were checked. The Mentions are posts or comments captured from various social networks or the web (Instagram, Twitter, YouTube etc...) where the keywords included in the research program were referenced, or mentioned, in this case specifically, the hashtags founded in the *LOCALIZATION OF THE HASHTAGS* phase, such as **#womenworkout, #training or #weightloss**.

The results have not been so satisfactory, since post descriptions or comments did not clearly address the issues related to physical activity for women nor the hurdles to practice it. Thus, the data that have been analyzed, derived from the examination and analysis of the project's posts and rarely from users' comments.

## CHECK AND DATA CLEANING

Annex 5 contains nearly 4.000 mentions and unfortunately there was a large number of polluted Mentions; the Boolean operator did not manage to exclude all of them, it is possible that during the *ELIMINATION OF THE POLLUTED POSTS* phase not all the polluted hashtags were found, or Boolean Queries were not so accurate. For example, also posts by users not from the selected countries, such as British or Spanish users, as well as websites on unrelated topics were selected.

Finally, it was decided to divide the found mentions in 2 categories (Annex 5):

- **EXPLICIT MENTIONS**

Mentions where the user's intention is clearly directed to fitness or training aptitude (or lack thereof); the user's intention is made explicit in a clear and direct way.



Picture 2: example of Explicit Mention

In the above post, the user explains how, thanks to discipline and planning, and despite two kids to look after to, she dedicates 20 minutes to training, and the floor is all what she needs to do it. This post clearly breaks down several hurdles to physical activity, such as the lack of motivation, costs of gym and lack of time.

- **IMPLICIT MENTIONS**

Mentions where the concept is not explicitly explained, but could be extrapolated. In particular, posts in which the user's attitude toward fitness, workout and possible obstacle to them could be understood through the description of the post, the hashtags or the images.

The aim of this selection was to extrapolate all clear and unclear references to the research's aims. Nonetheless, the available data are not fully related to them.



Picture 3: example of Implicit Mention

In the above Instagram post, a woman talks about how she starts her day. It could be relevant to this report thanks to:

- The hashtags used to describe the post.
- The picture she posted, where there is a Paddle court behind her.

With this data, we can assume that this woman started her day in the morning by playing Paddle and that she found the time and the mood in the morning to practice sports and keep fit.

Once again, the extrapolated data stressed the importance of training for women, while they did not refer specifically to the hurdles women normally encounter and face in sport activity.

### PHASE 3: DATA ANALYSIS AND TREND

At the end of the data cleaning, 257 Mentions were found related to the search related countries:

- Bulgaria: 43 of 342 Mentions, 12,60%
- Greece: 35 of 1822 Mentions, 1,9%
- Italy: 101 of 202 Mentions, 50%
- Lithuania: 49 of 159 Mentions, 31%
- Romania: 29 of 1400 Mentions, 2%

Even if this was not a quantitative search, it was interesting to note the difference in the percentages of found Mentions among the countries, which could be analyzed in various ways:

- ❖ It is possible that the Boolean Operator was not set up in the right way in some countries, such as in Romania or Greece, where the percentages of the selected Mentions on all findings was less than 5%. The problem could be the non-focusing of hashtags or insufficient skimming of polluted posts.
- ❖ The Boolean Operator could have been more precisely set in some countries, such as Italy and Lithuania, where the percentage of Mentions was higher than 30%.
- ❖ Another explanation could be the actual lack of mentions, of posts by women in particular, who did not share their stories online but only watched YouTube videos or read online articles without asking questions or trying to replicate what they watched in the video.
- ❖ Effects of the pandemic/lockdowns. It is possible that in some countries, such as Italy, women were looking for a bit of recreation or to keep fit as much as possible while having to recover from a year of lock down. It is difficult to determine how much and in what way the pandemic has affected women's behaviors, but it can be assumed, with some degree, that attitudes, especially regarding fitness and healthy eating, have changed as a result of the pandemic.
- ❖ Almost all Mentions found were implicit and so, it was difficult to find clear and explicit references to physical activity and potential hurdles to perform it.

### 3. THE EMERGED MACROTRENDS

#### BACKGROUND

Before showing the trends obtained, the time period considered for the research should be further underlined. The results obtained during the reporting period were certainly influenced by the SARS-CoV-2 pandemic. The dramatic situation experienced globally throughout the 2020 changed the habits and lifestyles of the entire world population, influencing this research findings and results.

The numerous restrictions imposed to contain the pandemic have left a deep mark on many people, leading them to reconsider and reshape their habits, lifestyles and priorities. Many sectors have undergone major changes, from the labor market, with the spread of smart-working, to the real estate market, with the search for large spaces and possibly, a garden.

The fitness sector has suffered many restrictions, mainly through the general closure of gyms and sports facilities. The consequent impossibility to practice courses and to go to the gyms, for a long time, led people to adapt and to discover new ways of training, even just to keep fit.

In this context, it is highly likely that the trends obtained were the result of experiences during the most acute phases of the pandemic and of actions taken to face the restrictions, but they could represent new “regular behaviors” or new ways that will also influence post-pandemic habits and possibly change the most well-known barriers to physical activity.

#### MACROTRENDS

These trends emerged in each country of the project. The following paragraphs show the most relevant ones. It is crucial to underline that these macrotrends emerged during the COVID-19 pandemic, affecting women's daily routine and representing a challenge for the whole fitness world as well as a new inspirational opportunity for women to work out.

#### ONLINE COACHING

Research has revealed numerous online courses where instructors and personal trainers show exercises to be done for all kinds of needs, from gaining muscle mass to simply wanting to stay fit. For example, numerous YouTube channels have appeared, where many users actively participate in the videos, sharing reflections, asking questions or simply saying thank you for the content to the creator. Such channels can be considered a response to a growing demand for not only athletic but also psychological support to help people overcome difficult times.

The trainers have become buddies and almost family members. They have entered users' homes, establishing a much more intense and intimate relationship.

A special mention should be given to the numerous contents focused on women, including videos on exercises useful for women to keep fit or achieve certain goals. These contents seem to be very popular considering the amount of interactions they got, and it seems that they are useful to overcome certain hurdles, such as the difficulties related to joining a gym, from the cost of the gym to the times to follow the courses.

From the numerous interactions that these posts received, mostly Likes or emoticons, it can be assumed that they stimulate women who want to get fit. Finally, it should be mentioned that these posts are used to remove a number of hurdles, in particular:

- The cost of the personal trainer: many exercises were shown and described without any payment required.
- Most workouts can be done at home and with minimal equipment costs for the users.
- Through social media, especially comments, opinions and experiences can be shared, thus creating potential healthy environments with fitness as principal topic.



Picture 4: example of online coaching

## FITNESS-INFLUENCERS

This trend is particularly visible on Instagram, where fitness-influencers<sup>8</sup> tell their stories through posts and videos, suggesting exercises and activities. They constantly show their lifestyle and invite users to maintain an active and healthy lifestyle. They pose as trendsetters<sup>9</sup> and also directly or indirectly suggest sports-related items and products (e.g., protein bars or sportswear). Most of them are fit girls, athletes or models, who manage to influence the lifestyle of many people with just one post, such as a photo of a healthy dish or a specific exercise, to motivate women to practice and thus to face the “hurdles” they normally encounter while training.



Picture 5: Fitness Influencer

## HOME-WORKOUT

This is probably the trend that has been most affected by the pandemic emergency. Many people, unable to go to the gym or parks, have found themselves locked in their homes without the possibility of exercising, due to a lack of appropriate equipment and also technical knowledge. The search revealed numerous articles on how to train at home and how to use everyday objects to do so. There were also people who shared their work out on social media, such as Instagram, where they explained the exercise and gave advice. In addition, many of the exercises are placed in an ordinary life context to make them easier to perform.

<sup>8</sup>A fitness influencer is **someone who is influential in online fitness circles**. They are known, liked, and trusted by fitness consumers which means their opinion carries a lot of weight. They use their credibility to influence others, often promoting products and services on behalf of brands.

<sup>9</sup>A person who leads the way in fashion or ideas.

The Barriers broken by this Trend are the same as the *ONLINE COACHING* trend, specifically all those about the Gym and the lack of time. In this post people share their exercises with hashtags, such as **#workoutathome**, thus creating a community where everyone can join in.



Picture 6: home workout.

## 4. PARTICIPATING COUNTRIES TRENDS

During this search, specific trends were detected in the various countries under analysis; it is possible that these trends may be present in every country under observation, but at least in the examined period, some elements emerged more markedly in some countries than others; it is also possible that this situation derives from the research method used and the type of hashtag used during the *LOCALIZATION OF THE HASHTAG* phase.

As in the *MACROTRENDS*, no post descriptions or comments emerged that clearly explained the relationship between the woman and any hurdles to physical activity. Nevertheless, some trends were analyzed that could implicitly be related to possible barriers to physical activity.

## BEACH WORKOUT

**COUNTRIES:** Greece, Lithuania

Training on the beach came out in these two countries as a strong element of stimulus to practice physical activity, since the beach is a place mainly open to the public where it is possible to use it to practice team sports, such as a beach volleyball game, or for individual activities such as Yoga or Pilates, with the possibility to be in the open air and with a nice view. Moreover, this trend could also be related to the possibility of training outdoor during COVID-19 pandemic, as the gyms were closed during the periodic restrictions. However, it must be underlined how this Trend could be the result of the period under observation (mostly Spring – Summer). Indeed, it should be noted that Winter makes it more uncomfortable to do sports on the beach and people may be less inclined to exercise outdoors. It can also be pointed out that practicing sport and physical activity in social aggregation areas can encourage other people to get fit or participate, as in the case of a beach volleyball match.

All these situations could overcome the most well-known barriers related to sport, even if no clear and evident data were found during the period under consideration.



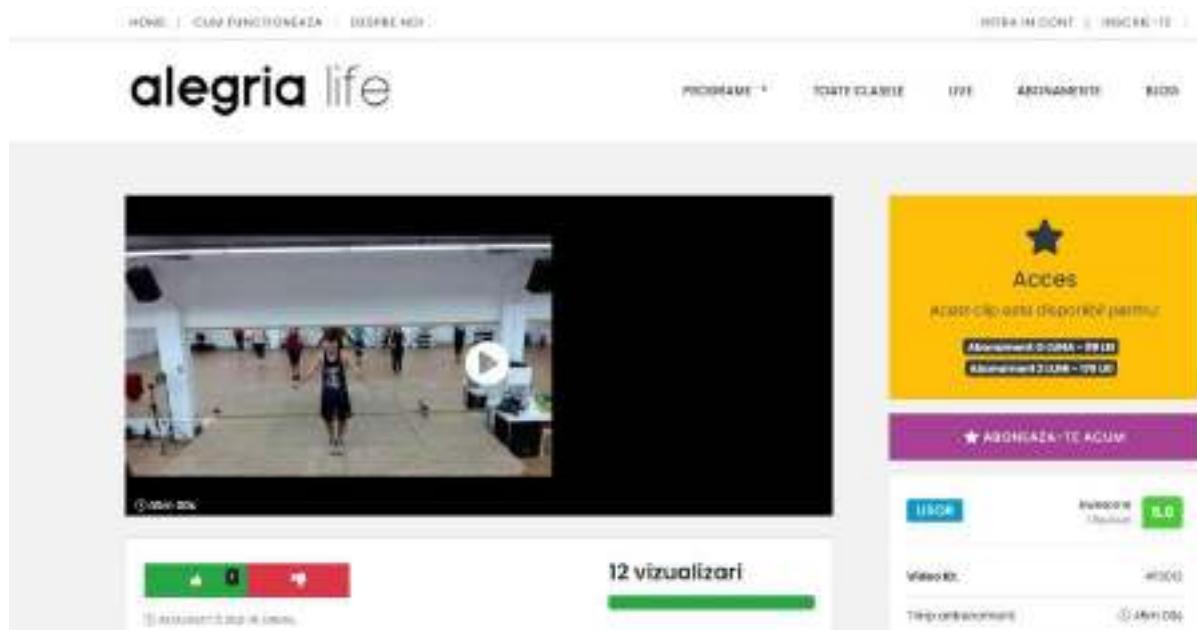
*Picture 7: yoga at the beach*

## ONLINE GYM CLASS

### COUNTRY: Romania

In Romania there has been a trend towards online gyms and classes. By registering and paying for a subscription, members can participate in Zumba, Pilates or gymnastics classes from the comfort of their homes, they could choose between live session or watch the courses when they have free time, thus freeing themselves of many obstacles, such as having to physically go to the gym at the times when classes are held. The courses can be viewed when you are most comfortable, all you need is a PC or a device with web connection. Most of the proposals do not require specific equipment, but only motivation and the time needed to follow the lesson. The courses are mainly aimed at women, who are more inclined to give up physical activity due to domestic or family commitments.

Worth mentioning are specific courses for pregnant women, in order to never lose their fitness aptitude.



Picture 8: gym course

## MOTIVATION

### COUNTRY: Italy

In Italy, it is important to remark that users are using social media, especially Instagram, to motivate followers to exercise and keep fit or simply to share their passions and improvements. There were, for example, mentions of how not to stop when facing with fatigue and difficulty of starting to work out again after an injury, or a long period of inactivity (e.g. pregnancy).

This type of Trend could encourage people who are not inclined to exercise to get involved and try out some activities, even at home, to keep fit. Lack of motivation and knowledge are some of the most common barriers to physical activity; users who talk about it by sharing their stories and emotions can help others to overcome them.



Picture 9: motivational post



Picture 10: motivational post

## VIP WORKOUT ROUTINE

### COUNTRY: Bulgaria

In Bulgaria, articles were found showing the relationship between famous women, both national and international, and sport. They tell about workout days and the relationship in general with sport, about how one has to maintain a healthy life even in a busy daily routine, such as that of a famous actress.

This kind of reading could encourage women to avoid a sedentary lifestyle and to take up physical activity in order to have a kind of 'connection' with the celebrity they follow.



Picture 11: famous Bulgarian Athlete

A screenshot of a Bulgarian news website article titled 'Кейт Бекинсейл: Не моза без фитнес и книзи' (Kate Beckinsale: I can't live without fitness and books). The article features a large photo of actress Kate Beckinsale lying on a sofa in a pink outfit. To the right of the image is a sidebar with five numbered points: 1. 'Възможността да живееш като клоун' (The possibility to live like a clown), 2. 'БРУ поддържащият тренажор, на който юниорът от българския отбор по волейбол ЕССМ - Асеновград' (BRU supporting trainer, on which the junior player from the Bulgarian volleyball team 'ESSM - Asenovgrad' is training), 3. 'ИТН създаде онлайн курс за изпити' (ITN created an online course for exams), 4. 'Създаденото от Джордж 'Рийз' Уилсън изложба' (The exhibition created by George 'Ree' Wilson), and 5. 'Изложба в 2+2 за 1000 лв.' (Exhibition in 2+2 for 1000 lv.).

Picture 12: Kate Beckinsale and her relation with fitness.

## 5. CONCLUSIONS

The analysis of the potential “hurdles” to physical activity showed in this report, during the observation period, did not provide with any clear and obvious comments or explanations from women about the causes of lack of physical activity.

However, Mentions that could implicitly be related to possible barriers to physical activity were found and analyzed.

Studies and surveys<sup>10</sup> have been carried out and most of them conclude that the lack of time is the main cause for the lack of physical activity in women's daily lives.

Surely, we can say that due to COVID19 pandemic people's habits have changed as a consequence of the lockdowns. People have found more time to dedicate to themselves at home and the lifestyle of many people has changed and this situation may have changed the attitude of women towards physical activity as well. Indeed, although the pandemic has challenged the training routine in the gyms, it also gave a new opportunity to intensify home workout or outdoor training, in line with the restriction measures.

Other recognized hurdles to women practicing physical activity are:

- The costs of gym membership.
- Lack of motivation and self-consciousness.
- Lack of social support.

Possible solutions to these hurdles were in some cases found online, mainly through Instagram. While no clear comments were arisen, trend as *HOME-WORKOUT* and *ONLINE COACHING* could solve all these topics, no such evidences have emerged during the observation period for this report but from the considerations made during the analysis of these trends all these issues can be solved.

Moreover, *FITNESS INFLUENCERS* certainly have an inspirational and motivating role to play with regard to fitness and improving women's fitness level<sup>11</sup>. However, they are also a great source of information and education on physical well-being (diet, lifestyle, etc.).

Although the role of motivator is equivalent, some studies have shown that while men let themselves be influenced by people regardless of their gender, women let themselves be influenced predominantly by the advice and behaviour of other women.

From the analysis of the data obtained, it can be concluded that there is no clear evidence to understand why women talk about sport without practicing it. However, through social networks in particular, it is possible to find support to overcome the most well-known barriers, for example the motivations for practicing physical activity, with motivational posts. Women can also learn how to practice physical activity outdoors or at home, removing barriers such as limited time for sport or lack of money.

<sup>10</sup> [Sport and physical activity - Eurobarometer survey \(europa.eu\) 2018, Physical activity and health in Europe \(WHO.int\)](https://ec.europa.eu/eurobarometer/surveys-opinions/sport-and-physical-activity-eurobarometer-survey-europa-eu-2018_en)

<sup>11</sup> [University of Pennsylvania Annenberg School for Communication, Social networks can motivate people to exercise more](https://www.pennstateannenberg.edu/communication/social-networks-can-motivate-people-exercise-more)

## ANNEX 1 - COLLECTION OF THE HASHTAGS

| Colon# Hashtag       | Mentions | Date                      | Hashtag                   |
|----------------------|----------|---------------------------|---------------------------|
| 1 #fitspiration      | 55       | 27/12/2020-<br>27/01/2021 | #fitness                  |
| 2 #fitness           | 43       |                           | #fitspo                   |
| 3 #fitspo            | 35       |                           | #fitnessmotivation        |
| 4 #fitnessmotivatior | 35       |                           | #fitnessaddict            |
| 5 #fitnessaddict     | 33       |                           | #fitfam                   |
| 6 #fitlife           | 33       |                           | #workout                  |
| 7 #fitmom            | 30       |                           | #fit                      |
| 8 #fitnessjourney    | 28       |                           | #fitspiration             |
| 9 #fitnessgirl       | 27       |                           | #fitmom                   |
| 10 #weightloss       | 27       |                           | #weightloss               |
| 11 #fitnesslife      | 26       |                           | #gym                      |
| 12 #fitfam           | 25       |                           | #gymlife                  |
| 13 #workout          | 24       |                           | #training                 |
| 14 #fitnessmodel     | 23       |                           | #bodybuilding             |
| 15 #fitgirl          | 22       |                           | #motivation               |
| 16 #fit              | 22       |                           | #health                   |
| 17 #gym              | 20       |                           | #strong                   |
| 18 #fitnesslifestyle | 19       |                           | #gymtime                  |
| 19 #getfit           | 18       |                           | #workoutmotivation        |
| 20 #gymlife          | 18       |                           | #weightlossmotivation     |
| 21 #training         | 18       |                           | #weightlosstransformation |
| 22 #fitnessgoals     | 17       |                           | #weightlossjourney        |
| 23 #lifestyle        | 17       |                           | #fitlife                  |
| 24 #bodybuilding     | 16       |                           | #fitnessjourney           |
| 25 #strength         | 16       |                           | #fitnessgirl              |
| 26 #igfitness        | 15       |                           | #fitnesslife              |
| 27 #motivation       | 15       |                           | #fitnessmodel             |
| 28 #healthy          | 15       |                           | #fitgirl                  |
| 29 #health           | 15       |                           | #fitnesslifestyle         |
| 30 #healthylifestyle | 14       |                           | #getfit                   |
| 31 #train            | 14       |                           | #fitnessgoals             |
| 32 #strong           | 14       |                           | #lifestyle                |
| 33 #gymtime          | 14       |                           | #strength                 |
| 34 #girlswholift     | 14       |                           | #igfitness                |
| 35 #workoutmotivati  | 13       |                           | #healthy                  |
| 36 #muscle           | 13       |                           | #healthylifestyle         |
| 37 #deadlift         | 13       |                           | #train                    |
| 38 #weightlossmotiv  | 13       |                           | #girlswholift             |
| 39 #gains            | 13       |                           | #muscle                   |
| 40 #weightlosstransf | 13       |                           | #deadlift                 |
| 41 #weightlossjourne | 13       |                           | #gains                    |
| 42 #trainhard        | 13       |                           | #trainhard                |

B  
r  
a  
n  
d  
2  
4

|                         |    |
|-------------------------|----|
| 43 #gymrat              | 13 |
| 44 #eatclean            | 13 |
| 45 #blackcarnivore      | 12 |
| 46 #ketopaleo           | 12 |
| 47 #cardio              | 12 |
| 48 #mitochondria        | 12 |
| 49 #intermittentfasting | 12 |
| 50 #mydailymotivation   | 12 |
| 51 #lowcarb             | 12 |
| 52 #fashion             | 12 |
| 53 #carnivore           | 12 |
| 54 #ketotransformation  | 12 |
| 55 #fitevolutionary     | 12 |
| 56 #evererecommends     | 12 |
| 57 #personaltrainer     | 12 |
| 58 #gymmotivation       | 12 |
| 59 #powerlifting        | 12 |
| 60 #yes2meat            | 12 |
| 1 #fitspiration         | 76 |
| 2 #fitness              | 52 |
| 3 #fitnessmotivation    | 32 |
| 4 #fitfam               | 29 |
| 5 #fitspo               | 26 |
| 6 #fitnessaddict        | 22 |
| 7 #fit                  | 21 |
| 8 #workout              | 19 |
| 9 #bodybuilding         | 17 |
| 1 #fitness              | 14 |
| 2 #health               | 7  |
| 3 #fitspo               | 7  |
| 4 #fitfam               | 7  |
| 5 #fitnessmotivation    | 6  |
| 6 #fit                  | 5  |
| 7 #workout              | 4  |
| 8 #motivation           | 4  |
| 9 #weightlossmotivation | 3  |
| 10 #gymlover            | 3  |
| 11 #gymgirl             | 3  |
| 12 #fitmom              | 3  |
| 13 #workoutmotivation   | 3  |
| 14 #gymfreak            | 3  |
| 15 #gymflo              | 3  |
| 16 #gymgirls            | 3  |
| 17 #gymtime             | 3  |
| 18 #gymnastics          | 3  |
| 19 #gymlifestyle        | 3  |
| 20 #gymlife             | 3  |

S o c i a l  
B u z z I

T r a c k m y

25/01/2021 -  
27/01/2021

|                      |
|----------------------|
| #gymrat              |
| #eatclean            |
| #blackcarnivore      |
| #ketopaleo           |
| #cardio              |
| #mitochondria        |
| #intermittentfasting |
| #mydailymotivation   |
| #lowcarb             |
| #fashion             |
| #carnivore           |
| #ketotransformation  |
| #fitevolutionary     |
| #evererecommends     |
| #personaltrainer     |
| #gymmotivation       |
| #powerlifting        |
| #yes2meat            |
| #gymlover            |
| #gymgirl             |
| #gymfreak            |
| #gymflo              |
| #gymgirls            |
| #gymnastics          |
| #gymlifestyle        |
| #abs                 |
| #y4cteacher          |
| #tuesdayfittip       |
| #yogateacher         |
| #yolohw              |
| #transformpt         |
| #instafit            |
| #extremeweightloss   |
| #goalsetting         |
| #motivationalquotes  |
| #stayhome            |
| #livemusic           |
| #trendingtuesday     |

|                      |   |
|----------------------|---|
| 21 #gym              | 3 |
| 22 #abs              | 3 |
| 23 #training         | 3 |
| 24 #strong           | 3 |
| 25 #fitnessaddict    | 3 |
| 26 #y4cteacher       | 2 |
| 27 #tuesdayfittip    | 2 |
| 28 #yogateacher      | 2 |
| 29 #yolohw           | 2 |
| 30 #transformpt      | 2 |
| 31 #instafit         | 2 |
| 32 #weightlossjourne | 2 |
| 33 #weightlosstransf | 2 |
| 34 #weightloss       | 2 |
| 35 #extremeweightlo  | 2 |
| 36 #goalsetting      | 2 |
| 37 #motivationalquo  | 2 |
| 38 #stayhome         | 2 |
| 39 #livemusic        | 2 |
| 40 #trendingtuesday  | 2 |

h  
a  
s  
h  
t  
a  
g

| Ordin Hashtag                   | Menzioni |
|---------------------------------|----------|
| 1 #golf                         | 6        |
| 2 #journeeinternationaleduſport | 6        |
| 3 #womeninsport                 | 4        |
| 4 #rugby                        | 3        |
| 5 #netball                      | 3        |
| 6 #snowsports                   | 3        |
| 7 #horse                        | 3        |
| 8 #squash                       | 2        |
| 9 #motorsport                   | 2        |
| 10 #hockey                      | 2        |
| 11 #football                    | 2        |
| 12 #cycling                     | 2        |
| 13 #boxing                      | 2        |
| 14 #cricket                     | 2        |
| 15 #femalehealthsport           | 2        |
| 16 #sport                       | 2        |
| 17 #moto                        | 1        |
| 18 #plusdesportauféminin        | 1        |
| 19 #sportféminintoujours        | 1        |
| 20 #sportféminin                | 1        |
| 21 #femmes                      | 1        |
| 22 #rallye                      | 1        |
| 23 #education                   | 1        |
| 24 #castersemenya               | 1        |
| 25 #sportinghistory             | 1        |
| 26 #superbowl                   | 1        |
| 27 #sports                      | 1        |
| 28 #americanfootball            | 1        |
| 29 #usa                         | 1        |
| 30 #sarahthomas                 | 1        |
| 31 #womensoccer                 | 1        |
| 32 #womenempowerment            | 1        |
| 33 #redroses                    | 1        |
| 34 #vitalityroses               | 1        |
| 1 #womensport                   | 120      |
| 2 #women                        | 103      |
| 3 #sport                        | 102      |
| 4 #womensoccer                  | 101      |
| 5 #canon                        | 100      |
| 6 #canonsport                   | 100      |
| 7 #deporte                      | 100      |
| 8 #fotografia                   | 100      |
| 9 #fotografiadeportiva          | 100      |
| 10 #futbol                      | 100      |
| 1 #womensport                   | 120      |
| 2 #women                        | 103      |
| 3 #sport                        | 102      |
| 4 #womensoccer                  | 101      |
| 5 #canon                        | 100      |

B  
r  
a  
n  
d  
  
2  
4  
  
S  
o  
c  
i  
a  
l  
  
B  
u  
,

|                        |     |
|------------------------|-----|
| 6 #canonsport          | 100 |
| 7 #deporte             | 100 |
| 8 #fotografia          | 100 |
| 9 #fotografiadeportiva | 100 |
| 10 #futbol             | 100 |

“

z

| Ordine | Hashtag               | Menzioni |
|--------|-----------------------|----------|
| 1      | #womenworkout         | 31       |
| 2      | womenworkout          | 23       |
| 3      | #workout              | 19       |
| 4      | #exercise             | 15       |
| 5      | #women                | 13       |
| 6      | #instagramapp         | 13       |
| 7      | #square               | 13       |
| 8      | #squareformat         | 13       |
| 1      | #workoutroutine       | 1        |
| 2      | #womenfitnessindia    | 1        |
| 3      | #workout              | 1        |
| 4      | #weighttraining       | 1        |
| 5      | #womenfitness         | 1        |
| 6      | #simpleworkout        | 1        |
| 7      | #simple               | 1        |
| 8      | #cardioexercise       | 1        |
| 9      | #calorieloss          | 1        |
| 10     | #alishasingh          | 1        |
| 11     | #homeworkout          | 1        |
| 12     | #athomeworkout        | 1        |
| 13     | #easyworkout          | 1        |
| 14     | #weightloss           | 1        |
| 15     | #fitness              | 1        |
| 16     | #fatloss              | 1        |
| 17     | #fitnessroutine       | 1        |
| 18     | #womenworkout         | 1        |
| 19     | #indianfitnessroutine | 1        |

B  
r  
a  
n  
d

2  
4

#womeninsport: engagement peak between 2 and 3 pm; publication between 2 and 4 pm.

#fitspiration: 19.062.847 posts (Source: Instagram)

#sportswomen #sports  
#womentopower #women  
#womeninsports #sport #sportsmen  
#footballculture #athletes #football  
#summer #womensfootball  
#instadaily #bhfyp #playforpride  
#womensupportingwomen #huntress  
#footballtrials #femalefootball  
#fitness #beauty #tsmgirls  
#footballclub #tsminstamuse #sexy  
#lfl #motivation

## ANNEX 4 - BOOLEAN OPERATORS

### QUERY MOTIVATION AND WOMEN with LOCALIZATION

```
((#fitnessmotivation OR #fitnessaddict) AND #womenworkout) AND NOT #bodybuilding AND source_country:(IT)
((#fitnessmotivation OR #fitnessaddict) AND #womenworkout) AND NOT #bodybuilding AND source_country:(BG)
((#fitnessmotivation OR #fitnessaddict) AND #womenworkout) AND NOT #bodybuilding AND source_country:(GR)
((#fitnessmotivation OR #fitnessaddict) AND #womenworkout) AND NOT #bodybuilding AND source_country:(LT)
((#fitnessmotivation OR #fitnessaddict) AND #womenworkout) AND NOT #bodybuilding AND source_country:(RO)
```

```
((#maimollare OR #passionefitness) AND #allenamentofemminile OR #sportfemminile AND NOT #bodybuilding
((#maimollare OR #passionefitness) AND #allenamentofemminile OR #correrealfemminile AND NOT #bodybuilding
((#фитнесформула OR #фитнесмотивация) AND #фитнесмама OR #фитнесмотивация AND NOT #bodybuilding
((#προσωπικήαπάτη) OR #greekfitness OR #αυτοβελτίωση) AND #γυμναστικηλακοτσα AND NOT #bodybuilding
((#fitnessmotivation OR #alergare) AND #womenworkout) AND NOT #bodybuilding AND source_country:(RO)
(#motyvacijasportui OR #sportuok OR #sportoklubas) AND #beginmas OR #womenworkout AND NOT #BODYBUILDING
```

### QUERY WORKOUT AND WOMEN LOCALIZATION

```
((#allenamentoacasa OR #mettersiinforma) AND #mammeinforma OR #allenamentofemminile AND NOT #bodybuilding
((#тренировка OR #тренировка) AND #фитнесмама OR #фитнесмотивация
((#γυμναστική OR #προπόνηση) AND #γυμναστικηλακοτσα OR #τρέξιμο
((#treneris OR #treniruote) AND #beginmas OR #womenworkout AND language:(LT)
((#antrenamenteonline OR #mişcare) AND #womenworkout OR #womensport AND language:(RO)
((#homeworkout OR #training) AND #fitgirl AND NOT #bodybuilding AND lang: (IT OR BG OR GR OR LR OR RO)
```

### QUERY HEALTH AND WOMEN OR MOTIVATION

```
((#fitnessitalia OR #perditadipeso) AND #allenamentofemminile OR #mammeinforma AND NOT #supplements
((#отслабване OR #здравословенживот) AND #фитнесмама OR #фитнесмотивация AND NOT #supplements
((#κιλά OR #ευεξία) AND #γυμναστικηλακοτσού OR #τρέξιμο AND NOT #supplements
((#sportassveikata OR #svorionetimas) AND #beginmas OR #womenworkout AND NOT #supplements AND language:(LT)
((#stildeviatächilibrat OR #fitnessromania) AND #alergare OR #womenworkout AND NOT #supplements AND language:(RO)
```

```
((#weightlosstransformation OR #healthlifestyle) AND #FITMOM AND NOT #supplements AND language:(IT)
((#weightlosstransformation OR #healthlifestyle) AND #FITMOM AND NOT #supplements AND language:(BG)
((#weightlosstransformation OR #healthlifestyle) AND #FITMOM AND NOT #supplements AND language:(GR)
((#weightlosstransformation OR #healthlifestyle) AND #FITMOM AND NOT #supplements AND language:(LT)
((#weightlosstransformation OR #healthlifestyle) AND #FITMOM AND NOT #supplements AND language:(RO)
```

### QUERY RUNNING

```
((#fitnessmotivation OR #fitlife) AND #runninggirl) AND NOT #bodybuilding AND language:(IT)
((#fitnessmotivation OR #fitlife) AND #runninggirl) AND NOT #bodybuilding AND language:(BR)
((#fitnessmotivation OR #fitlife) AND #runninggirl) AND NOT #bodybuilding AND language:(GR)
((#fitnessmotivation OR #fitlife) AND #runninggirl) AND NOT #bodybuilding AND language:(LT)
((#fitnessmotivation OR #fitlife) AND #runninggirl) AND NOT #bodybuilding AND language:(RO)
```

```
(#maimollare OR #passionefitness) AND #correrealfemminile
(#фитнесмотивация OR #фитнеслайф ) AND #фитнесмотивация
(#αυτοβελτίωση OR #προσωπικήαπάτη) AND #τρέξιμο
(#motyvacijasportui OR #sportuok) AND #beginmas
((#fitnessmotivation OR #fitlife) AND #alergare) AND language(RO)
```

## QUERY GYM

```
(#palestra OR #mettersiinforma) AND #allenamento femminile OR #mammeinforma  
(#фитнес OR #тренировки ) AND #фитнесмама AND NOT #bodybuilding  
(#προπόνηση OR #γυμναστήριο) AND #γυμναστικηγαλαρία AND NOT #bodybuilging  
((#gymplus OR #treniruote) AND #womenworkout AND NOT #bodybuiling) AND lang(LT)  
((#gym OR #training) AND #womenworkout AND NOT #bodybuilding) AND lang(RO)
```

## QUERY ALL

```
((##fitnessmotivation OR #fitlife) AND #training OR #fitgirl OR #workout) AND #healthlifestyle OR #weightloss) AND NOT( #bodybuilding OR #activewear OR #gymapparel OR #sporequipment OR #supplements) AND lang: (IT OR BG OR GR OR LR OR RO)  
((##fitnessmotivation OR #fitlife) AND #womenworkout OR #homeworkout OR #workout) AND #fitmom OR #weightloss) AND NOT( #bodybuilding OR #activewear OR #gymapparel OR #sporequipment OR #supplements) AND lang: (IT OR BG OR GR OR LR OR RO)  
((##fitnessaddict OR #fitnessgoal) AND #runninggirl OR #fitmom OR #womensport) AND #training OR #healthlifestyle) AND NOT( #bodybuilding OR #activewear OR #gymapparel OR #sporequipment OR #supplements) AND lang: (IT OR BG OR GR OR LR OR RO)
```

```
((##passionefitness OR #maimollare) AND #allenamentofemminile OR #mammeinforma) AND #palestra OR #allenamentoacasa OR #mettersiinforma) AND NOT( #bodybuilding OR #activewear OR #gymapparel OR #sporequipment OR #supplements)  
((##фитнесмотивация OR #фитнесслайд ) AND #фитнесмама OR #спортивай OR #фитнесмотивация ) AND #тренировка OR #фитнес OR #здравословенживот )  
((##παρακίνηση OR #αυτοβελτίωση) AND #γυμναστικηγαλαρία OR #τρέξιμο OR #γυμναστικήσπίτι ) AND #αδυνάτισμα OR #ευεξία  
((##motyvacijasportui OR #sportuok) AND #beginmas OR #womenworkout OR #fitmom) AND #gymplus OR #sportassveikata OR #sveikagvyvensena) AND NOT( #bodybuilding OR #activewear OR #gymapparel OR #sporequipment OR #supplements)
```

## ANNEX 2 - REDUCTION OF HASHTAGS AND FIRST TABLES

| Colonna motivation   | mentions |
|----------------------|----------|
| 1 #fitnessmotivation | 35       |
| 2 #fitnessaddict     | 33       |
| 2 #fitlife           | 33       |
| 3 #fitnessgoals      | 17       |
| 4 #motivation        | 15       |
| 5 #workoutmotivation | 13       |
| 6 #trainhard         | 13       |
| 7 #gymmotivation     | 12       |

| To be considered | post   |
|------------------|--------|
| homeworkout      | 7,1 m  |
| pilates          | 19,1 m |
| runninggirl      | 4 m    |
| trx              | 4 m    |

| Colonna health             | mentions |
|----------------------------|----------|
| 1 #fitness                 | 43       |
| 2 #weightloss              | 27       |
| 3 #fitnesslifestyle        | 19       |
| 4 #healthylifestyle        | 14       |
| 5 #eatclean                | 13       |
| 6 #weightlosstransformatic | 2        |
| 7 #femalehealthsport       | 2        |

| Colonna woman   | mentions |
|-----------------|----------|
| 1 #womensport   | 120      |
| 2 #womensoccer  | 101      |
| 3 #womenworkout | 31       |
| 4 #fitmom       | 30       |
| 5 #fitnessgirl  | 27       |
| 6 #fitgirl      | 22       |
| 7 #womeninsport | 4        |
| 8 #womenfitness | 1        |

| ordine | workout      | mentions |
|--------|--------------|----------|
| 1      | #weightloss  | 27       |
| 2      | womenworkout | 23       |
| 3      | #gym         | 20       |
| 4      | #training    | 18       |
| 5      | #getfit      | 18       |
| 6      | #exercise    | 15       |
| 7      | #gymtime     | 14       |
| 8      | #cardio      | 12       |

## HASHTAG TO FOLLOW

| MOTIVATION         | WOMEN         | WORKOUT      | HEALTH                    |
|--------------------|---------------|--------------|---------------------------|
| #motivation        | #womensport   | #homeworkout | #weightloss               |
| #fitnessaddict     | #womenworkout | #workout     | #healthlifestyle          |
| #fitlife           | #fitmom       | #training    | #fitness                  |
| #fitnessgoal       | #fitgirl      | #getfit      | #weightlosstransformation |
| #fitnessmotivation | #runninggirl  | #gym         |                           |

## HASHTAG TO DELETE

| CLOTHING             | EQUIPMENT         | SUPPLEMENTS      |
|----------------------|-------------------|------------------|
| #gymapparel          | #sporthequipment  | #supplements     |
| #activewear          | #sportsequipment  | #foodsupplements |
| #bodybuilding        | #hightquality     | #supps           |
| #fitnessclthes       | #collection       | #ketoweightloss  |
| #newbrand            | #bestquality      | #vitamins        |
| #gymlook             | #fitnessequipment | #proteinshop     |
| #gymclothesaddict    | #utility          |                  |
| #gymoutfit           | #fitnessproducts  |                  |
| #mensphisique        | #sale             |                  |
| #instafitness        | #qualityproducts  |                  |
| #gymwear             | #gymequipment     |                  |
| #fitnessdeal         | #workoutequipment |                  |
| #athleticwearforwome |                   |                  |
| #athleticwear        |                   |                  |
| #beatwear            |                   |                  |
| #modelwear           |                   |                  |
| #styleclothing       |                   |                  |
| #tracksuit           |                   |                  |
| #brand               |                   |                  |
| #fitnessapparel      |                   |                  |
| #workoutapparel      |                   |                  |
| #fitnessbrand        |                   |                  |
| #shopfitness         |                   |                  |
| #performancewear     |                   |                  |

### ANNEX 3 - LOCALISATION

| HASHTAG  | ITALY   | BULGARIA   | GREECE   | LITHUANIA   | ROMANIA                                   |
|--|---|--|--|---|---|
| <b>MOTIVATION</b>  |   |  |  |   |   |
| #motivation  | #nonsimolla   | #мотивация, #мотивацияспорт  | #παρακίνηση  | #motyvacija, #tikslas   |   |
| #fitnessaddict<br>#fitlife<br>#fitnessgoal<br>#fitnessmotivation         | #maimollare<br>#passionefitness   | #фитнеслайф<br>#фитнесформула<br>#фитнесмотивация                                  | #greekfitness<br>#автобελτίωση, #προσωπικήανάπτυξη                                     | #sportoklubas, #gympliuslietuva, #meilesau<br>#motyvacijasportui, #sportuok                     |   |
| <b>WOMEN</b>   |   |  |  |   |   |
| #womensport<br>#womenworkout<br>#fitmom<br>#fitgirl<br>#runninggirl      | #allenamentofemminile<br>#sportfemminile<br>#mammainforma, #mammeinforma<br><br>#correrefemminile | #фитнесмама<br><br>#бягане   | #γυμναστικηακοριτσια<br><br>#τρέξιμο   | #beginas<br><br>#alergare   |   |
| <b>WORKOUT</b>   |   |  |  |   |   |
| #homeworkout<br>#workout<br>#training<br>#getfit<br>#gym                 | #allenamento<br>#allenamentoacasa<br>#mettersiinforma<br>#informa<br>#palestra                    | #тренировка<br>#тренировка, #тренировки<br>#спортувай<br>#фитнес                   | #γυμναστικήσπότιτ<br>#γυμναστική <sup>η</sup><br>#προπονηση<br>#αθληση<br>#γυμναστήριο | #sportas, #sportasnamuose, #fizinisaktyvumas<br>#treneris<br>#treniruote<br>#kunas<br>#gymplius | #antrenamenteonline<br>#mişcare           |
| <b>HEALTH</b>  |   |  |  |   |   |
| #weightloss<br>#healthlifestyle<br>#fitness<br>#weightlosstransformation | #dimagrimento<br>#perditadipeso<br>#fitnessitalia   | #отслабване<br>#здравословенживот<br>#нировка, #фитнес, #фитнеспрог<br>#отслабване | #αδυνάτισμα<br>#ευεξία<br>#άθληση<br>#κιλά   | #svoriometimas<br>#portassveikata, #sveikagyvensena, #sveikasgyvenir<br>#fitnesas               | #stildeviaţăechilibrat<br>#fitnessromania |

## ANNEX 5

|         |    |  |    |   |  |   |   |
|---------|----|--|----|---|--|---|---|
| web     | bg | През последната една година Ваня Червенкова направо е неузнаваема. Бизнесдамата отдавна сложи край на нездравословното хранене, но не само   | BG | <a href="https://www.tialoto.bg/a/2-zdrave-i-tonus/108335-zvezden-fitness-vanya-chervenkova-pokaza-s-kakvi-uprazhneniya-vliza-vav-forma">https://www.tialoto.bg/a/2-zdrave-i-tonus/108335-zvezden-fitness-vanya-chervenkova-pokaza-s-kakvi-uprazhneniya-vliza-vav-forma</a>   |  | x | Star fitness: Vanya Chervenkova showed what exercises she gets in shape with. The businesswoman shared on Facebook how she makes planks with weights on her back. In the last year Vanya Chervenkova has been completely unrecognizable. The businesswoman has long put an end to unhealthy eating, but not only her popular potato diet is the reason for her slimmer figure. For some time now, she has also relied on training with an instructor, which she shows on Instagram. |
| web     | bg | Đamski fitnes "Севел", phòng tập thể dục. бул. „Патриарх Евтимий“ 80, 1463 Център, Sofia, Bungari, đánh giá — 5/5. Vì trí trên bản đồ, điền thoại, giờ mở  |    | <a href="http://2pos.co/vi/1742/9682/%D0%BA%D0%B0%D0%BC%D1%81%D0%BA%D0%BB-%D0%81%D8%4%D0%BB%D1%82%D0%BD%D0%85%D1%81-%D1%81%D0%B1%D0%BB%D0%85%D0%BB-">http://2pos.co/vi/1742/9682/%D0%BA%D0%B0%D0%BC%D1%81%D0%BA%D0%BB-%D0%81%D8%4%D0%BB%D1%82%D0%BD%D0%85%D1%81-%D1%81%D0%B1%D0%BB%D0%85%D0%BB-</a>   |  | x | Notice for women's fitness  |
| web     | bg | Кейт Бекинайл: Не мога без фитнес и книги. image. trud.bg използва бисквитки.Добре.  | BG | <a href="https://trud.bg/%D0%B3%D0%80%D0%BB%D0%85%D1%80%D0%BB%D1%8F%D0%BA%D0%BB%D0%89%D1%82-%D0%BD%D0%BB%D0%85-%D0%BC%D0%BE%D0%B3%D0%BD%D0%BB%D0%81%D0%BD%D0%85%D0%BB-%D1%84%D0%BB%D1%82%D0%BD%D0%BB%D1%81%D0%BB-%D0%BA%D0%BD%D0%BB%D0%85%D0%BB/">https://trud.bg/%D0%B3%D0%80%D0%BB%D0%85%D1%80%D0%BB%D1%8F%D0%BA%D0%BB%D0%89%D1%82-%D0%BD%D0%BB%D0%85-%D0%BC%D0%BE%D0%B3%D0%BD%D0%BB%D0%81%D0%BD%D0%85%D0%BB-%D1%84%D0%BB%D1%82%D0%BD%D0%BB%D1%81%D0%BB-%D0%BA%D0%BD%D0%BB%D0%85%D0%BB/</a>   |  | x | Kate Beckinsale: I can't do without fitness and books   |
| web     | bg | Тренировки за деца стартират в Next Level Power Club. 2 юли 2021 - 11:35. Тренировки за деца стартират в Next Level Power Club* от 1 юли 2021 г.   |    | <a href="https://www.nextlevelclub.bg/%d0%ba%d1%80%d0%b0%d1%81%d0%b8%d0%b2-%d1%83%d0%b0%d0%b2-%d0%b1-%d0%ba%d1%80%d0%b0%d1%81%d0%b8%d0%b2-%d0%be-%d1%82%d1%8f%d0%bb%d0%b5-%d0%ba%d0%b0%d0%b2-%d0%b1-%d0%ba%d0%b0%d0%b2-%d1%81%d0%b1-%d0%be%d1%80%d1%82%d1%8a%d1%82-%d0%bf%d0%be/">https://www.nextlevelclub.bg/%d0%ba%d1%80%d0%b0%d1%81%d0%b8%d0%b2-%d1%83%d0%b0%d0%b2-%d0%b1-%d0%ba%d1%80%d0%b0%d1%81%d0%b8%d0%b2-%d0%be-%d1%82%d1%8f%d0%bb%d0%b5-%d0%ba%d0%b0%d0%b2-%d0%b1-%d0%ba%d0%b0%d0%b2-%d1%81%d0%b1-%d0%be%d1%80%d1%82%d1%8a%d1%82-%d0%bf%d0%be/</a> |  | x | A beautiful mind in a beautiful body: How sport helps us socialize again.   |
| web     | sr | Ако досега не сте посетили фитнес залата, не сте намалили консумацията на вредни храни, значи се нуждате от специален план, за да се справите с  | BG | <a href="https://dieti.rozali.com/sezonni-dieti/speshen-plan-za-seksi-figura-za-plaja.html">https://dieti.rozali.com/sezonni-dieti/speshen-plan-za-seksi-figura-za-plaja.html</a>   |  | x | The article includes different types of tips for a good female figure   |
| web     | bg | Съвети от фитнес инструктора Елизабет Михайлова в разгара на лятото темата, която вълнува не ... Read More · 18 юни 2021 · Надежда Антова.   |    | <a href="https://sladurki.bg/category/%D0%B7%D0%BA%D1%80%D0%BD%D0%BB%D0%85%D1%81/">https://sladurki.bg/category/%D0%B7%D0%BA%D1%80%D0%BD%D0%BB%D0%85%D1%81/</a>   |  | x | The link includes several articles on healthy living and sports for women.  |
| youtube | bg | VLOG: Коментари от мъже към жени във фитнеса, тренировкав това видео - Влог с тренировки и най-смогнатите коментари, подмитани от мъже към жени, които тренират здраво във фитнеса. Кога ще спрем да чуваме "ще станеш като мъж" от отречния пол или тъкъ "фитнес не е за жени, тренирай аеробика и упражнения за отслабване!" Фитнес тренировките са също толкова важни, да не кажа задължителни за една жена, която иска да е здрава! IG: bettinadimitrovaEnjoy my edits :)) №1 Безплатен разговор за 1-on-1 Силов И Хранителен Коучинг ТУК <a href="https://no-bullshit-fitness.com/booking/">https://no-bullshit-fitness.com/booking/</a> №2S Woman Онлайн Фитнес Платформа за ЖЕНИ <a href="https://no-bullshit-fitness.com/nobs-woman/">https://no-bullshit-fitness.com/nobs-woman/</a> №3 NOBS Strength Силова Платформа - <a href="https://no-bullshit-fitness.com/nobs_strength/">https://no-bullshit-fitness.com/nobs_strength/</a> Развий предизвикателства и създадрава хватка си със 100% Премиум Магнезиев Карбонат NOBS Chalk, за поръчки ТУК <a href="https://no-bullshit-fitness.com/product/nobs_chalk/">https://no-bullshit-fitness.com/product/nobs_chalk/</a> Безплатни програми и инструменти за мъже и жени в секция "Безплатни програми и инструменти" ТУК <a href="http://no-bullshit-fitness.com/">http://no-bullshit-fitness.com/</a> -----<br><br>NOBS Podcast в Soundcloud, Spotify и iTunes! NOBS е подкастът за здравословно хранене, тренировки и начин на живот, в който те предизвиквате да оставиш на страна всички глупости и да се фокусираш върху есенциалните неща в живота! Soundcloud: <a href="https://soundcloud.com/nobspodcast/Spotify: https://open.spotify.com/show/6UJghuGzliMkvE4NCqV4mkiTunes: https://podcasts.apple.com/bg/podcast/nobs-podcast/id1472314697">https://soundcloud.com/nobspodcast/Spotify: https://open.spotify.com/show/6UJghuGzliMkvE4NCqV4mkiTunes: https://podcasts.apple.com/bg/podcast/nobs-podcast/id1472314697</a> Във фитнеса такива глупави коментари, за шастие, не са ни отправяли, обаче родителите ми ми създаваха главоболия. Майка ми още се води по миналите идеали за женско тяло - слабо, манекенско, с малко дупе и т.н. Сърдечни съвети от тренировчика на NOBS: <a href="https://soundcloud.com/nobspodcast/Spotify: https://open.spotify.com/show/6UJghuGzliMkvE4NCqV4mkiTunes: https://podcasts.apple.com/bg/podcast/nobs-podcast/id1472314697">https://soundcloud.com/nobspodcast/Spotify: https://open.spotify.com/show/6UJghuGzliMkvE4NCqV4mkiTunes: https://podcasts.apple.com/bg/podcast/nobs-podcast/id1472314697</a> |    | <a href="https://www.youtube.com/watch?v=8_zKpy-6jKA&amp;lc=Ugzb5NfPGgkXBIF08I4AaABAg">https://www.youtube.com/watch?v=8_zKpy-6jKA&amp;lc=Ugzb5NfPGgkXBIF08I4AaABAg</a>   |  | x | There is a short explanation of a breakfast at the beginning of the video. VLOG: Comments from men to women in the gym, Training  |
| web     | bg | УМБА е забавен и зареждащ клас, който ще ви изпълни с енергия и позитивно настроение. Зумба представлява завладяващ фитнес танц, вдъхновен   |    | <a href="https://pki.bg/zumba-classes-pki/">https://pki.bg/zumba-classes-pki/</a>   |  |   | Zumba classes offered at different times by two different female coaches.   |
| web     | bg | Тренировки, които НЯМА ДА СЕ ПРОВЕДЕДА тази седмица: Петък:Gymstick с Неди от 17:30ч. Неделя:TABATA с Борко от 10:30ч. Неделя. Събота. Петък   |    | <a href="https://gympalace.com/%D0%B3%D1%80%D0%BD%D0%BB%D0%85%D0%BA/">https://gympalace.com/%D0%B3%D1%80%D0%BD%D0%BB%D0%85%D0%BA/</a>   |  | x | At this link you can find several different types of workouts offered by women.   |
| web     | bg | Обичам музиката и танците откакто се помня. Занимавала съм се с модерни танци 7-8 години, била съм и в модерен балет. Танците винаги са ми били  | BG | <a href="https://pia-news.com/zumba-fitness-otvarya-vrati-v-panagyurishte/">https://pia-news.com/zumba-fitness-otvarya-vrati-v-panagyurishte/</a>   |  | x | Zumba fitness with Nedi opens its doors This is a dream come true for Nedelina Gulekova, who is a native of Sliven, Bulgaria, but has lived in Panagyurishte for 7 years. "I've loved music and dancing for as long as I can remember. I have been involved in modern dance for 7 years, I have also been in modern ballet. Dancing has always been my passion, so I decided through ZUMBA to pass this mood to others who want to train and relax, " says Nedi.                    |



|  |          |    |  |    |   |   |   |
|--|----------|----|--|----|---|---|---|
|  | facebook | bg | <p>⌚ Здравейте, момичета! 🌟⌚ Ако не се чувствате комфортно в кожата си и искате да влезете във форма, без да изпадате в ограничаващи диети и изтощителни тренировки, сте на правилното място! Новото предизвикателство на нашия треньор Марина Декова от онлайн фитнес тренировки се казва Sculpt and Shape. ⌚️ Ова ще бъде 7-мата група, която тя организира и ще се радва да се включиш и ти! Необходим ти е единствен компютър, достъп до платформата ZOOM и 3 свободни часа седмично! Тренировките ще са разделени в две групи: 1. НАПРЕДНАЛИ 📲 <a href="https://marinadekova.com/sculpt_shape_advanced_7/">https://marinadekova.com/sculpt_shape_advanced_7/</a> 2. НАЧИНАЕЦИ: 📲 <a href="https://marinadekova.com/sculpt_shape_basics_7/">https://marinadekova.com/sculpt_shape_basics_7/</a> ПАКЕТЪТ ОТ ТРЕНИРОВКИ ВКЛЮЧУВА: ✓ 3 тренировки на седмица на живо ✓ Запис на всяка тренировка, ако нямате възможност да се включите на живо ✓ Електронна книжка в PDF с мои авторски здравословни рецепти, от които ще можете да разнообразявате своята закуска, обяд и вечеря ✓ Бонус раздвижвания за мобилност и тонус в СПЕЦИАЛНА ГАСЕВООК ГРУПА с над 2,300 страхотни последователи ✓ Мотивация, вдъхновение и подкрепа в затворена VIBER ОБЩНОСТ с много други жени и една обща цел! ❤️ Цените за ранни записвания са с 40% отстъпка!</p>   | BG | <a href="https://www.facebook.com/130134577009122_3795803120442231">https://www.facebook.com/130134577009122_3795803120442231</a>   | x | <p>If you do not feel comfortable in your skin and want to get in shape without falling into restrictive diets and grueling workouts, you are in the right place! The new challenge of our trainer Marina Dekova from online fitness training is called Sculpt and Shape.</p> <p>This will be the 7th group she organizes and she will be happy for you to join! All you need is a computer, access to the ZOOM platform and 3 free hours a week!</p> <p>THE TRAINING PACKAGE INCLUDES:</p> <ul style="list-style-type: none"><li>✓ 3 live workouts per week;</li><li>✓ Record each workout if you do not have the opportunity to participate live;</li><li>✓ E-book in PDF with my author's healthy recipes, from which you will be able to diversify your breakfast, lunch and dinner;</li><li>✓ Bonus moves for mobility and tone in a SPECIAL FACEBOOK GROUP with over 2,300 great followers;</li><li>✓ Motivation, inspiration and support in a closed VIBER COMMUNITY with many other women and a common goal!.</li></ul> |
|  | youtube  | bg | <p>Тренировки за жени - Отслабване или Мускулна Маса? Калориен дефицит не е решението! Мускулната при жените е основното средство за лесно отслабване, стягане и поддържане на формата. Непрестаният калориен дефицит и спазването на диета за отслабване non-stop не позволяват покачване на сила и мускулна маса, чрез които човек е във форма целиогодишно. В това видео ще разберете за двете основни неща, за да покачите мускулна маса и да оформите балансирана физика! 4-ДНЕВНА NOBS ПРОГРАМА ЗА ЖЕНИ изгли ТУК: <a href="https://no-bullshit-fitness.com/4_dnevna_nobs_programa_za_jeni/">https://no-bullshit-fitness.com/4_dnevna_nobs_programa_za_jeni/</a> ✅ Безплатен разговор за 1-on-1 Силов И Хранителен Коучинг ТУК <a href="https://no-bullshit-fitness.com/booking/">https://no-bullshit-fitness.com/booking/</a> ✅ NOBS Woman Онлайн Фитнес Платформа за ЖЕНИ <a href="https://no-bullshit-fitness.com/nobs-woman/">https://no-bullshit-fitness.com/nobs-woman/</a> 💪 NOBS Strength Силова Платформа - <a href="https://no-bullshit-fitness.com/nobs_strength/">https://no-bullshit-fitness.com/nobs_strength/</a> Развий предимниците си и задрави хвата си със 100% Премиум Магнезиев Карбонат NOBS Chalk, за поръчки ТУК <a href="https://no-bullshit-fitness.com/product/nobs_chalk/">https://no-bullshit-fitness.com/product/nobs_chalk/</a> Безплатни калорийни калкулятори и инструменти ТУК <a href="https://no-bullshit-fitness.com/instrumenti/">https://no-bullshit-fitness.com/instrumenti/</a></p> <p>NOBS Podcast в Soundcloud, Spotify и iTunes! NOBS е подкастът за здравословно хранене, тренировки и начин на живот, в който те предизвикваме да оставиш на страна всички глупости и да се фокусираш върху есенциалните неща в живота! Soundcloud: <a href="https://soundcloud.com/nobspodcast/Spotify: https://open.spotify.com/show/6UJghuGzliMkvE4NCqV4mkiTunes: https://podcasts.apple.com/bg/podcast/nobs-podcast/id1472314697">https://soundcloud.com/nobspodcast/Spotify: https://open.spotify.com/show/6UJghuGzliMkvE4NCqV4mkiTunes: https://podcasts.apple.com/bg/podcast/nobs-podcast/id1472314697</a></p> | BG | <a href="https://www.youtube.com/watch?v=YcpXFhqT7c">https://www.youtube.com/watch?v=YcpXFhqT7c</a>   | x | <p>Workouts for Women - Weight Loss or Muscle Mass? Calorie deficiency is not the solution!</p> <p>Muscle in women is the main means for easy weight loss, tightening and maintaining shape. The constant calorie deficit and adherence to a diet for weight loss non-stop do not allow an increase in strength and muscle mass, through which a person is in shape all year round. In this video you will learn about the two main things to gain muscle mass and form a balanced physique!</p>  |
|  | web      | bg | <p>а тези от вас, които предпочитат тренировките външи, без стреса от фитнеса. Разбира се, знаете, че редовните упражнения правят чудеса за вашето</p>   |    | <a href="http://zajenite.com/25-%D0%BF%D1%80%D0%B8%D0%BB%D0%BE%D0%B6%D0%BA%D0%BD%D0%BA%D0%BB%D1%8F-%D0%BA%D0%BB%D0%BA%D0%BD%D0%BA%D0%BB%D1%81%D0%BA%D0%BB%D1%82%D1%80%D0%BB%D0%BA%D0%BD%D0%BA%D0%BB%D1%80%D0%BE%D0%BA%D0%BB%D0%BA%D0%BB%D0%BA%D0%BB%D0%BA%D0%BB%D0%BA%D1%8A%D1%89/">http://zajenite.com/25-%D0%BF%D1%80%D0%B8%D0%BB%D0%BE%D0%B6%D0%BA%D0%BD%D0%BA%D0%BB%D1%8F-%D0%BA%D0%BB%D0%BA%D0%BD%D0%BA%D0%BB%D1%81%D0%BA%D0%BB%D1%82%D1%80%D0%BB%D0%BA%D0%BD%D0%BA%D0%BB%D1%80%D0%BE%D0%BA%D0%BB%D0%BA%D0%BB%D0%BA%D0%BB%D0%BA%D0%BB%D0%BA%D0%BB%D0%BA%D1%8A%D1%89/</a> | x | <p>25 applications for women's workouts at home without fitness</p> <p>For those of you who prefer to work out at home without the stress of the gym.</p> <p>Of course, you know that regular exercise works wonders for your mental and physical health, but who has the time and patience to commit to a diet and stick to it? But the digital age has given us a great hack: Workout and exercise apps that you can stream to your phone, TV, tablet - wherever it's best for you - and use them at home or on the go.</p>   |

|           |    |  |    |   |   |   |
|-----------|----|--|----|---|---|---|
| web       | bg | <p>Стопи мазнините и извай тялото си за няколко седмици<br/>От Руми Илиева, сертифициран фитнес треньор</p> <p>Отслабваш и задържаш теглото си с кратки тренировки и вкусни рецепти.<br/>Ела в онлайн студио „Прекрасна“!</p> <p>Десетки тренировъчни програми. Вкусни менюта с бързи рецепти, които лесно следиш. Стотии тренировки, от които да избириш<br/>Най-ефективните упражнения. Влез в най-добрата си форма.<br/>Програми създадени за твоята цел. Тренирай, когато искаш. Тренирай, колкото искаш. Тренирай, където искаш. Хапай вкусно и разнообразно с калкулирани специално за теб менюта.</p>   |    | <a href="https://fitnesinstruktor.com/produkt/studio-184-dni/">https://fitnesinstruktor.com/produkt/studio-184-dni/</a> | x | <p>Melt the fat and sculpt your body for a few weeks<br/>By Rumi Ilieva, certified fitness trainer</p> <p>You lose weight and keep your weight with short workouts and delicious recipes. Come to the online studio "Beautiful"!</p> <p>Dozens of training programs<br/>Delicious menus with quick recipes that you can easily follow<br/>Hundreds of workouts to choose from<br/>The most effective exercises<br/>Get in your best shape</p> <p>Programs created for your purpose<br/>Train when you want. Train as much as you want. Train where you want. Eat tasty and varied with menus calculated especially for you.</p> |
| instagram | bg | #fitnesstrainer #certifiedvegannutritionist  | BG | <a href="https://www.instagram.com/ladyvgala/">https://www.instagram.com/ladyvgala/</a>                                 | x | This woman is a fitness instructor and shows how even a pregnant woman can train and look good. The topic of healthy eating is also mentioned.  |
| instagram | bg | #musclegirlsclub #timurseferovteam<br>#ifbb #bikinigirls #competition #diamonds #goldgirls #bikiniathletes   | BG | <a href="https://www.instagram.com/p/CPnSNwLLvgY/">https://www.instagram.com/p/CPnSNwLLvgY/</a>                         | x | Tanita Georgieva is a Fitness Model, Personal Trainer & Bikini athlete and Republican fitness champion. She shows her team and the strength a woman can have.   |
| instagram | bg | #skimsport<br>#хайде #на #малинкийскипинки #рецепта #за #кусинки   | BG | <a href="https://www.instagram.com/p/BYfo_lyiDn-/">https://www.instagram.com/p/BYfo_lyiDn-/</a>                         | x | This post shows how mountain hiking, sports and healthy eating can be combined.   |
| instagram | bg | #winbet #WINmyBET #winbetcasino #battles #двубой #играч #fun #wincoins<br>#winner #bilianayotovskafitness  | BG | <a href="https://www.instagram.com/p/CSo98rpCkK/">https://www.instagram.com/p/CSo98rpCkK/</a>                           | x | Biliana Yotovska is a famous Bulgarian fitness model and is known for her healthy diets. In this post, she shows how to overcome her fear of heights proving to be quite a challenge.   |
| instagram | bg | #tennislife #tennisworkout #tennis #coach #tenniscoachlife   | BG | <a href="https://www.instagram.com/p/CScCqwkMmak/">https://www.instagram.com/p/CScCqwkMmak/</a>                         | x | Mila Manolova is only 25 years old and is already a tennis coach.   |
| instagram | bg | #ЗдравословнотоЕвкусно   | BG | <a href="https://www.instagram.com/p/CSgXMeclwWx/">https://www.instagram.com/p/CSgXMeclwWx/</a>                         | x | This young Bulgarian woman's name is Ani, she is 26 years old and she studied as a Nutritional therapy practitioner in NTA, USA.  |
| facebook  | bg | <p>#здравословнохранение<br/>Здравейте,<br/>от доста време си мисля да създам подобна "женска група" и ето че вече<br/>е факт</p> <p>Място за всеки, който вярва, че Здравословното хранене и здравословния<br/>начин на живот и среда е важен за неговия живот. Успеха на всеки,<br/>зависи от нагласата, мисленето и действиета.</p> <p>Здравословно хранене, оптимално здраве и тегло с Виолета Стоянова.<br/>Това е група за жени, които искат да знайат много и разнообразни теми и<br/>въпроси всичко не губят своята индивидуалност, в която бих искала<br/>просто да си споделите всякакви идеи, съвети и препоръки, които<br/>вълнуват повечето дами...</p> | BG | <a href="https://www.facebook.com/groups/1130706767758148">https://www.facebook.com/groups/1130706767758148</a>         | x | This is a Facebook group created by a woman named Violeta Stoyanova, in which women share experiences about a healthy lifestyle, healthy eating and any other topics that affect women.   |



| Source    | Language | Description   | Country | Link  | Explicit | Implicit | Description/Translation |
|-----------|----------|---|---------|---|----------|----------|-------------------------|
| instagram | it       | Buongiorno !!! Fra voi, quando partite, avete la borsa aggiunta per il vostro benessere?Io si, vero Antonella Gorini (@an58go1958 )?Voi cosa vi portate dietro oltre ai vestiti ? #teampressure #teampressuresystem #love #style #life #makeup #lifestyle #italy #successo #business #cambiamento #determinazione #donneincarriera #networkmarketingitalia #vita #obiettivi #successo #motivazionedelgiorno #motivazione #traguardi #maimollare #nonmollaremai #mentalità #crescita #crescitapersonale #liguria #toscania #sicilia #pensieripositivi #iorestoinalive  | IT      | <a href="https://www.instagram.com/p/CRn_RLWreq-">https://www.instagram.com/p/CRn_RLWreq-</a> |          |          |                         |
| instagram | it       | Queste sono le notizie piu' belle!!!❤️ ❤️ ❤️ ❤️ Diventare mamma dopo il cancroLa storia di una sopravvissuta che non ha mai rinunciato alla maternità.Sconfiggere il cancro è il traguardo più ambito di ogni malato oncologico. Le prospettive di vita, dopo questa battaglia, cambiano e diventa più forte il desiderio di centrare nuovi obiettivi e di realizzare i desideri più grandi come quello di diventare genitore, soprattutto per le donne. Dopo un tumore al seno, in particolare, la maternità assume una connotazione diversa ed, al di là dei timori legati alle conseguenze della malattia su mamma e feto, quando si realizza diventa un doppio inno alla vita. La ricerca scientifica ha evidenziato la possibilità di gravidanza in totale sicurezza per le donne guarite dal cancro, senza alcun tipo di ricaduta sulla salute del neonato: e questa è una rassicurazione importante oltre che un'ulteriore speranza.Repost from @tio.ch immagine dal web #nontemeteimomentidifficiliilmegliovenedali #zittocancro #fuckcancer¶ #diventaremamma #lavitadopoilcancro #emmamarroneofficial #emmamarrone #nadiatoffa #maimollare #cancroalseno #donna_coraggio |         | <a href="https://www.instagram.com/p/CRnuAqjrkCq">https://www.instagram.com/p/CRnuAqjrkCq</a> |          |          |                         |
| instagram | it       | Se rinunciate prima di raggiungere l'obiettivo siete dei "conigli". Prendete l' iniziativa, scegliete quello che volete, ideate un piano, mettetelo in pratica e applicatelo con tenacia. ....#credereinséstessi #tenacia #determinazione #obbiettividiraggiungere❶ #sfidatestesso #maimollare❶ #obbiettivi #fide #lottare #maimollare #lavoroonline #mammeincercadilavoro #donneincercadilavoro #ragazzaitaliana #lavorareconsocial #socialselling #amoilmilavoro #ilovemyjob #instamood #motivation #motivazionepersonale #motivazionedelgiorno #entranelmioteam  |         | <a href="https://www.instagram.com/p/CRoFqezlVwr">https://www.instagram.com/p/CRoFqezlVwr</a> |          |          |                         |
| instagram |          | #donne #❤️ #amore #psicologia #psicoterapia #psicoterapeuta #maimollare #giovannademaio   |         | <a href="https://www.instagram.com/p/CRo-7hlhJUD">https://www.instagram.com/p/CRo-7hlhJUD</a> |          |          |                         |

|           |    |  |    |   |  |  |  |
|-----------|----|--|----|---|--|--|--|
| instagram | it | <p>Scopri il piacere di allenarti in un corso divertente e dinamico! 💪Outdoor Cycling è una disciplina semplice e alla portata di tutti, un allenamento aerobico/anaerobico, cardiovascolare e muscolare grazie al quale avrai numerosi benefici:✓ Tonicità di tutti i muscoli del corpo, con particolare interesse per gambe e glutei✓ Distensione nervosa✓ Ricambio idrico✓ Aumento dell'attenzione e reazione alla depressione✓ Lavoro di gruppo e socializzazione✓ Miglioramento della circolazione cardiovascolareChiedi maggiori info allo 081 1863 7380 o scrivici su WhatsApp (link in bio)....#metticikorè #korèwellness #nocerasuperiore #nocerainferiore #fitness #fitnessmotivation #fitnesscenter #fitnesscentre #gym #gymmotivation #gymlife #palestra #fitnessaddict #fitnesslifestyle #fitnessgoals #fitnesslife #gymtime #gymshark #gymaddict #gymlifestyle #gymlove #gymlover #gymfreak #outdoorcycling #cycling #groupcycling</p> | IT | <a href="https://www.instagram.com/p/CRoBT-0q5KA">https://www.instagram.com/p/CRoBT-0q5KA</a> |  |  |  |
| instagram | it | <p>Cosa è un ?Un è un posto dove è possibile allenarsi in maniera personalizzata e/o con piccoli gruppi. Dove è possibile raggiungere i propri obiettivi in modo mirato, curando ogni minimo dettaglio. Un posto dove ci si può allenare in modo intimo... Come se stare a casa   ... un nuovo modo di volersi bene#WaitingForElleEsse #Lab #Training #lifestyle #ELLESSE_Lab_Training ...#personaltrainer #gym #sport #allenamento #cardio #fitness #fitnessmotivation #fitnessitalia</p>   |    | <a href="https://www.instagram.com/p/CRoBTOJoUEq">https://www.instagram.com/p/CRoBTOJoUEq</a> |  |  |  |
| instagram | it | <p>Buongiorno ☀ Manca sempre meno all'apertura delle iscrizioni per JungleGirlS 🌴Vi ricordo che l'abbonamento comprende :✓ 3 schede di allenamento✓ rispettivi 3 video della durata di 1 ore dove eseguo con voi tutte e 3 le schede ✓ 2 workout extra da 30' da poter eseguire solo con un elastico pensati per le vacanze ✓ guida JungleGirlS che vi permette di capire come organizzare la vostra settimana di allenamenti in base al vostro livello di partenza (principiante, intermedio o avanzato) 🌺♀ ✓ video tutorial massaggio drenante + respirazioni---⚠ SOLO PER AGOSTO⚠⚠ ✓ Fascicolo di ricette che comprende 4 IDEE PER COLAZIONE4 IDEE PER PRANZO4 IDEE PER CENA Ogni ricetta prevede : foto, kcal, Macros, procedimento! Che ne dite? Vi piace l'idea? 😊😊</p>  |    | <a href="https://www.instagram.com/p/CRoBPYEBBCq">https://www.instagram.com/p/CRoBPYEBBCq</a> |  |  |  |

|           |    |  |    |   |  |  |  |
|-----------|----|--|----|---|--|--|--|
| instagram | it | <p>Non è una "patacca" sulla spalla o una laurea sul muro che definisce quanto bravo sei, si sa, ma rappresenta quanto credi in qualcosa, quanto è costato ottenerla, quanto puoi costruire grazie ad essa. Andarne fieri non è narcisismo, è semplicemente gratitudine e un reminder a non mollare mai.</p> <p>@cencorsi #survivalitalia #istruttoresportivo<br/> @donneindivisa @venetosurvivalsd #divisa #donneindivisa<br/> #gratitudine #maimollare #sopravvivenza #natura #emozione<br/> #outdooritalia #csenveneto #venetoexperience</p>  | IT | <a href="https://www.instagram.com/p/CRk_chbr65M">https://www.instagram.com/p/CRk_chbr65M</a> |  |  |  |
| instagram | it | <p>Ragazze, chiedere aiuto è il primo passo per guarire!!!♥ Sto parlando dei disturbi alimentari.....☺☺☺☺☺☺☺☺☺☺☺☺ @break.binge .eating Per anni non ho preso sul serio la mia malattia. Per anni ho sofferto di gravi disturbi alimentari: l'anoressia, la bulimia, il binge eating. Tre mesi fa ho toccato il fondo. Ero arrivata all'autodistruzione e vivere non aveva più senso. Ma io dovevo vivere, lo dovevo ai miei figli, dovevo guarire o almeno provarci. Ricoverata d'urgenza, ricordo benissimo il mio ingresso in clinica. Ricordo la speranza e la voglia di curare il mio corpo e la mia vita malata. Ho avuto l'immensa fortuna di essere seguita da una fantastica équipe composta da infermieri, psichiatri, psicologa, dietista, nutrizionista ed educatrice; Grazie perché molto probabilmente senza di loro non sarei qui a raccontare!È così che sono rinata!!!! Domenica sono tornata in clinica per salutare alcune persone meravigliose, ognuna delle quali ha contribuito a restituirmi parte di me stessa. E ho capito che la mia vita è bellissima e che va vissuta in tutte le sfumature! Adesso ho un fantastico uomo al mio fianco, di nuovo la mia famiglia, e tantissimi progetti da realizzare!! Amatevi♥ By <del>100</del> RPVPMB1TRealPrincess♣ VeryPov ryma.... felice#disturbialimentari #anoressia #bulimia #bingeeating #disturbidelcomportamentoalimentare #fiocchettolilla #sipuoguarire #dca #credercisempre #coloriamocidillila #arrendersimai #avantitutta #famedivita #psicologia #doloreinvisibile #nonseunnumero #mondosole #maimollare #vedoacttogether #chiarasole #adrecover</p> | IT | <a href="https://www.instagram.com/p/CRlsHTyAe4L">https://www.instagram.com/p/CRlsHTyAe4L</a> |  |  |  |

|           |    |  |    |   |  |  |  |
|-----------|----|--|----|---|--|--|--|
| instagram | it | Noooooooo, ma possibile che quando si ritorna nella casa natia, si va a rivedere sempre le vecchie foto? I ricordi ritornano come il mare in burrasca. Però, siamo onesti, sono cresciuto, si, ma la mia espressione da bravo ragazzo c'è sempre. Ecco lo so già che Luca Innocenti (@01rein48) mi prenderà in giro, va be', lo prenderò quando risalgo ☺☺☺#teampressure #teampressuresystem #love #style #life #makeup #lifestyle #italy #successo #business #cambiamento #determinazione #donneincarriera #networkmarketingitalia #vita #obiettivi #successo #motivazionedelgiorno #motivazione #traguardi #maimollare #nonmollaremai #mentalità #crescita #crescitapersonale #liguria #toscana #sicilia #pensieripositivi #iorestoinalive | IT | <a href="https://www.instagram.com/p/CRlhY9rrB27">https://www.instagram.com/p/CRlhY9rrB27</a> |  |  |  |
| instagram | it | Le nostre donne di sala vi aspettano ☺ Sempre sorridenti ☺#lanuovaprIMAVERA #ristorante #pizzeria #asporto #domicilio #staff #impegno #costanza #maimollare #zonagialla #rezzato #santeufemia #brescia #pizzabrescia #food #happy #happiness   | IT | <a href="https://www.instagram.com/p/CRi08H4Mtn">https://www.instagram.com/p/CRi08H4Mtn</a>   |  |  |  |
| instagram | it | "Mi hanno aperto a metà per ben due volte in questi anni. Voglio rappresentare le donne con le cicatrici. Voglio rappresentare le ragazze coi tagli, quelle che hanno perso il seno, le imperfette, le sopravvissute. Voglio mandare un bacio a tutte quelle persone che ancora stanno lottando e combattendo. Io vi capisco e sono con voi, in bocca al lupo e buona fortuna a tutti. Emma Marrone<br>♥ #emmamarroneofficial #emmamarrone #guerriera #tumorealseno #tumoremastatico #¶#celafaremo #maimollare #lavitaèbella #forzaragazze #donna_coraggio #martedì #  |    | <a href="https://www.instagram.com/p/CRisI61L6Mb">https://www.instagram.com/p/CRisI61L6Mb</a> |  |  |  |
| instagram | it | Abbi cura del tuo corpo È l'unico posto in cui devi vivere----- #motivation #motivazionedelgiorno #trasformazione #maimollare #mangiasano #dimagrimento #tornareinforma #fitnessaddiction #fitnessaddict #mindsetquotes #cambiamenti #fitness #perderepeso #trasformazionefisica #successopersonale #corposano #donneinforma #changeyourself #allenarsisempre #benesserepsicofisico #benessereesalute #bellezzaebenessere #fitnessitalia #changeyourlifestyle  |    | <a href="https://www.instagram.com/p/CRjO1r0MqXS">https://www.instagram.com/p/CRjO1r0MqXS</a> |  |  |  |

|           |    |  |    |   |  |  |  |  |
|-----------|----|--|----|---|--|--|--|--|
| instagram | it | <p>Ma voi cosa mangiate a mezzanotte ? Ragazzi è da stamani alle 8 che guido , colazione ? Fatta Spuntino ? FattoPranzo ? FattoSpuntino ? FattoCena ? Ecco , per stare con il mio team l'ho saltata, ahimé però so che posso permettermi questo stravizio siculo mentre sono sul traghetto , perché so come rimediare a ogni stravizio , e poi sinceramente ne ho bisogno .Buona notte e buona vacanza a me che rivedo casa #teampressure #teampressuresystem #love #style #life #makeup #lifestyle #italy #successo #business #cambiamento #determinazione #donneincarriera #networkmarketingitalia #vita #obiettivi #successo #motivazionedelgiorno #motivazione #traguardi #maimollare #nonmollaremai #mentalità #crescita #crescitapersonale #liguria #toscania #sicilia #pensieripositivi #iorestoinalive</p> | IT | <a href="https://www.instagram.com/p/CRkKZ-jLlu">https://www.instagram.com/p/CRkKZ-jLlu</a>   |  |  |  |  |
| instagram | it | Ho un elenco di difetti infinito. Sono il migliore peggio che si può trovare sul mercato. #difettata #maimollare #sola #gioia #singlegirl #donneitaliane   | IT | <a href="https://www.instagram.com/p/CRkFjGVLAEG">https://www.instagram.com/p/CRkFjGVLAEG</a> |  |  |  |  |
| instagram | en | Change takes time.Give it time⌚ ↗ASD CrossFit Catanzaro, Via Lombardi snc, Sport Village Magna Grecia, Via Caduti sul lavoro 7♦Per prenotare la tua lezione📞 +39 329 842 6093#crossfitcatanzaro #ccfcz #crossfit #catanzaro #calabria #supportyourlocalbox #crossfititalia #crossfititaly #wod #workout #allenamento #training #gym #sport #fitness #healthy #crossfithealth   | IT | <a href="https://www.instagram.com/p/CRi4VfZJ9rb">https://www.instagram.com/p/CRi4VfZJ9rb</a> |  |  |  |  |
| instagram | fr | 🏋️♀️ EGYM : un circuit de renforcement musculaire composé de 9 machines, réglées de manière personnalisée, qui vous donnent le rythme idéal des mouvements.Grâce à des tests de force réguliers, le poids de l'entraînement est calculé automatiquement sur chaque appareil et de manière individuelle. 📲 EGYM, le circuit qui assure une exécution parfaite du mouvement.#annecy #fitness #sport #egym #motivation  | FR | <a href="https://www.instagram.com/p/CRjiZg1FghR">https://www.instagram.com/p/CRjiZg1FghR</a> |  |  |  |  |
| instagram | it | Ecco come inizio il lunedì... 🍮 Perché il lunedì è così...!E allora... Perché accontentarmi con un semplice yogurt quando posso mangiare lo yogurt così?Da quando seguo il #programma tante ricette semplici colorate e gustose che accontentano vista e gusto☀️🍎🍊 Anche gli occhi vogliono la loro parte☀️Dopo una colazione così posso andare a lavorare☀️ Per la ricetta chiedimi info qui di seguito oppure in privato ☺#confedeinforma#kickstarten #programmatop #family #programma #starebene #tornareinforma #motivazione #maimollare #puntainalto #obiettivi #donne #ragazze #lasceltamigliore #lasceltaésoluta #lamiasceltamigliore #pertuttalafamiglia #cosebuone #liberidiscegliere #lunedì #benessere #felicità  |    | <a href="https://www.instagram.com/p/CRf9tipiLQi">https://www.instagram.com/p/CRf9tipiLQi</a> |  |  |  |  |

|           |    |   |    |   |   |  |  |
|-----------|----|---|----|---|---|--|--|
| instagram | it | Oggi recuperato i 3 giorni di formazione che mi sono persa.Questa era l'ultima.Ora metto in pratica.non è facile cominciare a mettere in pratica quando ho la casa sotto sopra.In tanto metto casa a posto poi metto in pratica.Così no avrò distrazione nel mio cervello.#incaricataindipendente#donnededicarate#lavorodacasa#social#italianinelmondo#formazione#italianallestero#italianiinsvizzera#guerriere#maimollare  | CH | <a href="https://www.instagram.com/p/CRgxkS5AM7z">https://www.instagram.com/p/CRgxkS5AM7z</a> |   |  |  |
| instagram | it | Zinco e BoroLo zinco combatte i processi di invecchiamento cellulare, stimola il sistema immunitario, facilita la rimarginazione di feritee ostacola la formazione dell'acne. Può essere d'aiuto nella prevenzione nel trattamento della sterilità. Il boro si usa per fortificare le ossa, curare l'artrosi, aumentare i livelli di testosterone, accrescere la massa muscolare, ma anche per acquisire una maggiore lucidità mentale e migliorare la coordinazione dei muscoli.Scopri Virtonic su <a href="http://www.volsenbeec.com">www.volsenbeec.com</a> --#integratori #benessere #fitness #salute #integratori alimentari #sport #dieta #gym #workout #allenamento #palestra #proteine #integratori naturali #nutrizione #integrazione #bellezza #supplements #salute e benessere #beauty #alimentazione #alimentazione sana #prodotti naturali #fitness motivation #made in Italy #mangiare sano   |    | <a href="https://www.instagram.com/p/CRgTUslM0z">https://www.instagram.com/p/CRgTUslM0z</a>   |   |  |  |
| instagram | it | --> cambiare si può!Rivedermi a distanza di un anno con kg in meno, la pancia che non c'è più, le gambe e le braccia più sottili mi fa un certo effettoMa rivedermi in una foto di 8 anni fa ancora di più!E pensare che mi mancavano ancora 2 gravidanze!!! ☺♀ ☺♀ ☺☺☺ E dopo le altre 2 gravidanze come potevo essere?? Immaginate lo ☺E ora guardatemi!Woww !!! E stra wowww!!! esattamente un anno fa avevo già perso 10kg dall'inizio del mio percorso ed ad oggi continuo! Ci sono stati momenti in cui avrei voluto mollare ma non l'ho fatto! Costanza, determinazione e forza di volontà!Ora sto bene ☺E sapete la cosa ancora più straordinaria qual è?Che sto aiutando altre mamme, altre donne che come me hanno problemi come ho avuto io #brandconfidantcinzia#cambiarèsipò#costanza #determinazione #forzadivolontà #maimollare #celapossifare #aiutare #rimettersiinformata #mammechelottano #perdere peso #programma #starbeneconsestessi |    | <a href="https://www.instagram.com/p/CRelW76DXCH">https://www.instagram.com/p/CRelW76DXCH</a> | X |  | the users describes how her body changes in 8 years thanks to Constancy, determination and willpower |

|           |    |   |    |   |  |  |  |
|-----------|----|---|----|---|--|--|--|
|           |    |   |    |   |  |  |  |
| instagram | it | <p>Quando ti vedono una donna forte pensano tu non abbia bisogno di niente e di nessuno, che tu possa sopportare tutto, che qualunque cosa accada tanto la supererai, che non ti interassi essere ascoltata, accudita o coccolata.Quando ti vedono una donna forte ti cercano solo per farsi aiutare a portar le loro croci, ti parlano pensando tu non abbia bisogno di essere ascoltata, ti trattano come fossi un uomo cazzuto.A una donna forte non si chiede mai se sia stanca, se stia soffrendo o crollando, se abbia qualche ansia o paura.L'importante è che lei sia sempre là: un faro nella nebbia o una roccia in mezzo al mare.Alla donna forte non viene perdonato nulla. Se perde il controllo si trasforma in debole, se perde le staffe si trasforma in isterica.Quando la donna forte manca un attimo se ne accorgono subito, quando invece c'è sempre la sua presenza viene data per scontata..Cit.Cinzia Mammoliti .....</p> <p>#diariodiunamammaincrescita #essercisempre #donnaforte #guerriera #forza #coraggio #maimollare #determinazione #costanza #guerrieratattoo #guerriera #barcollomanonmollo #avantitutta #friends #riflessioni #woman #girls #donnaitaliana #donna #laforzadelle donne #love #lifestyle #sport #running #amoreperesestessi</p> | IT | <a href="https://www.instagram.com/p/CRdw7uoJD8v">https://www.instagram.com/p/CRdw7uoJD8v</a> |  |  |  |
| instagram | it | #shiatsumassage #shiatsugravidanza #shiatsuopos #donna #donneitaliane #maiunadimeno #maimollare #bellezza #bellezzadelladonna #bellezzadelsacro #bellezzavera #benessereolistico #serendipity #serendipità #meditazionetrascendentale #meditazione #tuina #shiatsu #tuinamassage #centroilmelograno vimercate   | IT | <a href="https://www.instagram.com/p/CRemXz4M-Vv">https://www.instagram.com/p/CRemXz4M-Vv</a> |  |  |  |
| instagram | it | <p>Quante volte lungo il tuo percorso per raggiungere i tuoi obiettivi ti sei autosabotato, hai dubitato delle tue capacità finendo per allontanarti dalla meta? ☺ per prima l'ho fatto molte volte, ma ho cercato di non dimenticare mai che anche i momenti negativi sono parte del percorso. Porta con te queste 6 frasi durante il weekend e ricarica le batterie per la nuova settimana in arrivo! 🎉🎉🎉 Quale colore ti rappresenta di più?...#mindset #businessonline #imprenditricedigitale #smm #socialmediamanager #obiettivi #strategiemarketing #pmi #smallbusinesstips #motivazione #crescitapersonale #marketingitalia #socialmediaitalia #strategieinstagram #branding #psicologia #comunicazione #contentcreator #cresceresuininstagram #webagency #selfstatement #autostima #strategiesocial #mentalitàvincente #maimollare #donnefreelance #imprenditicreative</p>  | IT | <a href="https://www.instagram.com/p/CRa_Kp8qPqe">https://www.instagram.com/p/CRa_Kp8qPqe</a> |  |  |  |

|           |    |  |    |   |   |   |
|-----------|----|--|----|---|---|---|
| instagram | it | Oggi per la prima volta ho affrontato la Milia e i dubbi erano tanti, ma è bastato superare la prima rampa dura (quella che apettavo....quella di cui sentivo sempre parlare) per capire che questo giro mi sarebbe piaciuto tantissimo😊....Per la cronaca il cancello non l'ho visto, ma tanto tanto di più bello si è aperto davanti ai miei occhi😊Grazie di cuore a chi mi sprona sempre Linda e crede crede in me e mi accompagna in queste avventure e grazie alle mie mitiche amiche Viviana e Maria che spesso mi trascinano dove io non metterei mai una ruota😊Felice io😊#etna #pianovetore #rifugiosapienza #bicidacorsa #biciinrosa #donnesportive #sport #sportlife #cycling #cyclingpassion #cyclinglife #ciclisteitaliane #ciclistaitaliano #passioneperlabici #condividerepassioni #amicizia #condivisione #starebene #tenersiinforma #obiettivi #maimollare #credereinsestessi  |    | <a href="https://www.instagram.com/p/CRbidFilhLR">https://www.instagram.com/p/CRbidFilhLR</a> | x | the user thanks those who encourage her to overcome doubts and limitations, especially her friends. |
| instagram | it | Perche prediligere un allenamento a piedi scalzi?VANTAGGIO NUMERO 1:Occorre sapere che la pianta del piede è ricca di RECETTORI (podalici per l'appunto) che raccolgono informazioni dall'ambiente esterno e le invia al nostro cervello per dare delle risposte motorie idonee. Assieme agli altri sensi, l'appoggio podalico, garantisce e migliora il nostro equilibrio sia in statica che in dinamica (cioè quando siamo fermi e quando facciamo qualsiasi movimento).VANTAGGIO NUMERO 2:Sotto la pianta del piede abbiamo un ARCO, la cosiddetta VOLTA PLANTARE che crea stabilità a tutta la struttura soprastante consentendo di scaricare il peso del corpo il maniera ottimale a terra. Salvo situazioni specifiche (piede piatto), l'uso delle scarpe tende a far cedere tale struttura. Con l'allenamento a piedi nudi invece questa viene ripristinata cosa che porta ad avere un miglior ritorno venoso e quindi (occhio donne) contribuisce a migliorare fenomeni come a cellulite e la ritenzione idrica.Per cui cerchiamo il più possibile di rimanere scalzi laddove possibile, ma soprattutto durante attività fisica, il nostro corpo ci ringrazierà! IT Ginnastica Dinamica Militare Italiana IT#DiamoilMassimo#superaituolimiti#ZeroScuse#MaiMollare #AdMajora#SempreAvanti#avantitutta@gdmitaliana#gdmpciona#GinnasticaDinamicaMilitareItaliana#GinnasticaDinamicaMilitareConegliano#ginnasticadinamicamilitare1978#bootcamp#fitness#fitnessmotivation#fitnessgirl#fitnes#workout#fitnessitalia#fitnesslife#fitnesslifestyle#fitnessphysique#fitnessbody#fitnesscoach#fitnessboy#fitnesswomen#fitnessfirst#fitnesscairls#calisthenics#crossfit | IT | <a href="https://www.instagram.com/p/CRca6TYMt71">https://www.instagram.com/p/CRca6TYMt71</a> |   |   |

|           |    |   |  |   |  |  |  |
|-----------|----|---|--|---|--|--|--|
| instagram | it | <p>Non è mai troppo tardi per essere ciò che avresti voluto essere ... Finché sei viva, finché hai forza di fare, devi provare ! Ne sono sempre più convinta ☺#enricachicca #agisci #fai #donne #felicità #donnabusiness #maimollare #smilingteam#makeup #inizia #ripartire #aziendaitaliana #professione #possibilità</p>  |  | <a href="https://www.instagram.com/p/CRYK8fwNkwj">https://www.instagram.com/p/CRYK8fwNkwj</a> |  |  |  |
| instagram | it | <p>Spesso mi sento dire : lo non potrei mai fare quello che fai tu, non ne sarei capace !!! ➔Ah no??? 🙄🙄🙄🙄 ➔ poi navighi su Facebook , Instagram , tik-tok ore ed ore condividendo post , foto di paesaggi , di ricette, di animali come se non ci fosse un domani ➔ fotografi qualsiasi cosa provando filtri e tagghi luoghi, ristoranti, negozi facendo tanta ma tanta pubblicità gratis ➔ condividi qualsiasi cosa che ti riguarda, ogni scusa è buona 🙄🙄.. Tutti noi condividiamo la nostra vita sui social più o meno spesso senza però averne alcun beneficio. Condividiamo esperienze, abitudini, pensieri, investendo il nostro tempo a vuoto. ☺ Cosa faccio io? Quello che fa la maggior parte delle persone che ha un profilo o una pagina social: ➔ condivido le mie giornate, le mie esperienze, i miei risultati. Solo che io ho colto al volo questa opportunità e ...ci guadagno. ☺ Sto costruendo un mio progetto , utilizzando il sistema geniale del network marketing, facendo quello che le persone fanno inconsapevolmente ogni giorno, sto investendo il tempo che passo sui social per realizzare obiettivi e sogni. Ancora penso di non poterlo fare anche tu o di non riuscirci? Un consiglio: Contattami !!!...#imparareconinstagram #networkers #unpassodopolarolontano #networkmarketingleads #networkmarketingtip #netwkorker #moldaviangirl #cercotenelmioteam #scrivimidiport #scrivilatuastoria #meritareilmiosegno #mammasuinstagram</p> |  | <a href="https://www.instagram.com/p/CRX7-TjFZ6m">https://www.instagram.com/p/CRX7-TjFZ6m</a> |  |  |  |

|           |    |   |    |   |   |  |
|-----------|----|---|----|---|---|--|
|           |    |   |    |   |   |  |
| instagram | it | <p>Il colore delle donne Italiane.Per tanti anni mi sono occupata in salone delle mani delle mie clienti, e posso affermare che negli ultimi 10 anni il colore per eccellenza è stato il rosso!Passionale, allegra, femminile, sicura di se, sia elegante che sportiva, il rosso è davvero il colore che mette in accordo tutte.Sta ben praticamente con tutti gli stili e gran parte degli outfit ed è molto gettonato anche per la pedicure- In tutte le sue nuance dal Ferrari al Valentino, fino alle innumerevoli sfumature del Rosso Ciliegia fino al particolarissimo e gettonato Rouge Noir, il rosso non conosce stagioni ed è un vero must have nel cassetto dell'onicotecnica.Ti è piaciuta la mia teoria sul rosso?Metti mi piace, salva per rileggere, o condividi con i tuoi amici.Se hai domande per me scrivi nei commenti oppure in dm. Sarò lieta di consigliarti i miei colori preferiti.#motivazione#ispirazione#chinonsiformasiferma #michelacademy #academy #michellenails #maimollare #credercisemprerendersimai #boiachimolla #micheladegan #academy #trainer #resilienza #tips #consigli</p> |    | <a href="https://www.instagram.com/p/CRZMF1dK-d6">https://www.instagram.com/p/CRZMF1dK-d6</a> |   |  |
| instagram | it | <p>Contro la spossatezza estiva e la disidratazione, fai il pieno di melone cantalupo il suo colore arancione è già indice di un'elevata dose di betacarotene, che stimola l'organismo alla produzione di melanina, quindi protegge la pelle dai raggi solari e aiuta ad avere un'abbronzatura omogenea ✓Aiuta la circolazione e la pressione arteriosa, ha un'elevata dose di potassio ✓Contrasta l'azione nociva dei radicali liberi ✓E' un vero superfood e particolarmente indicato per chi si allena →Tu come ami mangiarlo? Ti aspetto nei commenti #metodotrainerdonna #napoli #pomigliano #pomiglianodarco #santanastasia #palestranapoli #functionaltrainingnapoli #donneinforma #donneinpalestra #studipersonaltraining #centrofitness #fititalia #stareinforma #funzionale #buonipropositi #programmatop #stiledivitasano #dimagrireinsieme #esercizio #benesserenaturale #determinazione #palestratime #maimollare #womanchallenge #lifestyle #trx</p>  | IT | <a href="https://www.instagram.com/p/CRZG5AHKeJK">https://www.instagram.com/p/CRZG5AHKeJK</a> | x | the user talks about the "melone cantalupo" and its benefits against summer fatigue and dehydration, a useful tool for keeping fit |

|           |    |  |    |   |  |  |  |
|-----------|----|--|----|---|--|--|--|
|           |    | *mai mollare* Questo è il mio motto! A tutti almeno una volta nella vita sarà venuta voglia di mollare, anche a me...tranquilla! A volte momenti o persone ti avranno portato ad abbatterti fino ad arrivare allo sfinito! Ma ad oggi ho imparato a dire ma sai che c'è ma VAFFANCOLO VAI! Perché stare seduta lì in un angolino ad aspettare che in un modo o nell'altro la tua vita cambi? Si dice che il destino di ognuno di noi è scritto! Può essere ma dobbiamo cercare di dare anche una spinta in modo che possa accadere qualcosa di bello! Io ho scelto di non stare più rannicchiata in quella sedia a piangermi addosso e ad aspettare che un milione di euro mi cada dal cielo, perché non succederà mai! Ho deciso di stare sulla sedia a gambe all'aria questo grazie alla scelta più bella che potevo fare nella mia vita! Grazie ad una persona che mi ha permesso di conoscere questo mondo del NETWORK e grazie a questa azienda con un ❤ grande che mi sta dando la possibilità di guadagnare per realizzare i miei sogni e i miei obiettivi!!! Se a quest'ora non fossi arrivata tu Valentina Battini io sarei seduta su quella sedia ancora rannicchiata a piangermi addosso! E io voglio aiutare voi Donne e Uomini a conoscere questo mondo fantastico e a realizzarvi professionalmente ed economicamente! NON CI CREDI? Anche io non credevo a tutto ciò ero scettica, prendevo in giro! Ma solo quando ci sei dentro capisci e da lì ogni passo è solo che in salita! Innamorata di questo Lavoro, di questa AZIENDA e di voi fantastico TEAM!!! #brandinfluencer #glamourteam #maiollare #ichonline #aziendafantastica #bastianiancorno #felicità |    | <a href="https://www.instagram.com/p/CRZhOIRNpNc">https://www.instagram.com/p/CRZhOIRNpNc</a> |  |  |  |
| instagram | it | #streghe #sante #strega #stregoneria #stregaitaliana #allende #isabelallende#shiatsumassage #shiatsugravidanza #shiatsuapos #donna #donne #donneitaliane #maiunadimo #maiollare #bellezza #bellezzadelladonna #bellezzadelsacro #bellezzavera #benessereolistico #serendipity #serendipità #meditazionetrascendentale #meditazione   | IT | <a href="https://www.instagram.com/p/CRZgBKesX2x">https://www.instagram.com/p/CRZgBKesX2x</a> |  |  |  |

|           |    |  |  |  |  |  |
|-----------|----|--|--|--|--|--|
|           |    |  |  |  |  |  |
| instagram | it | <p>Da stamattina ho fatto mille cose 🌸 Unghiette nuove, finalmente, che avevo troppo bisogno di un "nails restyling" e mentre mi godevo quel momento tutto per me riflettevo:Lavoro tanto, sono molto impegnata, ma sto costruendo qualcosa di incredibile e lo sto facendo con la mia famiglia accanto ❤️ ❤️ Ora casa sistemata, antibiotico preso e bimbi a nanna 😊 lo leggo due pagine del mio libro mentre sorseggi la mia tisana ☕ Poi inserisco i riordini per Francesca, Alessandra e Laura 📲 I riordini mi piacciono più degli ordini perché sanno di conferma.Conferma per loro di aver preso la strada giusta e conferma per me che le ho consigliate bene 😊 Buonanotte 💋 ...#riordini #clientifelici #clientspeciali❤️ #clientsoddisfatti #clienti #ordinionline📱 #shoppingonline #soddisfazione #soddisfazionepersonale #soddisfaioneimmena #amoilmolavoro #successo #successopersonale #succesfull #succesfulwomen #successfulminds #lastradaperilsuccesso #obiettividaraggiungere #obiettivipersonali #sognidarealizzare #isognidiventanorealtà #sevuoi puoi #maimollare #donnetoste #donnecoraggiose #donnedisuccesso #donnebusiness #businesswoman #imprenditrice digitale #donneimprenditrici</p> | <p><a href="https://www.instagram.com/p/CRZ_Tehlbwy">https://www.instagram.com/p/CRZ_Tehlbwy</a></p> |  |  |  |
| instagram | it | <p>Gli sportivi devono garantire all'organismo il carburante necessario per affrontare l'allenamento ma non devono appesantirsi per non penalizzare la propria performance sportiva. Via libera ai carboidrati di pasta, pane, riso (tutti preferibilmente integrali). Via libera agli zuccheri semplici, ma solo se si prevede uno sforzo di breve durata. Le proteine sono fondamentali per mantenere e riformare la massa muscolare che si usura durante un'attività fisica, e anche i grassi possono essere aumentati, ma solo dietro attente valutazioni del nutrizionista. Attenzione anche ai liquidi, che devono essere reintegrati dopo l'attività fisica e servono anche a ripristinare i sali minerali persi durante l'esercizio.#sport #fitness #workout #motivation</p>   | <p><a href="https://www.instagram.com/p/CRYj_KrBu9e">https://www.instagram.com/p/CRYj_KrBu9e</a></p> |  |  |  |

|           |    |  |    |   |   |  |  |
|-----------|----|--|----|---|---|--|--|
| instagram | it | <p>Portiamo l'attenzione alle anche e alle caviglie, mentre dedicheremo un video separato per la mobilità della parte superiore del corpoMigliorare la mobilità della caviglia può aiutare nel camminare, nel correre o anche nell'esecuzione di alcuni schemi motori, come lo squat o in generale tutte le accosiateLa mobilità dell'anca aiuta per prevenire i dolori alla schiena, ma anche per migliorare la performance in allenamentoEnjoy ☀ ...#yoga #fitness #meditation #yogapractice #mobilitytraining<br/>#yogainspiration #yogalife #mindfulness #yogi #yogateacher #yogalove #motivation #yogaeveryday #yogaitalia #yogaitaly #yogaitaliano #loveforfitness #ilovefitness #workouttips #workoutrecovery #yogaflowvideo #mindset #guidedflow #yogaguidato #yogaflow #meditazioneguidata #breathingexercise #stressfree #mindandbody #mindtraining</p>  |    | <a href="https://www.instagram.com/p/CRYjsU8FSmW">https://www.instagram.com/p/CRYjsU8FSmW</a> | x |  | <p>in this video the trainer brings attention to the hips and ankles.<br/>Improving ankle mobility can help when walking, running or even performing certain motor patterns, such as squats or all squats in general.<br/>Hip mobility helps to prevent back pain, but also to improve training performance.</p> |
| instagram | it | Piernas#gambe#pesas#pesi#trainer#training#allenamento #training #personalizzato#fitness#allenamentopergambe#cellulite#<br>  |    | <a href="https://www.instagram.com/p/CRZ21Lhne_I">https://www.instagram.com/p/CRZ21Lhne_I</a> | x |  | the woman performs a leg workout   |
| instagram | it | #      à?Io nella vita mi sono sempre #sottodimensionata. Non ho mai Quanto credi in te stessa e nelle tue capacità. Pensato in grande. Non ho mai creduto di poter fare grandi cose. Questo deriva probabilmente da un #problema di autostima. Che per fortuna ho risolto quasi del tutto nell'ultimo anno ❤ E che per fortuna mi ha portata a scegliere finalmente di fare qualcosa per me, qualcosa di mio, da costruirmi giorno dopo giorno con le mie stesse mani, con la mia #volontà e la mia #vogliadifare. Non c'è #soddisfazione più grande. Finalmente #sogno. Sogno un team di donne come me che abbiano la #forza di alzarsi e mettersi in gioco. Sogno ma con la certezza che ci arriverò. COSTI QUEL CHE COSTI. #costiquelchecesti #celapossofare #credici #credicisempre #lalternativaesiste #maimollare #lavorodisquadra #team #lavorointeam #teamdidonne #squadrafemminile #teamfemminile #lavoroperdonne #donneforti #donnecariche #rinascita #credereinsestessi #maiperdersi #autostima #amoilmolavoro |    | <a href="https://www.instagram.com/p/CRVpaaUtIRO">https://www.instagram.com/p/CRVpaaUtIRO</a> |   |  |  |
| instagram |    | #schopenhauer #arthurschopenhauer#shiatsumassage #shiatsugravidanza #shiatsuapos #donna #donne #donneitaliane #maiunadimeno #maimollare #bellezza #bellezzadelladonna #bellezzadsacro #bellezzavera #benessereolistico #serendipity #serendipità #meditazionetrascendentale #meditazione #tuina #shiatsu #tuinamassage #centroilmelogranoivimercate  | IT | <a href="https://www.instagram.com/p/CRW9U-Qsq8">https://www.instagram.com/p/CRW9U-Qsq8</a>   |   |  |  |

|           |    |   |    |   |   |  |  |
|-----------|----|---|----|---|---|--|--|
| instagram |    | #justthink 🌟❤️ . #thinking #pensieri #openyoureyes #openyourmind #openyourheart #nonsimolauncazzo #maimollare #osteogenesisimperfecta #laforzadelle donne #strongwomen #strongheart #heart #timeforme #reflection #blackandwhite #picture #moment #timeout #likeforlikes #likeforfollow #follow4followback #flame #casper # 🌟 #🌟 #🌟 #🌟 #just #hope  | IT | <a href="https://www.instagram.com/p/CRX6rOaMcEG">https://www.instagram.com/p/CRX6rOaMcEG</a> |   |  |  |
| instagram | de | #gutenmorgen#natur#nature#naturliebe#fit#fitness#gym#training#laufen#medizin#tattoo#tattoos#motorrad#motorcycle#kaffee#donnerstag#thursday#arbeit#work#lesen#buch#hunde#katzen#kaffee#zeichnen#kunst#art  |    | <a href="https://www.instagram.com/p/CRVXnQkNIS0">https://www.instagram.com/p/CRVXnQkNIS0</a> |   |  |  |
| instagram | de | #liebeslauftagebuch Guten Morgen! Heute ein kleiner leichter Lauf bevor es für mich in den letzten Arbeitstag der Woche geht ☺☺ Es steht das jährliche Wochenende mit den Jungs an, wir werden gemütlich ein paar Tage Campen gehen! Wenn man sich nicht so oft sieht hat man einiges zu Quatschen Habt nen geilen Start in den Donnerstag ☺☺☺ Trefft ihr euch regelmäßig? Dadurch das man eine eigene kleine Familie hat ist es sehr zurück gegangen.#run #running #runner #fitness #runners #instarunners #runnersofinstagram #runningmotivation #training #runhappy #sport #instarun #workout #motivation #k #marathon #fit #garmin #instarunner #cottbus #cottbusläuft #city #runnersworld #runnerscommunity #runningcommunity #laufen #darumlaufewir #meinestadt | DE | <a href="https://www.instagram.com/p/CRVXmRiMWI8">https://www.instagram.com/p/CRVXmRiMWI8</a> |   |  |  |
| instagram | it | COMBO BOOTY KILLER 🌟 YM 🌟 Salva e prova il workout 60 passi granchio50 abduzioni 40 molleggi ponte30 ponte glutei 20 x lato slanci laterali10 x lato slanci in quadrupedia60" REST4 ROUND Tagga un'amica e falle provare questa combo killer ☺#allenamentoalfrmmmin#workoutathome#bootykiller#workoutbooty#gluteiworkout#glutei#fitgirl#fitness#sportmotivation   |    | <a href="https://www.instagram.com/p/CRV_pICLUwW">https://www.instagram.com/p/CRV_pICLUwW</a> | x |  | the user shows a workout to keep fit with just a band. |
| instagram | it | 👉 Lo sai che devi difenderti dai pensieri negativi che non ti fanno migliorare? ☹ Quali sono? Sono quelli che ti buttano giù, quelli che ti offuscano la mente e ti fanno restare fermo ad aspettare un cambiamento che mai arriverà ...perché se vuoi conquistare i tuoi risultati ☺ devi uscire dalla tua zona di comfort 🙅, non ascoltare i rumori di fondo 🙅 e restare lucido 🌟 e positivo per sfidare ogni ostacolo con determinazione! #nozonadicomfort #osa #maimollare #successo #positività #mindset #miraalrisultato #giovannadubbini #timetoshine * #imprenditricedigitale #donneitaliane #businesswoman #businessonline #donneinrinascita #donnaconney  |    | <a href="https://www.instagram.com/p/CRT8PhBFyhe">https://www.instagram.com/p/CRT8PhBFyhe</a> |   |  |  |

|           |    |   |    |   |   |  |  |
|-----------|----|---|----|---|---|--|--|
| instagram | it | .... ! Perché se ci credi veramente niente ti ferma.<br><b><i>CREDICI</i></b> se sei già a metà strada  |    | <a href="https://www.instagram.com/p/CRUszzBb24">https://www.instagram.com/p/CRUszzBb24</a>   |   |  |  |
| instagram | it | ↑ ↑ E anche noi abbiamo finalmente trovato il nostro FEDERICO FASHION STYLE giusto Federica Vascon??? ↑ A parte gli scherzi il nostro ANDREI è all'opera per tutte/i voi! Perché qui non si molla mai !!!!!FORZA ANDREI ❤️ ❤️ ❤️ #parrucchieriilbellolededonne #sempreilmegliopervoi❤️ #sempresulpezzo #aimmollare  | IT | <a href="https://www.instagram.com/p/CRUrzPvhDWy">https://www.instagram.com/p/CRUrzPvhDWy</a> |   |  |  |
| instagram | it | #depascalis#shiatsumassage #shiatsugravidanza #shiatsuapos #donna #donne #donneitaliane #maiunadimeno #aimmollare #bellezza #bellezzadelladonna #bellezzadelsacro #bellezzavera #benessereolistico #serendipity #serendipità #meditazionetrascendentale #meditazione #tuina #shiatsu #tuinamassage #centroilmelogranoimercate   | IT | <a href="https://www.instagram.com/p/CRUVKjfMu5S">https://www.instagram.com/p/CRUVKjfMu5S</a> |   |  |  |
| instagram | it | D'ora in poi #selettiva Punto n.1 GUARIRE #tumorealseno #chemioterapia #aimmollare #donna #guerriero PUNTO.2 MANDARE A FAN....PUNTO 3 DIVORZIARE PUNTO 4 NUOVA VITA #libertà VIVERE PIÙ FELICE senza rottura di ...   |    | <a href="https://www.instagram.com/p/CRULXFwBcOK">https://www.instagram.com/p/CRULXFwBcOK</a> |   |  |  |
| instagram | en | #gym #allenamento #workout #motivation #homegym #entrenamiento #fit #fitness #transformation #cuerpo #corpo #mente #alma #anima #carico #pesas #peso #dieta #sana #active #tempoaltempo #forza #fuerza #strong #funzionale #fisica #ejercicio #esercizi #progress #vita   |    | <a href="https://www.instagram.com/p/CRUsFt9IPXI">https://www.instagram.com/p/CRUsFt9IPXI</a> | x |  | the user shows a workout to do at home |
| instagram | en | Buongiorno.... Molto significante il confronto fra questo due categorie di persone. Io ho preso la mia decisione... la vostra qual è? #teampressure #teampressuresystem #love #style #life #makeup #lifestyle #italy #successo #business #cambiamento #determinazione #donneincarriera #networkmarketingitalia #vita #obiettivi #successo #motivazionedelgiorno #motivazione #traguardi #aimmollare #nonmollaremai #mentalità #crescita #crescitapersonale #liguria #toscana #sicilia #pensieripositivi #iorestoinalive | IT | <a href="https://www.instagram.com/p/CRQmMUTLgvc">https://www.instagram.com/p/CRQmMUTLgvc</a> |   |  |  |

|           |    |  |    |   |   |   |  |
|-----------|----|--|----|---|---|---|--|
| instagram | it | #zittiebuoni Perché ora sarebbero sprecate le parole. Anche se ce ne sarebbero molte#addio #chedelusione #buonafortuna Ti auguro una diarrea bagni occupati e mutande piene#tumorealseno #chemioterapia #donneguerriere #maimollare  |    | <a href="https://www.instagram.com/p/CRRbsHBBVpc">https://www.instagram.com/p/CRRbsHBBVpc</a> |   |   |  |
| instagram | it | Grazie @thewall_1976 finalmente è arrivato il libro con dedica personalizzata...Bellissime parole come tu sai scrivere. #teampressure #teampressuresystem #love #style #life #makeup #lifestyle #italy #successo #business #cambiamento #determinazione #donneincarriera #networkmarketingitalia #vita #obiettivi #successo #motivazionedelgiorno #motivazione #traguardi #maimollare #nonmollaremai #mentalità #crescita #crescitapersonale #liguria #toscania #sicilia #pensieripositivi #iorestoinalive | IT | <a href="https://www.instagram.com/p/CRRBXZxL2x9">https://www.instagram.com/p/CRRBXZxL2x9</a> |   |   |  |
| instagram | it | Ricorda che nella vita i periodi bui sono il preludio di quelli luminosi, io so attendere e la mia attesa verrà ripagata. Grazie figlio mio che sei la mia ancora e il mio tutto.#donneforti #donneconlepalme #vivilavita #vivereacolori #maimollare #crederci sempre #torneràisole  |    | <a href="https://www.instagram.com/p/CRQ4-T5BtzO">https://www.instagram.com/p/CRQ4-T5BtzO</a> |   |   |  |
| instagram |    | #osh oshoitalia #oshquoteshappy #oshquote #oshointernational #oshoba #donna #donne #donneitaliane #maiunadimeno #maiunadimeno#maimollare #bellezza #bellezzadelladonna #bellezzadelsacro #bellezzavera #benessereolistico #serendipity #serendipità #meditazionetrascendentale #meditazione  | IT | <a href="https://www.instagram.com/p/CRRtf6XM4mE">https://www.instagram.com/p/CRRtf6XM4mE</a> |   |   |  |
| instagram | it | Come ogni estate tornano come le zanzare, accompagnate dalle scuse peggiori e frasi agghiaccianti tipo "mettiamo fieno in cascina" o "riempiamo il serbatoio"...Quando sono state trasportate nel calcio erano i tempi in cui in allenamento non si poteva bere perchè l'acqua appesantiva...tutto è cambiato ma loro resistono nel tempo: LE RIPETUTE.#allenamento #allenamentocalcio #training #tiroprecampionato #preseason #seriea #soccer #soccertraining #preparatoreatletico #fitness               |    | <a href="https://www.instagram.com/p/CRRfBSzC_o2">https://www.instagram.com/p/CRRfBSzC_o2</a> | x | the user mocks a certain type of training now considered outdated |  |

|           |    |   |    |   |  |  |
|-----------|----|---|----|---|--|--|
| instagram | it | Torno a casa soddisfatta!!!Due giorni European Convention<br>TOP TOP Torno a casa con :- Carica positiva - Emozioni- Focus- Storie di persone fantastiche - Motivata - Nuovi prodotti - Amicizie - Strategia lavorativa- Consigli - Confronti ....E molto altro ancora!!!    #costiquelchecosti #europeanconvention2021 #crescita #energia #lancionuoviprodotti #novità #formazione #storiedisuccesso #storiedipersonestraordinarie #storiedipersonenormali #storiedipersoneespeciali #donne #sacrificio #volereèpotere #maimollare #donneover45 #mammadiduebambini #mammaover45 #mammainforma #mammaonline #obiettivi #perché                       | IT | <a href="https://www.instagram.com/p/CROHss2MbGh">https://www.instagram.com/p/CROHss2MbGh</a> |  |  |
| instagram | it | faccia stanca e con le occhiaie ma con il sorriso di felicità di chi un po' alla volta sta costruendo il suo sogno!!La mia avventura è iniziata per noia durante il lockdown e ora le mie ricette facili e veloci sono nelle tavole di molte persone!!😊Ho iniziato una collaborazione molto importante con la @coop_lafiorita di cui vado molto fiera e sto partecipando anche ad altre importanti iniziative. Post per tutti quelli che mi pensavano pazzo!😊#mammaifornelli #credereneisogni #felicità #maimollare #SOGNI #ricette #ricettefacilieveloci #vivedonne #donne #orgogliosa #womanpower #mammadigemelli #io #famiglia❤️   | IT | <a href="https://www.instagram.com/p/CRO4ozjr58b">https://www.instagram.com/p/CRO4ozjr58b</a> |  |  |
| instagram | it | ?Ieri ho avuto un momento di riflessione e stavo pensando un po' al mio nuovo progetto e mi sono chiesta: "Sto facendo la cosa giusta? Continuo o mi fermo?" La scorsa settimana è stato difficile portare avanti questo progetto ma NON ho mollato.Mentre pensavo però ad un certo punto ho ricevuto una telefonata ed è stata proprio quella a darmi la carica. Era una cliente che dopo una sola settimana si programma mi ha chiamata per ringraziarmi.Mi ha anche scritto un messaggio ringraziandomi perché si sente già rinata. In una settimana - 2,7 KG😊😊😊 ma la cosa più bella che mi ha detto è stata "Dany sto meglio, sto bene e non mi sento gonfia"Ora sono io che ringrazio te! Queste parole sono arrivate al momento giusto! GRAZIEEEE Ora voglio aiutare più donne quindi cosa stai aspettando????? Non perdere altro tempo!!!✍SCRIVIMI#maimollare #tornareinformasipù #mangiaresano |    | <a href="https://www.instagram.com/p/CROy5ARIJ8n">https://www.instagram.com/p/CROy5ARIJ8n</a> |  |  |
| instagram |    | #donna #donne #donneitaliane #maiunadimeno #maiunadimenonope #maimollare #bellezza #bellezzadelladonna #bellezzadelsacro #bellezzavera #benessereolistico #serendipity #serendipità   | IT | <a href="https://www.instagram.com/p/CRPbtTwswrL">https://www.instagram.com/p/CRPbtTwswrL</a> |  |  |

|           |    |   |    |   |  |  |  |
|-----------|----|---|----|---|--|--|--|
| instagram | it | <p>La serenità la raggiungi quando puoi dimostrare a te stesso che stai bene con te stesso. E chi c'è, c'è solamente per amore nient'altro che per amore. #smile😊</p> <p>#mediolanumchapter #passion #motorcycle #sporster #sportymeeting2021 #openyoureyes #colors #serenità #dimostrare #empatia #sensibilità #nonsimollauncazzo #maimollare #laforzadelledonne #donneinmoto #amore #affetto #liketime #casper #flame #moment #sarurday #memories #picture #likeforlikes #likeforfollow # # 🌟 #❤️</p>   | IT | <a href="https://www.instagram.com/p/CRQKX2mstT-">https://www.instagram.com/p/CRQKX2mstT-</a> |  |  |  |
| instagram | en | <p>Ciao ragazzi, sono troppo carica! Troppe emozioni che mi scorrono addosso, finalmente posso annunciarvi la notizia.Vi presento il mio piccolo gioiello! 🎀#poterealledonne #pussypower #nails #moda2018 #photooftheday #modelling #modellingphotography #influencer #influenceritalia #instagood #influencerstyle #top #topmodel #gluten #fitness #body #photographer #photography #photomodel #italygirl #siciliangirl #instagram #instapic #500 #dangerouswoman #shoesale #tacchi #pose #freedom #photooftheday #photoofthedays</p>   | IT | <a href="https://www.instagram.com/p/CRO8P_PtNL-">https://www.instagram.com/p/CRO8P_PtNL-</a> |  |  |  |
| instagram | it | <p>Il passato è passato e mi è servito da lezione !Ho capito che per cambiare le cose devi imparare a camminare indietro, avere un atteggiamento diverso....liberarti da tutto quello che è negativo per far spazio solo a cose belle !</p> <p><i>Ha imparato a guardare quanti senza voltarmi indietro.</i></p> <p>Un anno fa, ho deciso di lanciarmi in una splendida avventura chiamata network marketing ! Inizialmente era un modo per arrotondare e per non arrivare a fine mese con l'acqua alla gola, il così detto " piano B " ma più andavo avanti e più mi rendevo conto che era qualcosa di ben più grande ! Era l'opportunità che aspettavo da tempo ! È un lavoro a tutti gli effetti anche se molti pensano che non sia così e sappiate che il 98% della gente molla ancor prima di iniziare ! Solo il 2% riesce a rendere straordinaria la propria vita grazie a questa grande opportunità ! Il network marketing è per tutti ma non è da tutti, ci vogliono le palle e bisogna crederci fregandosene di ciò che dice la gente, uscendo dagli schemi e dalla propria zona di comfort ! Nulla potrà mai cambiare se si rimane ancorati sulle proprie convinzioni !!!Un lavoro fatto di condivisione e relazioni che mi permette ogni giorno di rendere tante donne felici, aiutandole e offrendole le mie stesse soluzioni ! Ditemi se tutto questo non è fantastico ! Io ci credo in tutto questo e so benissimo che con dedizione, impegno e tempo realizzerò tutto quello che avevo rinchiuso in quel cassetto ! Nulla cade dal cielo senza merito e senza sacrificio a meno che non si abbia il culo di essere nati con la camicia ! Non è il mio caso, come nemmeno per altri la devo tocca a te capire cos'è che</p> |    | <a href="https://www.instagram.com/p/CRLx4MjpVg7">https://www.instagram.com/p/CRLx4MjpVg7</a> |  |  |  |

|           |    |   |    |   |   |   |
|-----------|----|---|----|---|---|---|
| instagram | it | <p>Posted @withregram • @lallabike Dopo tre mesi e mezzo di Stop forzato per una banalissima caduta...mi hanno aperto la gabbia e liberata dalle manette...Finalmente poter tornare in sella con tanta fatica ...il mio primo giro di prova 🚴‍♂️Mix di emozioni indescrivibili che solo chi c'è passato e che ha una forte passione per la BICI può capirmi! Non bisogna mai mollare! Trovare sempre un appiglio per andare avanti.Grazie ai miei familiari, agli amici e conoscenti, che con una telefonata, un messaggio o un pensiero mi hanno supportata e dato la forza per superare anche questa. Un grazie al mio fisioterapista impeccabile che mi segue ormai da tempo GRAZIE DI CUORE. ❤️ Giro tranquillissimo finalmente respirando all'aria aperta, persa nella natura, ammirando le semplici cose che mi circondano e tutto questo in sella alla mia bici. Un'ora e mezza di VITA ❤️❤️❤️❤️❤️#bicicpassione#cuore#battito#vitafgambe#testa#pedala#determinazione#maimollare# ciclista#ciclismo#strada#mtb#sole#felicità#gioia#emozioni#pedalerosa#bike#bikgirls#cycling#cyclist#cyclingwomen#instacycling#bikelife#cyclinggirls#mtbpassion#cyclinglove#mtblife@le_cicliste_italiane _ @pedalareconpassione @donnesuipedali @ciclismodepanza @ciclististravaganti @femmecycling3 @beautiful_sporty_girls @womenscyclingstyle @ekoicycling @cycling_queens @lovebike20 @ciclistaitaliano @roadbike24 @sport_community_photo_1</p> |    | <a href="https://www.instagram.com/p/CRMMy5RMLV7j">https://www.instagram.com/p/CRMMy5RMLV7j</a> | x | "After three and a half months of forced stop due to a trivial fall...they opened the cage and freed me from the handcuffs.... Finally being able to get back on the saddle with so much effort ...my first test ride."       |
| instagram | it | #perseveranza#combattere#maimollare#obiettivi#donneforti  |    | <a href="https://www.instagram.com/p/CRKAx1Bhtwe">https://www.instagram.com/p/CRKAx1Bhtwe</a>   |   |   |
| instagram | it | <p>✿PRIMA SETTIMANA DEL PROGRAMMA ANDATA✿ Non vi nascondo che l' #emozione era tanta e soprattutto, la paura di non "arrivare" a voi o che le lezioni non vi piacevano, o ancora di non essere abbastanza chiara, era tanta. Ma questa volta la PAURA non ha preso il sopravvento.Ho pensato: " queste ragazze hanno SCELTO ME ❤️" e quindi mi ascolteranno, si fideranno, e mi supporteranno. Adesso TOCCA A VOI. Tocca a voi impegnarvi, dare il massimo, essere al 100% durante le lezioni e credere in voi stesse.Certo, all'inizio qualcuna troverà qualche difficoltà, ma sarà bello vedere i vostri #progressi settimanali, la vostra crescita e i vostri risultati.A tutte le ragazze di ✿MBP✿: ☺️ COME VI SENTITE? ☺️ CHE SENSAZIONI PROVATE A FINE ALLENAMENTO? ☺️ VI PIACCIONO LE LEZIONI? Grazie ☺️ ...#mbp #meganbiprogram #fitness #lezionionline #prigrammadiallenamento #female #workout #bodyweight #dieta #sport #motivazione #proudofyou</p>   | IT | <a href="https://www.instagram.com/p/CRJHCgsB3wt">https://www.instagram.com/p/CRJHCgsB3wt</a>   | x | the user explains how the emotion was so great and above all, the fear of not " getting through" to the pupils or of not liking the lessons, or of not being clear enough, was so great. But this time FEAR did not take over |

|           |    |   |    |   |  |  |
|-----------|----|---|----|---|--|--|
|           |    |   |    |   |  |  |
| instagram | it | Chi ha tempo non perda tempo....Ogni occasione è buona per aumentare la propria conoscenza con l'aiuto di libri o video.Oggi mentre sono qui ad aspettare mi dedico alla lettura di questo fantastico libro...P.S.: posto bellissimo per leggere ☺#teampressure #teampressuresystem #love #style #life #makeup #lifestyle #italy #successo #business #cambiamenti #determinazione #donneincarriera #networkmarketingitalia #vita #obiettivi #successo #motivazionedelgiorno #motivazione #traguardi #maimollare #nonmollaremai #mentalità #crescita #crescitapersonale #liguria #toscana #sicilia #pensieripositivi #iorestoinalive   | IT | <a href="https://www.instagram.com/p/CRGfxsWLqPC">https://www.instagram.com/p/CRGfxsWLqPC</a> |  |  |
| instagram | it | #prontipartenzavia per #chemioterapia #tumorealseno #maimollare #donneguerriere SEMPRE CON DECORO #buongiorno anche a chi non saluta più A te TESORO  |    | <a href="https://www.instagram.com/p/CRGZVbhhmxt">https://www.instagram.com/p/CRGZVbhhmxt</a> |  |  |
| instagram | it | Chissà, se anche i #pensieri , staccano per il #weekend...Buon venerdì amici<br>☺.....#pensierosa#pensieri#eche cazzo#venerdì#ciao venerdì #venerdìcosì#weekend#ciao weekend#lasciatemiqui#io#me#non simolla un cazzo#maimollare#donneforti#donne che non si arrabbiano#mai rendersi  |    | <a href="https://www.instagram.com/p/CRGr5EJn95G">https://www.instagram.com/p/CRGr5EJn95G</a> |  |  |
| instagram | it | ↑↑ Ed ecco svelata la nostra.... SORPRESA!!!!✓ Vi presentiamo il nostro ANDREI <sup>100100</sup> ✓ Qual è la sua passione??? Ovviamente quella di essere un ottimo parrucchiere☺✓ Qual è il suo punto di forza???Ovviamente il taglio maschile( ma pure tutto il resto arriverà'☺)✓ Qual è il suo sogno nel cassetto??Aprire un bellissimo Barber-Shop magari a Londra♥ E noi te lo auguriamo caro Andrei <sup>100100</sup> ma nel frattempo ti teniamo qui con NOI <sup>100100</sup> !! !! Se lo volete conoscere anche voi vi aspettiamo e vi aspetta con tutta la sua professionalità!! !! IL BELLO DELLE DONNE TEAM 3205529700 #parrucchieri bellodelledonne #sempre sul pezzo #maimollare#sempre il meglio per voi | IT | <a href="https://www.instagram.com/p/CRHysOkhVRk">https://www.instagram.com/p/CRHysOkhVRk</a> |  |  |
| instagram |    | Un #bacio #portafortuna Le cure proseguono Mi sento brutta gonfia ma poi recupererò #chemioterapia #tumorealseno #chefatica #troppaa fa oggi #donneguerriere #maimollare  |    | <a href="https://www.instagram.com/p/CRD7nKzBrbw">https://www.instagram.com/p/CRD7nKzBrbw</a> |  |  |
| instagram | en | ★ CAMPAGNA 18 LUGLIO ★È che un altro mese meraviglioso abbia iniziooooo...#silva avon leader #avonshopsilva #avonveneto #avonpadova #mammenetworker #donnenetworker #avonitaly #Avon #avonitalia #OfferteFlash #offerte #avonmakeup #avoncosmetics #cosmetics #cosmetica #curadelcorpo #cremedelite #curadelviso #businessonline #businesswoman #businessopportunity #maimollare #sogni #desideri #opportunità  | IT | <a href="https://www.instagram.com/p/CRFnC9OIC6D">https://www.instagram.com/p/CRFnC9OIC6D</a> |  |  |

|           |    |  |    |   |  |  |  |
|-----------|----|--|----|---|--|--|--|
| youtube   | it | Allenamenti personalizzati e sempre assistiti, circuito individuale di 30 minuti, allenamento funzionale, personal trainer, tonificazione, rassodamento, miglioramento mobilità; venite a trovarci per scoprire (davvero) come funziona la palestra a Torino.  |    | <a href="https://www.youtube.com/watch?v=4QewRAQnF5w">https://www.youtube.com/watch?v=4QewRAQnF5w</a> |  |  |  |
| instagram | it | ! ? !? !? Chi realizzerà il suo sogno di avere capelli lunghissimi! ? !? <a href="#">10000</a> Queste bellissime ESTENSIONI SUPERGIRL BY Marco Pisani sono pronte <a href="#">100100100</a> ✓ Trova sempre il tempo per curarti, per credere in te stessa... * * * Domani vi sveleremo il segreto <em>☺☺☺☺☺</em> ✓ Se anche tu vuoi avere i capelli dei tuoi sogni contattaci per le info <em>✉️</em> 3205529700<br>#parrucchieriilbellodeldonne#sempresulpezzo#maimollare#estensioni#extensioncapelli#marcopisanihairextensions   | IT | <a href="https://www.instagram.com/p/CRCjQLRhf8Q">https://www.instagram.com/p/CRCjQLRhf8Q</a>         |  |  |  |
| instagram | it | Perchè controllare il BMI ? L' IMC o BMI, dall'inglese "body mass index", è un moderno strumento di misurazione dell'indice di massa corporea. Esiste una stretta relazione tra il peso corporeo e diversi tipi di patologie, tra cui una delle più importanti è il Diabete di tipo 2. Dal punto di vista epidemiologico il calcolo del BMI, unito ad altri indicatori specifici, permette di valutare l'aumento del rischio anche di altre malattie come:• malattie cardiovascolari• malattie articolari da sovraccarico• disfunzioni ormonali• tumori Inoltre nelle donne in età fertile permette di rilevare in anticipo:• eventuali alterazioni del ciclo mestruale• difficoltà a concepire• gravidanza ad alto rischio di complicanze In particolare se l'indice è troppo alto, nel range di obesità (BMI > 30) o di preobesità (BMI tra 25 e 29,9), anche una piccola perdita di peso (tra il 5% e il 10% del peso reale) può portare ad una riduzione del rischio di sviluppare tali patologie. Mentre se l'indice è troppo basso, il nostro fisico risulta sottopeso, ed a sua volta anche questa condizione è associata a diverse patologie. Di conseguenza tenere sotto controllo il nostro peso è di fondamentale importanza.👉► Se ti è stato utile il contenuto, fammelo sapere:• con un commento👉 con un like👉 o condividendo il post.#maimollare #carlosleonpersonaltrainer #carlosleonpt #personaltrainerparma #parmafitt #parmawellness #mcfit #mcfitparma #IMC #indicemassacorporea | IT | <a href="https://www.instagram.com/p/CQ_dyOuq3e8">https://www.instagram.com/p/CQ_dyOuq3e8</a>         |  |  |  |

|           |    |   |    |   |   |  |  |
|-----------|----|---|----|---|---|--|--|
| instagram | it | <p>“ MAI MOLLARE ✨ Ci sono due regole nella vita: 1. Non mollare mai 2. Non dimenticare mai la regola numero 1. Questo periodo sono stata un po' ferma e assente, per via di vari motivi ho voluto staccare un po'. Mi serviva. Ma non ho mai mollato, e non mi è nemmeno mai passato per la mente. Perché? Perché ho il mio obiettivo da raggiungere! Ed è proprio chi molla che perde! E io voglio essere una vincitrice. Tu che cosa scegli di essere?...#successopersonale#imprenditoricedigitale#mammasocial#obiettivi#sogninelcassetto #sognigrandiosi #maimollare#vincitrice #successowner #womenempowerment #offrlavoro#senzalavoro#determinazione #successo#womeinbusiness #businesswoman #ladynetwork #donneforti #donnelibere</p>  | IT | <a href="https://www.instagram.com/p/CQ_ZhjeFUUs">https://www.instagram.com/p/CQ_ZhjeFUUs</a> |   |  |  |
| instagram | it | <p>à è Decidi di partire ogni giorno con qualcosa in più, impegnati a non far morire i tuoi sogni, La felicità contattaosa, rialzati ancora più forte di prima. 1 90 ' <br/> <u>100</u>#donnefelici#mammefelici#maimollare#sogni#desideri#mammenostop#vision#felicità<br/> DAY DI LET'S GO</p>  |    | <a href="https://www.instagram.com/p/CQ7v_D2Fg8v">https://www.instagram.com/p/CQ7v_D2Fg8v</a> |   |  |  |
| instagram | it | <p>☀ Estate: il nostro corpo è più scoperto e una delle zone più problematiche per la quale mi chiedete aiuto sono le braccia. 💪 Ho ideato un programma da fare a distanza, si tratta di un allenamento specifico e completo per i distretti muscolari delle braccia → Ti voglio dare 3 motivi per allenare i tricipiti, per spronarti e incoraggiarti: ①) primo e più "visibile" motivo è che l'unico modo per ridurre ed eliminare l'effetto "tendina" quando muovi o agiti le braccia è allenare questi muscoli. Se ti allenai con costanza e determinazione, ti assicuro che riuscirai a tonificare questa zona effettivamente un pò problematica, specie se hai qualche chiletto in più ②) tricipiti sono il muscolo più grande del nostro braccio ed è per questo che una muscolatura poco tonica in questa parte del braccio, mette subito in evidenza le "braccia cadenti", inoltre in combinazione con gli esercizi per i bicipiti, tendono a dare una forma più slanciata alle braccia, rendendole più aggraziate e toniche. ③) Otterrai non solo braccia visibilmente più belle, ma anche più forti. 🌟 Contattami e sarò felice di fornirti una consulenza gratuita #metodotrainerdonna #napoli #pomigliano #pomiglianodarco #santanastasia #palestranapoli #functionaltrainingnapoli #donneinforma #donneinpalestra #studiodpersonaltraining #centrofitness #fititalia #stareinforma #funzionale #buonipropositi #programmatop #stiledivitasano #dimagrireinsieme #esercizio #benesserenaturale #determinazione #palestratime #maimollare #womanchallenge #lifestyle #trx</p> | IT | <a href="https://www.instagram.com/p/CQ8yN0xKXkQ">https://www.instagram.com/p/CQ8yN0xKXkQ</a> | x |  | the user show a triceps workout on recommendation from followers |

|           |    |   |    |   |   |   |  |
|-----------|----|---|----|---|---|---|--|
| instagram | it | <p>Ho iniziato questa attività per disperazione... Perché mi serviva un piano B... Perché avevo bisogno di un guadagno extra... ma il Network Marketing mi ha reso molto di più delle mie aspettative. Mi ha regalato una seconda famiglia ❤️ Ti presento il mio super TEAM!...#networkmarketingitalia #networkingdigitale #networkerprofessionista #myteam #networkmarketing #secondafamiglia #belleragazze #girlspower #lavorodacasausocial #lavorareconisocial #family #amoilmiolavoro #dreamteam #siamounquadrafortissimi #grlpwr #daje #forzadelledonne #bigvision #motivazione #maiarendersi #maimollare #avantitutta #sorrideresempre #entusiasmo #passione #milano #successo #crescitapersonale</p>   | IT | <a href="https://www.instagram.com/p/CQ9g1LCooeg">https://www.instagram.com/p/CQ9g1LCooeg</a> |   |   |  |
| instagram | it | <p>Seconda tappa del Cammino degli Dei, Badolo-Madonna dei Fornelli, 28 km. abbondanti. Oggi è stata davvero dura, tappa impegnativa con tante, tantissime salite, due cime, paesaggi stupendi e poi tante discese, tanto asfalto ma anche tanto bosco, comprensivo di un incontro ravvicinato con un cinghiale ed una vipera. La mia forza di volontà è stata messa a dura prova, a 10 km dall'arrivo ho pensato di fare un rabbocco ma poi non ho mollato e sono arrivata alla fine.</p> <p>Oggi è stata dura per tutte, il nostro linguaggio si è rapidamente trasformato in quello di scaricatori di porto, la fatica ma soprattutto il caldo esagerato hanno tirato fuori il lato oscuro di noi. Ma poi tutto viene ripagato, e l'arrivo a destinazione dopo una giornata così epocale non ha davvero prezzo. #donneincammino #maimollare #proudofme</p> |    | <a href="https://www.instagram.com/p/CQ9ZF5Alzcl">https://www.instagram.com/p/CQ9ZF5Alzcl</a> | x | the users the user combined keeping fit with discovering new places and new adventures. |  |
| instagram |    | <p>⌚ #vitaintecicredo #avantitutta #credercisempre #iorestoacasa #chiarasole #arrendersimai #uominiedonne #nonseiunnumero #vita #alsolitoposto #pizzeria #concordiasagittaria #maimollare #dca #mondosole #tuttiacasa #myrimini #seidiriminise #andratuttobene #anoressia #bulimia #bingeeating #disturbidelcomportamentoalimentare #famedivita #distantimauniti #covid19 #quarantena #pensieropositivo #picoftheday #sole</p>  | IT | <a href="https://www.instagram.com/p/CQ5SVnghf6i">https://www.instagram.com/p/CQ5SVnghf6i</a> |   |   |  |
| instagram |    | <p>#laforzadellamore #laforzadelledonne #scrittoritaliani #libridaleggere #librichepassione #biografie #rinasceresipù #guardarsidentro #maimollare #lavitaeduramaiodipiu #storiedivita #unlibroalgiorno #leggeresempre #laforzadeilibri #laforzadelledonne #giulemanidaibambini ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ La forza dell'amore<br/> <a href="https://www.amazon.it/dp/886867517X/ref=cm_sw_r_cp_ap_i_glt_i_PCA40RE4YH4NZ6HRHPNM">https://www.amazon.it/dp/886867517X/ref=cm_sw_r_cp_ap_i_glt_i_PCA40RE4YH4NZ6HRHPNM</a></p>  |    | <a href="https://www.instagram.com/p/CQ6oTrVjuHS">https://www.instagram.com/p/CQ6oTrVjuHS</a> |   |   |  |

|           |    |   |    |   |  |   |   |
|-----------|----|---|----|---|--|---|---|
| instagram | it | Tre generazioni a confronto....lo,Mamma❤ e Nonna❤ W LE DONNE #generazioni #generazioniaconfronto #beitempi #io #mamma #nonna #me #mother #grandmother #figliaemamma #nipoteenonna #mammaefiglia #nonnaenipote #wlelamme #wlenonne #mommy #iloveyousomuch #wledonne #forza #coraggio #maimollare #sacrifici #amazingfoto #laforzadelledonne #ricordibelli #tuchiamalesevuoiemozioni emozioni #amorevero #lovetrue #ciaononna #mimanchi |    | <a href="https://www.instagram.com/p/CQ2x1FrNenm">https://www.instagram.com/p/CQ2x1FrNenm</a> |  |   |   |
| instagram |    | #disturbialimentari #anoressia #bulimia #bingeeating #disturbidelcomportamentoalimentare #fiocchettolilla #sipuoguarire #dca #credecisempre #coloriamocidillila #arrendersimai #avantitutta #famedivita #psicologia #doloreinvisibile #nonsieunnumero #mondosole #maimollare #wedoacttogether #chiarasole #edrecovery #anoressiaitalia #lottadca #binge #recovery #prevenzione #mettersiingioco #uominiedonne #eatingdisorder #bhfyp  |    | <a href="https://www.instagram.com/p/CQ34x4_nZf3">https://www.instagram.com/p/CQ34x4_nZf3</a> |  |   |   |
| instagram |    | #disturbialimentari #anoressia #bulimia #bingeeating #disturbidelcomportamentoalimentare #fiocchettolilla #sipuoguarire #dca #credecisempre #coloriamocidillila #arrendersimai #avantitutta #famedivita #psicologia #doloreinvisibile #nonsieunnumero #mondosole #maimollare #wedoacttogether #chiarasole #edrecovery #anoressiaitalia #lottadca #binge #recovery #prevenzione #mettersiingioco #uominiedonne #eatingdisorder #bhfyp  |    | <a href="https://www.instagram.com/p/CQ30M4qHRpk">https://www.instagram.com/p/CQ30M4qHRpk</a> |  |   |   |
| instagram |    | Iniziamo la giornata ☀️❤ .....#padel #padelsiciliano #padeltime #padelmania #padelitaliano #padelitalia #padeladdict #donneinforma #maimollare  | IT | <a href="https://www.instagram.com/p/CQ0M4zNleV8">https://www.instagram.com/p/CQ0M4zNleV8</a> |  | x | a woman talks about how she starts her day, thanks to the hashtags and the photo we can assume that this woman starts her day in the morning playing Paddle. We can therefore assume that this woman also finds the time and inclination in the morning to do sport and keep fit. |
| instagram | it | Pronti partenza in terapia con decoro sempre#buongiorno mondo di anime meravigliose e per i più antipatici #ciao #chemioterapia #tumorealseno #donneguerriere #maimollare   |    | <a href="https://www.instagram.com/p/CQ0J0vPh_mA">https://www.instagram.com/p/CQ0J0vPh_mA</a> |  |   |   |
| instagram | it | Buongiorno amici ☺️#maimollare #nullaèimpossibile Sembra sempre impossibile, finché non viene fatto #credintestesso #credecisempre #credintestesso #donnefelici   |    | <a href="https://www.instagram.com/p/CQ0i2velz1B">https://www.instagram.com/p/CQ0i2velz1B</a> |  |   |   |

|           |    |  |    |   |  |  |  |
|-----------|----|--|----|---|--|--|--|
|           |    |  |    |   |  |  |  |
| instagram | it | <p>Se penso che tutto questo non esisteva nella mia #vita . Se penso che i #social non li consideravo . Se penso a tutte le persone che sto conoscendo tra colleghi e clienti...lo devo prima di tutto al #networkmarketing .Se penso alla pandemia che mi ha tolto il mio #lavoro in #palestra . Qui ne ho trovato un altro.Ho vinto contro le mie paure perché non riuscivo a far emergere il mio primo lavoro come #personaltrainer e ogni giorno posso oltretutto, ispirarmi e migliorare facendo un "passettino" in più . Se penso a quello che sto creando ora : il sito, i #training on Line , il mio #personalbranding e anche un team....tutto questo è una grande possibilità e ho il sogno di vederle crescere portandole avanti entrambe così  Il prossimo imminente obiettivo è il lancio del mio sito e dei miei nuovi training, ma ogni giorno vado avanti col desiderio di realizzarne tanti altri . @newage_europe<br/> @newageincglobal Grazie anche al mio #team<br/>        #lavoroonline #gratificazioni #grazie #maimolare #alzarelasticella #semprepius #cambiamento #vitanoova #realizzazionipersonali #personaltrainer #personaltrainerlife #coachingonline #resilienza #progetti #newproject #fitnessgirl #mammaonline #donnelavoratrici #businesswoman #carpediem #developmen</p> | IT | <a href="https://www.instagram.com/p/CQ1j4NwFayA">https://www.instagram.com/p/CQ1j4NwFayA</a> |  |  |  |
| instagram | it | Dovremmo prendere esempio dalla natura. Due singoli alberi si uniscono, le radici si vanno incontro e Si intersecano. Dal nulla ecco grandi e fitte foreste. Sole o intemperie, condivideranno sempre cielo e terra...#ilfascinodellavita#lamagiadellanatura#foreste#allenmento#workout#fitness#naturaeunione#creazione#ramisecchi#bature#oh#blackandehite#thinking#changes#change#newlife#future#willbe   |    | <a href="https://www.instagram.com/p/CQ1yGbFN988">https://www.instagram.com/p/CQ1yGbFN988</a> |  |  |  |
| instagram | it | [CREDI DI PIÙ IN TE STESSA ]Credo con tutta me stessa nei miei obbiettivi e nei miei sogni Questa è la forza più potente nonostante tutte le difficoltà che incontro ogni giorno, e tutte le situazioni che cercano di distrarmi..... IO NON MOLLO UN ATTIMO  #maimolare #nostress #nonfermarsi mai #testaalta #nevergiveup #neverstopyourdreams #dream #sogni #mydreams #donnefelici #donneforti #happy #sorriso #sorrideresempre #feliceadesso #obbiettivi #maiarendersi #nonmiarrendo #snepitalia   |    | <a href="https://www.instagram.com/p/CQzKwwElsqa">https://www.instagram.com/p/CQzKwwElsqa</a> |  |  |  |

|           |    |  |  |   |  |  |  |
|-----------|----|--|--|---|--|--|--|
| instagram |    | #disturbialimentari #anoressia #bulimia #bingeeating<br>#disturbidelcomportamentoalimentare #fiocchettolilla<br>#sipuoguarire #dca #credercisempre #coloriamocidlilla<br>#arrendersimai #avantitutta #famedivita #psicologia<br>#doloreinvisibile #nonseiunnumero #mondosole<br>#maimollare #wedoacttogether #chiarasole #edrecovery<br>#anoressiaitalia #lottadca #binge #recovery #prevenzione<br>#mettersiingioco #uominiedonne #eatingdisorder #bhfyp  |  | <a href="https://www.instagram.com/p/CQy26YONsjb">https://www.instagram.com/p/CQy26YONsjb</a> |  |  |  |
| instagram |    | #disturbialimentari #anoressia #bulimia #bingeeating<br>#disturbidelcomportamentoalimentare #fiocchettolilla<br>#sipuoguarire #dca #credercisempre #coloriamocidlilla<br>#arrendersimai #avantitutta #famedivita #psicologia<br>#doloreinvisibile #nonseiunnumero #mondosole<br>#maimollare #wedoacttogether #chiarasole #edrecovery<br>#anoressiaitalia #lottadca #binge #recovery #prevenzione<br>#mettersiingioco #uominiedonne #eatingdisorder #bhfyp  |  | <a href="https://www.instagram.com/p/CQy2YhitGbx">https://www.instagram.com/p/CQy2YhitGbx</a> |  |  |  |
| instagram | it | Inizio questo percorso per me e per tutti coloro che soffrono di disturbi dell'alimentazione. Voglio farmi forza aiutando gli altri. Unite possiamo uscirne ❤️<br>#disturbialimentari #anoressia<br>#bulimia #bingeeating<br>#disturbidelcomportamentoalimentare #fiocchettolilla<br>#sipuoguarire #dca #credercisempre #coloriamocidlilla<br>#arrendersimai #avantitutta #famedivita #psicologia<br>#doloreinvisibile #nonseiunnumero #mondosole<br>#maimollare #wedoacttogether #chiarasole #edrecovery<br>#anoressiaitalia #lottadca #binge #recovery #prevenzione<br>#mettersiingioco #uominiedonne #eatingdisorder #bhfyp |  | <a href="https://www.instagram.com/p/CQy1dtHtMPA">https://www.instagram.com/p/CQy1dtHtMPA</a> |  |  |  |

|           |    |   |    |   |   |  |  |
|-----------|----|---|----|---|---|--|--|
| youtube   | it | <p>Iscriviti a i migliori trucchetti di Fabiosa per assicurarti di non perdere mai un nuovo video ➡ <a href="https://bit.ly/3gObwuR">https://bit.ly/3gObwuR</a></p> <p>Cerchi esercizi efficaci da poter eseguire in casa ? Li hai trovati! Questo allenamento per addominali è semplicissimo e richiede soltanto 3 minuti, quindi anche la tua agenda è strapiena di impegni troverai sicuramente un buco in cui inserire questi esercizi 😊. Il fitness per la pancia diventa divertente con gli esercizi addominali di Fabiosa! Se il nostro rapido allenamento addominale ti è piaciuto ti preghiamo di mettere un pollice in su 👍 a questo video e di iscriverti al nostro canale per ulteriori allenamenti addominali per donne, semplici esercizi addominali in casa 💪, consigli su fitness femminile e salute e altri suggerimenti su salute e benessere per donne: 0:05 - leg curl con fitball tra i piedi 0:31 - sollevamento del ginocchio con fitball 0:56 - ponte glutei con piedi su fitball 1:27 - ponte con le spalle sulla palla 1:56 - roll out addominali 2:30 - dead bug con fitball #fabiosa #fabiosaitalia #fabiosaitialavideo -----</p> <p>----- Riduci quella pancia: efficacissimo allenamento addominale di 3 minuti per donne pigre Se ti piacciono i trucchetti fai da te 🌟 e ami creare cose con le tue mani 🎨, questo è il canale per te! Testiamo e proviamo costantemente trucchetti "fai-da-te" per rendere la vita dei nostri spettatori più facile e divertente 😊. Abbiamo consigli di viaggio ✈️, consigli sul cibo, tutorial fai da te, tutorial di bellezza 💄, consigli per gli abiti, ricette fatte in casa 🥫, trucchetti per le ragazze, e molto altro ancora. Siamo bravissimi a fornire consigli per semplificare la</p> | IT | <a href="https://www.youtube.com/watch?v=uMvCcDz3BJ">https://www.youtube.com/watch?v=uMvCcDz3BJ</a>   |   |  |  |
| youtube   | gl | Non ho la pallaaaa  |    | <a href="https://www.youtube.com/watch?v=uMvCcDz3BJ&amp;lc=UgvxAE-7zBH47pHQZx4AaABAg">https://www.youtube.com/watch?v=uMvCcDz3BJ&amp;lc=UgvxAE-7zBH47pHQZx4AaABAg</a> | x | the user complains that not having the ball for training does not allow her to try these exercises at home |  |
| instagram | it | Buongiorno a tutti, oggi a #ginnasticadigiovedì continuiamo con la #ginnasticadigominext sulla #riabilitazioneindividuale, svolta presso la nostra Rsa Villa Nina. Questa settimana vi mostriamo il #training deambulatorio individuale con il quadripede, eseguito da un ospite emiplegico. L'allenamento per la deambulazione con tale ausilio consente una maggiore #stabilità, grazie alla base d'appoggio ampia e il trasferimento di carico con più sicurezza. #giominext #giomi #tuasaluteèlanostramissione #salute #sanità #assistenza #seniorcare #ricerca #casadiriposo #leederlycare #rsa #italianhealthcare #homecare #healthcare #italy #lazio #assistenzasanitaria #serviziadomicilio #riabilitazione #research #terzaetà #farma #yourhealthisourmission #sport #fitness  |    | <a href="https://www.instagram.com/p/CQx8QQkMV0E">https://www.instagram.com/p/CQx8QQkMV0E</a>   | x | the author of the post emphasises the importance of sport also as a rehabilitation tool.                   |  |

|           |    |  |    |   |  |  |  |
|-----------|----|--|----|---|--|--|--|
| instagram | it | <p>L'orgasmo femminile è uno degli argomenti più spinosi quando si parla di sessualità, anche perché spesso è ancora avvolto da un grande velo di tabù che abbraccia ogni aspetto della sfera sessuale delle donne. Raggiungerlo non è così scontato, visto che secondo dati recenti, circa il 9% delle donne italiane proverebbe raramente o mai questo piacere e circa il 22,7% talvolta finga. Tuttavia, c'è una buona notizia: sarebbe tutta questione di tecnica, anzi di tecniche. A dirlo sono donne che le hanno sperimentate in prima persona e che, indipendentemente dal fatto che a procurarlo sia stato un partner in carne e ossa o un sex toys, ne hanno individuate quattro differenti. Le tecniche del piacere sessuale femminile sono 4:1) Angling: ruotare, sollevare o abbassare il bacino durante la penetrazione fino a trovare l'angolo esatto in cui il pene, il sex toy o le dita, sfreghino la vagina provocando la sensazione di piacere.2) Swallowing: consiste in una penetrazione superficiale, appena dopo l'ingresso della vagina.3) Rocking: possibile grazie all'organo sessuale maschile che anziché oscillare dentro e fuori dalla vagina, sfrega costantemente contro il clitoride durante la penetrazione.4) Pairing: che prevede la stimolazione del clitoride in simultanea alla penetrazione. Va detto che non esiste una tecnica infallibile per raggiungere l'orgasmo, ma che si tratta sempre di un'esperienza estremamente soggettiva. Nonostante ciò, questa ricerca può sicuramente rivendicare il ruolo di apripista nella materia: fino a oggi non esistevano parole per descrivere i modi specifici in cui le donne potessero migliorare il loro piacere. Tu cosa ne</p> | IT | <a href="https://www.instagram.com/p/CQvHilql-0o">https://www.instagram.com/p/CQvHilql-0o</a> |  |  |  |
| instagram | it | <p>"Perché spendere di più? Compra da MòCLins e risparmia! Prodotto di alta qualità  Tessuto anti traspirante  Facile asciugatura  Inoltre programma di allenamento  +scheda di educazione alimentare +Coaching motivazionale  durante tutto il percorso.         www.moclins.com www.moclins.it      #top #croptops #leggings #web #allenati #moclins #tessuto #madeinitaly #fitness #fitnessgirls #italia #donneitaliana #fitnessespaña #anticellulite #antitraspirante #modellante #effettpush</p>  |    | <a href="https://www.instagram.com/p/CQvLXQrN4Sg">https://www.instagram.com/p/CQvLXQrN4Sg</a> |  |  |  |

|           |    |  |  |   |  |  |  |
|-----------|----|--|--|---|--|--|--|
| instagram | it | <p>✿ ESCLUSIVO ✿ Oggi è terminato il nostro "corso di formazione" nuovo ed esclusivo ☺ GMPACADEMY 4 appuntamenti imperdibili, dove vengono spiegati i primi passi, le basi, gli strumenti necessari per sviluppare e crescere in questo business, che si ripeteranno presto ☺→ Una formazione mirata, in cui vengono descritti in concreto i primi passi da svolgere, dove si condivide il proprio percorso, dove si evidenzia la forza del team, il lavoro di squadra.. ♥ La stessa squadra che ha visto l'ingresso di 200 persone nell'ultimo anno! ♥ La stessa squadra di cui puoi far parte anche tu! ♥ La stessa squadra vincente che è presente sempre e ti stimola, ti spinge a superare i tuoi limiti e a NON ACCONTENTARTI! Puoi farne parte anche tu...scrivimi ♥ #business #opportunità #businesswoman #obiettivi #nonaccontentarti #maimollare #secicredituttoèpossibile #atteggiamentomentale #mentalitavincente #successo #scalata #teamdidonne #team #cogliloccasione #lavoroaportatadimamma #lavoroonline #lavoraredacasa #lavoroonline #lavorareovunque</p> |  | <a href="https://www.instagram.com/p/CQt38bRlc2a">https://www.instagram.com/p/CQt38bRlc2a</a> |  |  |  |
| instagram | it | <p>✿ ESCLUSIVO ✿ Oggi è terminato il nostro "corso di formazione" nuovo ed esclusivo ☺ GMPACADEMY 4 appuntamenti imperdibili, dove vengono spiegati i primi passi, le basi, gli strumenti necessari per sviluppare e crescere in questo business, che si ripeteranno presto ☺→ Una formazione mirata, in cui vengono descritti in concreto i primi passi da svolgere, dove si condivide il proprio percorso, dove si evidenzia la forza del team, il lavoro di squadra.. ♥ La stessa squadra che ha visto l'ingresso di 200 persone nell'ultimo anno! ♥ La stessa squadra di cui puoi far parte anche tu! ♥ La stessa squadra vincente che è presente sempre e ti stimola, ti spinge a superare i tuoi limiti e a NON ACCONTENTARTI! Puoi farne parte anche tu...scrivimi ♥ #business #opportunità #businesswoman #obiettivi #nonaccontentarti #maimollare #secicredituttoèpossibile #atteggiamentomentale #mentalitavincente #successo #scalata #teamdidonne #team #cogliloccasione #lavoroaportatadimamma #lavoroonline #lavoraredacasa #lavoroonline #lavorareovunque</p> |  | <a href="https://www.instagram.com/p/CQt38bRlc2a">https://www.instagram.com/p/CQt38bRlc2a</a> |  |  |  |

|           |    |   |    |   |   |   |  |
|-----------|----|---|----|---|---|---|--|
| instagram | it | <p>✿ ESCLUSIVO ✿ Oggi è terminato il nostro "corso di formazione" nuovo ed esclusivo ☺ GMPACADEMY 4 appuntamenti imperdibili, dove vengono spiegati i primi passi, le basi, gli strumenti necessari per sviluppare e crescere in questo business, che si ripeteranno presto! → Una formazione mirata, in cui vengono descritti in concreto i primi passi da svolgere, dove si condivide il proprio percorso, dove si evidenzia la forza del team, il lavoro di squadra.. ♥ La stessa squadra che ha visto l'ingresso di 200 persone nell'ultimo anno! ♥ La stessa squadra di cui puoi far parte anche tu! ♥ La stessa squadra vincente che è presente sempre e ti stimola, ti spinge a superare i tuoi limiti e a NON ACCONTENTARTI! Puoi farne parte anche tu...scrivimi ♥ #business #opportunità #businesswoman #obiettivi #noncontentarti #mairomolare #secicredituttoèpossibile #atteggiamento mentale #mentalità vincente #successo #scalata #teamdidonne #team #cogliloccasione #lavoroaportatadimamma #lavoroonline #lavoraredacasa #lavoroonline #lavorareovunque</p> |    | <a href="https://www.instagram.com/p/CQt38bRlc2a">https://www.instagram.com/p/CQt38bRlc2a</a>   |   |   |  |
| youtube   | it | Ti è piaciuto ♡ questo video? Speriamo che ti sia stato utile! Facci sapere quale esercizio hai preferito 😊 e condividi con noi quali altri consigli vorresti vedere sul nostro canale. Ci piacerebbe molto la tua opinione, quindi per favore 📲 non esitare a lasciarci commenti.  | IT | <a href="https://www.youtube.com/watch?v=uMvCcDz3BJ8&amp;lc=UgzWhrm3BvCD91RXS9t4AaABA">https://www.youtube.com/watch?v=uMvCcDz3BJ8&amp;lc=UgzWhrm3BvCD91RXS9t4AaABA</a> |   |   |  |
| youtube   | it | Si inizia così ma poi come cambia l'allenamento nel tempo?<br>Come si progredisce?  |    | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgxhxRtiGG7qT6bdNsZ4AaABA">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgxhxRtiGG7qT6bdNsZ4AaABA</a> |   | x | the user shows a desire to improve and keep fit, she asks how to progress over time                            |
| youtube   | it | Bella lezione complimenti   |    | <a href="https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=UgxT3mLCZ8beyjZ_6ht4AaABA">https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=UgxT3mLCZ8beyjZ_6ht4AaABA</a> |   | x | the user shows a desire to improve and keep fit, she asks how to progress over time                            |
| instagram | en | Workout...#corsa #running #run #runner #sport #correre #fitness #training #allenamento #workout #runners #italy #instarunner #instagood #instarun #runningmotivation #natura #marathon #maratona #trailrunning #nature #motivation #picoftheday #instarunners #triathlon #atletica #runningman #nike #italia #epatrizi  | IT | <a href="https://www.instagram.com/p/CQTrBZeJDRT">https://www.instagram.com/p/CQTrBZeJDRT</a>   | x |   | the user uses a quote to motivate himself and keep fit through running   |
| youtube   | it | Grazie infinite Tiziana sei super.... Gli esercizi ben spiegati e molto intensi... Grazie davvero 😊💯  |    | <a href="https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=UgxXjZ_iZGrw2ZvwVld4AaABA">https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=UgxXjZ_iZGrw2ZvwVld4AaABA</a> |   | x | the user shows a desire to improve and keep fit throught this workout video.                                   |
| youtube   | it | Ciao, oltre alla dieta ipocalorica e un po di cardio , x far scomparire la pancia è utile fare tante sessioni di addominali?  |    | <a href="https://www.youtube.com/watch?v=uBpeEim24Vs&amp;lc=Ugz_yzT7JyWNK9vAxAl4AaABA">https://www.youtube.com/watch?v=uBpeEim24Vs&amp;lc=Ugz_yzT7JyWNK9vAxAl4AaABA</a> |   | x | the user asks for more tips than those included in the video to keep fit.                                      |
| youtube   | it | GRAZIE Sei bravissima e di rara bellezza, ti seguirò.   |    | <a href="https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=Ugw04vfISwHLHOV25Vp4AaABA">https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=Ugw04vfISwHLHOV25Vp4AaABA</a> |   | x | the user shows a desire to improve and keep fit throught this workout video and promises to follow the channel |

|         |    |   |    |   |   |  |  |  |
|---------|----|---|----|---|---|--|--|--|
| youtube | it | Anllela Sagra è una delle più seguite e famose modelle di fitness femminile di internet. Una bellissima ragazza latina, con addominali scolpiti e un corpo scultoreo, che ama esibire sia con foto sexy sia con video sensuali sul suo account di Instagram. Anllela Sagra è la regina del fitness femminile e un punto di riferimento per le donne di ogni età per l'allenamento in palestra. In questo video sexy la bellissima modella fitness Anllela Sagra si allena a bordo piscina indossando un piccolo perizoma sensuale che mette in risalto il suo culetto perfettamente allenato e sodo. Non perderti le più belle modelle fitness e donne muscolose e palestrate del Blog Tetediferro, il Porno Hub italiano:<br><a href="https://www.bit.ly/Tetediferro">https://www.bit.ly/Tetediferro</a> | IT | <a href="https://www.youtube.com/watch?v=jWdXXLT42Gk">https://www.youtube.com/watch?v=jWdXXLT42Gk</a>   |   |  |  |  |
| youtube |    | Puoi fare un video anche per noi donne con corpo androide?? ☺   |    | <a href="https://www.youtube.com/watch?v=aPTJHxIO5Pk&amp;lc=UgyrQfZ4e_rrxjT1fcJ4AaABA">https://www.youtube.com/watch?v=aPTJHxIO5Pk&amp;lc=UgyrQfZ4e_rrxjT1fcJ4AaABA</a> | x |  | the user asks for training for people with a particular body type like her, in this way showing a desire to improve and keep fit   |  |
| youtube | it | Sono una wellness coach sui tacchi, il mio allenamento preferito deve divertire, tonificare, allungare, bruciare i grassi ed esaltare la mia femminilità/sensualità. Ho unito tutte le mie competenze e creato Fitness per le Curve che ho chiamato Broadway Fit. Se vuoi saperne di più clicca qui sotto! ↴ <a href="https://micaelamartinis.com/fitness-per-le-curve-come-un.../www.micaelamartinis.com">https://micaelamartinis.com/fitness-per-le-curve-come-un.../www.micaelamartinis.com</a>  |    | <a href="https://www.youtube.com/watch?v=uBpeEim24Vs">https://www.youtube.com/watch?v=uBpeEim24Vs</a>   |   |  |  |  |
| youtube |    | Ottimo video  |    | <a href="https://www.youtube.com/watch?v=aPTJHxIO5Pk&amp;lc=UgycVRzJfRL1TsU5xZt4AaABA">https://www.youtube.com/watch?v=aPTJHxIO5Pk&amp;lc=UgycVRzJfRL1TsU5xZt4AaABA</a> | x |  | the user shows a desire to improve and keep fit through this workout video.  |  |
| youtube | it | Grazie che bel video motivante. Spero tanto che dal primo giugno si possa rientrare in palestra! 🌞 ♀  |    | <a href="https://www.youtube.com/watch?v=aPTJHxIO5Pk&amp;lc=UgxqMdE6SVljq0iDAyt4AaABA">https://www.youtube.com/watch?v=aPTJHxIO5Pk&amp;lc=UgxqMdE6SVljq0iDAyt4AaABA</a> | x |  | the user thanks for the video and hopes that gym will be soon reopened, which was closed due to Covid 19, so it can be assumed that the user is more inclined to keep fit by going to the gym. |  |

|           |    |  |    |   |  |  |  |
|-----------|----|--|----|---|--|--|--|
|           |    |  |    |   |  |  |  |
| youtube   | it | <p>#ginoide #dimagrimento #gluteiFITNESS AT FEMMINILE:<br/> GUIDA al DIMAGRIMENTO coi PESI Allenamento glutei e addome per donna ginoide, ma non solo....Quando si associa un allenamento coi pesi ad una donna che vuole dimagrire, ci sono una serie di luoghi comuni radicati negli anni, difficili da sfatare, che ne ostacolano il percorso fino a condurre al fallimento.In questo video troverai le risposte a 10 delle domande più gettonate per chi decide di iniziare ad allenarsi coi pesi.Quando allenare gli addominali, in che modo farlo e soprattutto dopo quanto tempo di possono vedere i primi risultati.Inoltre quali sono i benefici di un allenamento coi pesi e che differenza c'è tra la sala attrezzi e un corso di aerobica.#addome #fitness #allenamento0:00<br/> Introduzione1:45 Luogo comune sui pesi3:00 il perché dei fallimenti in palestra3:30 Quanto è utile la Zumba3:40 i benefici dell'allenamento coi pesi5:20 Risultati dopo quanto tempo6:00 i pettorali si allenano o no?7:15 serve il corso di aerobica8:00 Quanto dura il riscaldamento8:30 Lo squat fa le gambe grosse?9:18 Ginoidi e Androidi consigli allenamento10:44 durata ottimale di un workout11:05 Addominali, quando fare esercizi?— ALCUNI VIDEO CONSIGLIATI—● ALLENARSI a CASA con una PEDANA di LEGNO<br/> <a href="https://youtu.be/apvgMCVxvc">https://youtu.be/apvgMCVxvc</a>● ESERCIZIO TOP con POWER BAG <a href="https://youtu.be/8IYa5svRBik">https://youtu.be/8IYa5svRBik</a> ● GUIDA all'USO della BIKE ELLITTICA <a href="https://youtu.be/cx6zd587Xv8">https://youtu.be/cx6zd587Xv8</a>● Le 12 DISCIPLINE brucia-calorie <a href="https://youtu.be/9dTdz6qhZQ">https://youtu.be/9dTdz6qhZQ</a>● 3 ERROREI agli ADDOMINALI</p> | IT | <a href="https://www.youtube.com/watch?v=aPTJHxI05Pk">https://www.youtube.com/watch?v=aPTJHxI05Pk</a>   |  |  |  |
| youtube   | it | Bravo sai quante donne dicono che vogliono allenare solo i glutei e no vogliono allenare lla parte alta? Io le metterei a fare solo trazioni e pushup😊   |    | <a href="https://www.youtube.com/watch?v=aPTJHxI05Pk&amp;lc=UgwIFzvAqVrGrUwda1d4AaABAg">https://www.youtube.com/watch?v=aPTJHxI05Pk&amp;lc=UgwIFzvAqVrGrUwda1d4AaABAg</a> |  |  |  |
| instagram | it | <p>Beh... ancora una volta hai deciso di seguirmi per buttarti in questa meravigliosa opportunità..... tu sei dedicata sempre alla famiglia, ora i figli sono cresciuti e tu ti sei decisa a rimetterti in gioco ....il tuo sorriso e la tua positività sono prorompenti... ↗ Chi di voi ha abbandonato il lavoro per i figli ma ora che sono cresciuti vorrebbe rimettersi in gioco??<br/> Scrivimi nei commenti!!!!...#mammesocial #donneforti #donnemature #donneimprenditrici #amicizia #buisnesswoman #buisness #relazioni #onlineshopping #onlinestore #skincare #skincareroutine #skincareaddict #cambiovita #moodoftheday #programmaslenderiiz #programmaalimentare #lavoroonline #lavorodacasa #lavorosuisocial #mettersiingioco #mettersinforma #mammesupermamme #libertà #indipendenza #indipendenzaeconomica #opportunità #opportunity</p>   | IT | <a href="https://www.instagram.com/p/CO5whNQlfM">https://www.instagram.com/p/CO5whNQlfM</a>   |  |  |  |

|           |    |  |    |   |   |  |  |
|-----------|----|--|----|---|---|--|--|
| instagram | it | <p>NON CHIAMARMI SE mi hai preso per la Madonna<br/>     •pensi che i prodotti che consiglio facciano miracoli nonostante le tue cattive abitudini •pensi che dal divano con le patatine in mano la cellulite spariscia perché la sera prima hai messo la crema •se in 1 settimana vuoi dire addio ai buchi di cellulite che hai da 20 anni •se non hai pazienza di ASPETTARE •se mangi male, troppo poco o troppo e non hai la testa per seguire un'alimentazione sana CHIAMAMI SE VUOI PRENDERTI CURA DI TE CON LA GIUSTA INTEGRAZIONE DA UNIRE AD UNO STILE DI VITA SANO E UN'ALIMENTAZIONE CORRETTA Commenta qui sotto per dirmi come la pensi ☺buon benessere a tutti voi ❤ #integratorinaturali #benesserepuro #sentirsinforma #mettersinforma #mangiarebene #mangiaresano #fitline #pminternational #cibosano #allenamento #workout #sogni #obiettivi #donnefelici #mammefelici</p> | IT | <a href="https://www.instagram.com/p/CO3U72DI7HO">https://www.instagram.com/p/CO3U72DI7HO</a>   |   |  |  |
| youtube   |    | quindi è un allenamento total body?  |    | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgyST-cNzcZon4Cg9pF4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgyST-cNzcZon4Cg9pF4AaABAg</a> | x | the user asks if the video shows a total body workout, it is possible that she wants to use the video for a total body workout.  |  |
| instagram | it | <p>..dopo 4 mesi di fermo primo tentativo di allenamento!!!riprendendere sarà vitale, riprendere da dove eravamo non sarà facile ma la mente corpo è combattente. ➡Tempo, vitalità tocca a voi?! Ginocchio , caviglia state al vostro posto!! 🏃 #culturaMovimento #bodymindlife #corpoarmonico #embodiment #researchers #allenamento #ripartenze #corpoprofunzionale #gioianascosta #budino #mettersinforma #passionemontagna #contact #faticacciamanevalelapena #corestability #mettersingioco #risultatonaturale</p>   | IT | <a href="https://www.instagram.com/p/COSzHXVDb7T">https://www.instagram.com/p/COSzHXVDb7T</a>   | x | <p>after 4 months of inactivity first attempt at training!!!</p> <p>Resuming will be vital, picking up where we left off will not easy but the mind body is a fighter.</p> |  |
| instagram | it | <p>Buongiorno a tutti... 🌞 ❤ ...il nostro booster ☺Mai più senza.. Sempre in borsa x aiutarci insieme a uno stile di vita sano a perdere pesoE raggiungere i nostri obiettivi 💪❤E tu conosci i benefici della radice di glucomannano?? Scopri di più nelle mie storie ➡#rosaimparato #juiceplus #network #marketing #digitale #sorridi #modena #napoli #amatestessa #alimentazionesana #gioia #vivilavita #sentirsivivi #integrazionenaturale #divertirsi #speranza #forza #determinazione #pazienza #prodottinaturali #benessere #booster #complete #allenamento #mettersinforma</p>  |    | <a href="https://www.instagram.com/p/COP3gdDAdCQ">https://www.instagram.com/p/COP3gdDAdCQ</a>   | x | the user talks about the benefits of the glucomannan root  |  |

|           |    |   |  |   |   |  |  |
|-----------|----|---|--|---|---|--|--|
| instagram | it | Buongiorno a tutti... 🌸 ❤️ Oggi parliamo dei nostri punti di forza nel lavoro di busines. I miei li ho ben chiari.. Aver provato di prima persona il programma con risultati magnifici..quindi so cosa consiglio. E la flessibilità di orario x il lavoro del network.E i tuoi punti di forza quali sono?? 😊 Scopri di più nelle mie storie ➡️#rosaimparato #juiceplus #network #marketing #digitale #sorridi #modena #napoli #amatessessa #alimentacionesana #gioia #vivilavita #sentirsivivi #integrazionenaturale #divertirsi #speranza #forza #determinazione #pazienza #prodottinaturali #benessere #allenamento #mettersinforma   |  | <a href="https://www.instagram.com/p/COKoISQgoIN">https://www.instagram.com/p/COKoISQgoIN</a>   |   |  |  |
| youtube   | it | W Method: il metodo di allenamento creato da una donne per le donne.-Se sei stanca di non vedere mai risultati, nonostante estenuanti sessioni di allenamento ad alta identità.-Se vuoi allenarti insieme al tuo corpo, non contro di lui.-Se vuoi tonificarti e sviluppare una muscolatura forte e allungata, migliorando la postura senza traumi articolari.-Se vuoi essere parte di una Community 100% femminile di centinaia di ragazze da tutta Italia.Scopri di più su www.wmethod.net!Valeria e il nostro staff ti guideranno verso la soluzione che meglio si adatta alle tue esigenze e obiettivi, manda una email a info@wmethod.net.#fitness #allenamento #donne #benessere #dimagrimento #tonificazione |  | <a href="https://www.youtube.com/watch?v=TAWIMdBjkk0">https://www.youtube.com/watch?v=TAWIMdBjkk0</a>   |   |  |  |
| instagram | it | Buongiorno a tutti... 🌸 ❤️ Lavorare da casa... Beh che dire.. La comodità del lavoro online, è poterlo fare dove è come vuoi..anche come secondo lavoro 😊Ti basta una connessione a internet ➡️...il tempo da dedicare..Io decidi tu in base al tuo progetto di guadagno. Rischi zero... Cosa aspetti? Non aver paura di vivere x i tuoi sogni 😊 Scopri di più nelle mie storie ➡️#rosaimparato #juiceplus #network #marketing #digitale #sorridi #modena #napoli #amatessessa #alimentacionesana #gioia #vivilavita #sentirsivivi #integrazionenaturale #divertirsi #speranza #forza #determinazione #pazienza #prodottinaturali #benessere #allenamento #mettersinforma #lavorodacasa #lavorare #guadagnare       |  | <a href="https://www.instagram.com/p/COAE_MrgE7c">https://www.instagram.com/p/COAE_MrgE7c</a>   |   |  |  |
| youtube   |    | Sei bravissima  |  | <a href="https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=Ugxmt-JM4Sv68JpH-dt4AaABA">https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=Ugxmt-JM4Sv68JpH-dt4AaABA</a> | x |  | the user thanks the author of the video, it is possible that the user uses this video to keep fit. |

|           |    |  |  |   |   |  |  |
|-----------|----|--|--|---|---|--|--|
| instagram | it | Buongiorno a tutti... 🌸 ❤️ Oggi parliamo del perché creare un business online.. 3 semplici motivi🌟🌟🌟 il mondo ormai è online, tutto gira intorno a questa nuova opportunità di vita.. Perché non cogliere al volo questa occasione.. Tu cosa aspetti? ☺️⭐️Scopri di più nelle mie storie ➡️#rosaimparato #juiceplus #network #marketing #digitale #sorridi #modena #napoli #amatestessa #alimentazionesana #gioia #vivilavita #sentirsivivi #integrazionenaturale #divertirsi #speranza #forza #determinazione #pazienza #prodottinaturali #benessere #allenamento #mettersinforma #busines #opportunita #online |  | <a href="https://www.instagram.com/p/CN9iDUQABSx">https://www.instagram.com/p/CN9iDUQABSx</a>   |   |  |  |
| instagram | it | Buongiorno a tutti... 🌸 ❤️ Oggi parliamo dei meravigliosi Pasti Juice Plus 😊 Beh.. Io li amo e potrei parlarne per ore.. Non so decidere quale adoro di più.. uno x ogni occasione o luogo ☺️ E tu ne hai uno preferito? Dimmi quale e... Scopri di più nelle mie storie ➡️#rosaimparato #juiceplus #network #marketing #digitale #sorridi #modena #napoli #amatestessa #alimentazionesana #gioia #vivilavita #sentirsivivi #integrazionenaturale #divertirsi #speranza #forza #determinazione #pazienza #prodottinaturali #benessere #allenamento #mettersinforma #pastosostitutivo #zuppejuiceplus #barrette   |  | <a href="https://www.instagram.com/p/CN7DfNMARoS">https://www.instagram.com/p/CN7DfNMARoS</a>   |   |  |  |
| youtube   |    | Questo video è oro!  |  | <a href="https://www.youtube.com/watch?v=QL-PnGlxDs&amp;lc=Ugy6V1FUm4Wo93ZC7v54AaABAq">https://www.youtube.com/watch?v=QL-PnGlxDs&amp;lc=Ugy6V1FUm4Wo93ZC7v54AaABAq</a> | x | the user seems enthusiastic about this video on home training, it is possible that she watched it to know about home training and then practice it |  |
| instagram | it | Buongiorno a tutti... 🌸 ❤️ L'argomento di oggi è l'indipendenza donna!! Quante lotte sono state fatte x conquistare questa indipendenza? Io la vivo giorno per giorno per i miei sogni. Tu sei pronta a farlo? Scopri di più nelle mie storie ➡️#rosaimparato #juiceplus #network #marketing #digitale #sorridi #modena #napoli #amatestessa #alimentazionesana #gioia #vivilavita #sentirsivivi #integrazionenaturale #divertirsi #speranza #forza #determinazione #pazienza #prodottinaturali #benessere #allenamento #mettersinforma #indipendenza #donnalibera #senzavincoli                                 |  | <a href="https://www.instagram.com/p/CN4RirtAvJO">https://www.instagram.com/p/CN4RirtAvJO</a>   |   |  |  |

|           |    |   |    |   |   |  |  |  |
|-----------|----|---|----|---|---|--|--|--|
| youtube   | it | <p>Perché anche l'uomo deve allenare i glutei? In questo video parliamo del perché anche l'uomo deve allenare i glutei in palestra. Estetica, prevenzione sono due dei tre fattori importanti nell'allenamento del gluteo nell'uomo. Per altri video e allenamenti seguitemi sulla mia pagina Instagram e Facebook. Instagram: <a href="https://www.instagram.com/invites/contact/?i=tnx7o6lm4054&amp;utm_content=7gh7xvFacebook">https://www.instagram.com/invites/contact/?i=tnx7o6lm4054&amp;utm_content=7gh7xvFacebook</a>: <a href="https://m.facebook.com/CONTA45/?ref=bookmarks#fitness#glutei #leg #workout #homeworkout#functionaltraining #fit #personaltrainer">https://m.facebook.com/CONTA45/?ref=bookmarks#fitness#glutei #leg #workout #homeworkout#functionaltraining #fit #personaltrainer</a></p> |    | <a href="https://www.youtube.com/watch?v=F9Kcj98_g9Y">https://www.youtube.com/watch?v=F9Kcj98_g9Y</a>   |   |  |  |  |
| youtube   | it | Grazie mille per il tuo lavoro 🙏  |    | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgySkQxNJ7grvaFyWxd4AaABA">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgySkQxNJ7grvaFyWxd4AaABA</a> | x | the user thanks the author of the video, probably she uses it to keep fit  |  |  |
| instagram | it | L'alleato migliore per le donne, soprattutto in vista dell'estate! Set CC Cel se vuoi: attivare il metabolismo sgonfiare l'addome avere la pelle più liscia e uniforme drenare i liquidi in eccesso combattere la cellulite tonificare rassodare glutei, interno ed esterno cosce piacersi#andiamobenecosì#loveyourself#iansomerhalder#trovarsibene#cellulite#imola#clientifelici#mammeitaliane#mettersinforma#estateinarrivo.  | IT | <a href="https://www.instagram.com/p/CNsCpzggd47">https://www.instagram.com/p/CNsCpzggd47</a>   |   |  |  |  |
| instagram | it | Buongiorno a tutti... Oggi ci poniamo la domanda.. Quanto è importante fare allenamento? "Non c'è cosa che non venga resa più semplice attraverso la costanza e la familiarità e l'allenamento. Attraverso l'allenamento noi possiamo cambiare; noi possiamo trasformare noi stessi."(Dalai Lama) Scopri di più nelle mie storie  |    | <a href="https://www.instagram.com/p/CNrFWMwCvIt">https://www.instagram.com/p/CNrFWMwCvIt</a>   | x | in this post the author asks how important it is to do a workout while doing exercises, it is an implicit invitation to keep fit by exercising |  |  |
| youtube   | it | Per quante settimane si può mantenere questa scheda?  |    | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugz1CEgWoSwtzHOGNkx4AaABA">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugz1CEgWoSwtzHOGNkx4AaABA</a> | x | the user asks for how many weeks he can run the training sheet, it can be deduced that he wants to use it to keep fit then                     |  |  |
| youtube   | it | Sei sempre bravissima... grazie.  |    | <a href="https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=UgwdbB5nj5BUca_hClZ4AaABA">https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=UgwdbB5nj5BUca_hClZ4AaABA</a> |   |  |  |  |
| youtube   |    | 30 minuti intensi!  |    | <a href="https://www.youtube.com/watch?v=IA_J2Th1q08&amp;lc=UgwACKuK6bZmZ9ImOB94AaABA">https://www.youtube.com/watch?v=IA_J2Th1q08&amp;lc=UgwACKuK6bZmZ9ImOB94AaABA</a> | x | "30 intense minutes!", it is possible that the user has tried it.  |  |  |
| youtube   | it | Bellissimo video, quante volte alla settimana meglio eseguirlo Grazie   |    | <a href="https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=UgyhayMRYM8c2Oh2wMp4AaABA">https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=UgyhayMRYM8c2Oh2wMp4AaABA</a> | x | the user asks for how many times in a week is it worth doing, it can be deduced that he wants to use it to keep fit then                       |  |  |
| youtube   | it | Perché le palestre sono chiuse dovresti fare la personal trainer. Mi permetto di dirti che sei una bellissima ragazza.  |    | <a href="https://www.youtube.com/watch?v=IA_J2Th1q08&amp;lc=UgwVLcQ3LJCrOH1REmh4AaABA">https://www.youtube.com/watch?v=IA_J2Th1q08&amp;lc=UgwVLcQ3LJCrOH1REmh4AaABA</a> |   |  |  |  |

|           |    |   |  |   |   |   |  |
|-----------|----|---|--|---|---|---|--|
| youtube   | it | Finalmente un video completo, veramente esaustivo! Complimenti oltre che bella sei anche molto competente e simpatica!!   |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgwwImzwvaENDFWOCZh4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgwwImzwvaENDFWOCZh4AaABAg</a> |   | x | the user congratulates the author of the video for the comprehensive video, it can be deduced that he wants to use it to keep fit then   |
| instagram | it | ☀PRIMO GIORNO DI SPORT?☀Vi ricordate il primo giorno in palestra? Di corsa? In MTB?Quanta fatica avete provato? Ma nonostante la fatica,quanto eravate soddisfatti?☀ Sicuramente ti starai chiedendo perché ti pongo queste domande...☀Per far chiarezza su una cosa☀ Quando si inizia una cosa nuova, non sempre è semplice, non sempre sarà facile ma la soddisfazione sarà sempre tanta Le prime volte fa sempre PAURA, è normale ma la DETERMINAZIONE è sempre più forte!☀ Si COSTANTE nella vita, non farti ABBATTERE dalle parole della gente e dai NO delle persone... TI FARÀ CRESCERE.. non solo fisicamente ma soprattutto MENTALMENTE * #soddisfazione #farsiabbatteremai #credercisempre #avantitutta #sport #palestra #mtb #primavolta #correre #run #running #mitivazione #motivation #determinazione #nike #donneincarriera #networkmarketingitalia #socialmarketing #mettersinforma #healthylifestyle #mainmollare!! #believeinyourself #sogninelcassetto |  | <a href="https://www.instagram.com/p/CLpdBpalcgD">https://www.instagram.com/p/CLpdBpalcgD</a>   | x |   | the user talks about how satisfaction after a workout overcomes the fatigue of the first few days. This post is about how not to give up on exercise fatigue and how to experience a lot of satisfaction afterwards. |

|         |    |  |    |   |   |   |   |  |
|---------|----|--|----|---|---|---|---|--|
| youtube | it | <p>Iscriviti a i migliori trucchetti di Fabiosa per assicurarti di non perdere mai un nuovo video ➡ <a href="https://bit.ly/3gObwuR">https://bit.ly/3gObwuR</a></p> <p>Cerchi un allenamento per glutei 🍑 e cosce? Eccotelo qui! In questo breve video di Fabiosa troverai 6 semplici esercizi per sedere, fianchi, cosce e gambe che potrai eseguire facilmente e nella piena comodità di casa tua 🏠. Questo allenamento per glutei e cosce è semplicissimo ma super efficace 💪! Se i nostri esercizi casalinghi per glutei e cosce ti sono piaciuti metti un pollice in su 👍 a questo video e iscriviti al nostro canale per altri suggerimenti su salute e benessere e consigli utili sul fitness femminile 🌟. 0:00:08 - Esercizio 1: squat plié con sollevamento polpacci 00:39 - Esercizio 2: affondo all'indietro con rotazione 01:38 - Esercizio 3: stacco rumeno a una gamba 02:40 - Esercizio 4: oscillazione della gamba in avanti con molleggi 03:42 - Esercizio 5: idrante antincendio 04:36 - Esercizio 6: estensione delle gambe a gambe incrociate #fabiosa #fabiosaitalia #fabiosaitaliavideo -----</p> <p>-----Allenamento super efficace per glutei e cosce per donneSe ti piacciono i trucchetti fai da te ✨ e ami creare cose con le tue mani 🎨, questo è il canale per te! Testiamo e proviamo costantemente trucchetti "fai-da-te" per rendere la vita dei nostri spettatori più facile e divertente 😊. Abbiamo consigli di viaggio ✈️, consigli sul cibo, tutorial fai da te, tutorial di bellezza 💄, consigli per gli abiti, ricette fatte in casa 🥕, trucchetti per le ragazze, e molto altro ancora. Siamo bravissimi a fornire consigli per semplificare la vita e vogliamo insegnarti tutto quello che</p> | IT | <a href="https://www.youtube.com/watch?v=0QIP791M1es">https://www.youtube.com/watch?v=0QIP791M1es</a>   |   |   |   |  |
| youtube | it | Ti è piaciuto 👍 questo video? Speriamo che ti sia stato utile! Facci sapere quale esercizio hai preferito 😊 e condividi con noi quali altri consigli vorresti vedere 💬 sul nostro canale. Ci piacerebbe molto conoscere la tua opinione, quindi per favore 🙏 non esitare a lasciarci commenti.   | IT | <a href="https://www.youtube.com/watch?v=0QIP791M1es&amp;lc=UgxKF6zI5qNb-lDaZt54AaABA">https://www.youtube.com/watch?v=0QIP791M1es&amp;lc=UgxKF6zI5qNb-lDaZt54AaABA</a> |   |   |   |  |
| youtube |    | Bello  |    | <a href="https://www.youtube.com/watch?v=0QIP791M1es&amp;lc=Ugxqldzs41mAoC6eC_V4AaABA">https://www.youtube.com/watch?v=0QIP791M1es&amp;lc=Ugxqldzs41mAoC6eC_V4AaABA</a> |   |   |   |  |
| youtube | it | suggerimenti su come non sforzare il collo e il trapezio durante le alzate laterali (e anche nelle spinte in alto)? Le spalle le tengo basse, cerco di chiudere le scapole e mantenere il focus sui muscoli target, ma niente, non sento lavorare tanto le spalle quanto il collo e il trapezio  |    | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgxAlKmGyzvR-ujQW5N4AaABA">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgxAlKmGyzvR-ujQW5N4AaABA</a> |   | x | the user asks for a suggestion on how to carry out the exercise properly without straining certain parts of the body, it can be deduced that he wants to use it to keep fit then. |  |
| youtube | it | Grazie mille! Buona giornata 👍   |    | <a href="https://www.youtube.com/watch?v=aGhbd5SOzAA&amp;lc=UgzpachBEhMHhWJAAx4AaABA">https://www.youtube.com/watch?v=aGhbd5SOzAA&amp;lc=UgzpachBEhMHhWJAAx4AaABA</a>   |   | x | the user thanks the author of the video, it can be deduced that she wants to use it to keep fit then  |  |
| youtube | it | bellissimo e molto completo . Provo subito grazie  |    | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugz8DRc1Lrii_S_OIBZ4AaABA">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugz8DRc1Lrii_S_OIBZ4AaABA</a> | x |   | the user states that she will try the training proposed in the video right away   |  |

|         |    |   |    |   |   |   |  |
|---------|----|---|----|---|---|---|--|
| youtube | it | Sequenza di esercizi che si puo svolgere a casa con una loop band:<br><br><a href="https://www.loopbands.it/shop/minibands/medium/E' stato utile questo video? Lascia un Mi Piace e condividi il video con i tuoi amici. Se ti fa piacere scrivi un commento, siamo piuttosto veloci a rispondere :-)) ►►► ISCRIVITI GRATIS AL CANALE ►►►">https://www.loopbands.it/shop/minibands/medium/E' stato utile questo video? Lascia un Mi Piace e condividi il video con i tuoi amici. Se ti fa piacere scrivi un commento, siamo piuttosto veloci a rispondere :-)) ►►► ISCRIVITI GRATIS AL CANALE ►►►</a><br><a href="http://www.youtube.com/subscription_center?add_user=saluteinmovimento">http://www.youtube.com/subscription_center?add_user=saluteinmovimento</a> Sul canale YouTube di Saluteinmovimento troverai contenuti e consigli pratici riguardanti fitness, dimagrimento, allenamento ed esercizi di tonificazione e stretching da eseguire a casa tua. In particolare esercizi per:<br>►►► Glutei<br><a href="http://www.youtube.com/watch?v=i72JhJdILZI&amp;list=PLB68F68E3737F1426">http://www.youtube.com/watch?v=i72JhJdILZI&amp;list=PLB68F68E3737F1426</a> ►►► Addominali<br><a href="http://www.youtube.com/playlist?list=PLtlowA6_StvkfbTi9ybleogX3Gb0NUU">http://www.youtube.com/playlist?list=PLtlowA6_StvkfbTi9ybleogX3Gb0NUU</a> ►►► Dimagrire<br><a href="http://www.youtube.com/playlist?list=PLtlowA6_StvmsXxLnfGQNtZC2U62-Ke51">http://www.youtube.com/playlist?list=PLtlowA6_StvmsXxLnfGQNtZC2U62-Ke51</a> ►►► Cervicale<br><a href="http://www.youtube.com/playlist?list=PLtlowA6_StvkkBqweaQ3q2JC6l2H5Y2Dj">http://www.youtube.com/playlist?list=PLtlowA6_StvkkBqweaQ3q2JC6l2H5Y2Dj</a> ►►► Schiena<br><a href="http://www.youtube.com/playlist?list=PLtlowA6_StvnBoyQpjYnnT30VUK7ndS9k">http://www.youtube.com/playlist?list=PLtlowA6_StvnBoyQpjYnnT30VUK7ndS9k</a> ►►► Spalle<br><a href="http://www.youtube.com/playlist?list=PL80C42C2498186670">http://www.youtube.com/playlist?list=PL80C42C2498186670</a><br>►►► Braccia<br><a href="http://www.youtube.com/playlist?list=PL0AD3952CC4658A68">http://www.youtube.com/playlist?list=PL0AD3952CC4658A68</a> ►►► Pettorali<br><a href="http://www.youtube.com/playlist?list=PLF015F732927D1F48">http://www.youtube.com/playlist?list=PLF015F732927D1F48</a> | IT | <a href="https://www.youtube.com/watch?v=aGhbd5SOzAA">https://www.youtube.com/watch?v=aGhbd5SOzAA</a>   |   |   |  |
| youtube | it | Se usassi io gli elastici sai i lividi 😊  |    |   |   |   |  |
| youtube | it | come volume settimanale gambe bello altino si suppone non sia per principianti....bellissima scheda grazie!   |    | <a href="https://www.youtube.com/watch?v=Ql-PnGiLxDs&amp;lc=Ugwit_EXZ4x49KJ18SN4AaABA">https://www.youtube.com/watch?v=Ql-PnGiLxDs&amp;lc=Ugwit_EXZ4x49KJ18SN4AaABA</a> | x | the user thanks the author for the training sheet, it is possible that she wants to try it to keep fit                |  |
| youtube | it | Si possono fare 4 giorni consecutivi per la mancanza di tempo nei giorni di rest?   |    | <a href="https://www.youtube.com/watch?v=Ql-PnGiLxDs&amp;lc=UgwZVt9Wsv2-Pd5RSgJ4AaABA">https://www.youtube.com/watch?v=Ql-PnGiLxDs&amp;lc=UgwZVt9Wsv2-Pd5RSgJ4AaABA</a> | x | the user asks a question about how to perform the exercises shown in the video, so she probably wants to perform them |  |
| youtube | it | Ciao molto brava mi è piaciuto 🖐️💻👉️💻   |    | <a href="https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=Ugzhn7idaOxaEQ_xvl4AaABA">https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=Ugzhn7idaOxaEQ_xvl4AaABA</a>   | x | the user thanks the author for the training sheet, it is possible that she wants or she has tried to keep fit         |  |
| youtube | it | Bellissima lezione si sente il lavoro sulle braccia ciaooo grazie👉️👉️   |    | <a href="https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=Ugx8pZm33d8lXRjopx4AaABA">https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=Ugx8pZm33d8lXRjopx4AaABA</a>   | x | the user states that she feels the physical work on her arms, so she use this video to keep fit                       |  |
| youtube | it | È la quarta volta che ripeto la lezione, bravissima   |    | <a href="https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=UgzRdhGHj8mjWz41uB4AaABA">https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=UgzRdhGHj8mjWz41uB4AaABA</a>   | x | the user states that she followed the lesson in the video four times.   |  |
| youtube | it | Bellissimo esercizio mille grazie ☺️  |    | <a href="https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=UgwJWOLmJlcFOxpMGII4AaABA">https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=UgwJWOLmJlcFOxpMGII4AaABA</a> | x | the user thanks the author for the training sheet, it is possible that she wants to try it to keep fit                |  |

|           |    |   |  |  |   |  |   |
|-----------|----|---|--|--|---|--|---|
| instagram |    | #donna #donnaforte #donnabeauty #bellezza #benessere<br>#benessere360 #esseredonnaèundono<br>#donnebelledalmondo #capolavoroitaliano #dietasana<br>#mettersiinforma #mettersinforma #cambiamento fisico<br>#nadiasorrentino   |  | <a href="https://www.instagram.com/p/CJ71uO6hNfp">https://www.instagram.com/p/CJ71uO6hNfp</a>  |   |  |   |
| instagram | it | Cari amici buongiorno vi ecco l' inizio del nuovo tutorial che trovate sul CANALE YOUTUBE Balletex al link<br><a href="https://youtu.be/pP28icpepiEOggi">https://youtu.be/pP28icpepiEOggi</a> facciamo insieme un bel training per rimetterci in forma dopo le vacanze, quindi preparatevi,buon lavoro!#training #balletex #tutorialdanza<br>#luisasignorelli #allenamento #mettersinforma#eserciziaterra<br>#luisasignorelli |  | <a href="https://www.instagram.com/p/CJ05td-o8b0">https://www.instagram.com/p/CJ05td-o8b0</a>  |   |  |   |
| youtube   |    | Ma nn potevi fare tt il corpo con 40 min di tempo?  |  | <a href="https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=UgwWYFMx8b62YPm7uEt4AaABAg">https://www.youtube.com/watch?v=z2wY2te9nwk &amp;lc=UgwWYFMx8b62YPm7uEt4AaABAg</a> |   |  |   |
| youtube   | it | Valerie potresti scrivere come si chiamano le musiche di sottofondo in questo video?  |  | <a href="https://www.youtube.com/watch?v=IA_J2Th1q08&amp;lc=UgzR9w3htcPgI9EvuhZ4AaABAg">https://www.youtube.com/watch?v=IA_J2Th1q08 &amp;lc=UgzR9w3htcPgI9EvuhZ4AaABAg</a> |   |  |   |
| youtube   | it | Non impiastri ciarti ulteriormente con i tatuaggi...  |  | <a href="https://www.youtube.com/watch?v=IA_J2Th1q08&amp;lc=UgytwAcls9Fb7qUjktN4AaABAg">https://www.youtube.com/watch?v=IA_J2Th1q08 &amp;lc=UgytwAcls9Fb7qUjktN4AaABAg</a> |   |  |   |
| youtube   | it | Ciao un infoMa il clam shell doppio ... 3 serie per parte ? Scusa magari domanda stupida anzi sicuramente ma grazie per la risposta è complimenti per il Video  |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugy6tki_8Mn1_P7XK3x4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugy6tki_8Mn1_P7XK3x4AaABAg</a>  | x |  | the user asks the author of the video a technical question, it is possible that she wants to try it to keep fit.            |
| youtube   | it | Questi allenamenti sono da integrare con una seduta di cardio ogni volta? Se sì, quanti minuti orientativamente?<br>Grazie mille :)   |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgyRdBeF5rgCA_FIL7Z4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgyRdBeF5rgCA_FIL7Z4AaABAg</a>  | x |  | the user asks the author of the video a technical question, it is possible that she wants to try it to keep fit.            |
| youtube   | it | Grazie 1000, mi sembrava di essere in palestra, bravissima preparata e sorridente! È un piacere ❤   |  | <a href="https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=UgzQLwxq5XngVjekUaV4AaABAg">https://www.youtube.com/watch?v=z2wY2te9nwk &amp;lc=UgzQLwxq5XngVjekUaV4AaABAg</a> | x |  | the user states that with this video she looks like to be in gym.   |
| youtube   |    | il culo è sempre il culo,,,   |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugxupra6-Zv1M2BfE-V4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugxupra6-Zv1M2BfE-V4AaABAg</a>  |   |  |   |
| youtube   | it | Vorrei sapere cosa intende quando dice che bisogna modulare il volume settimanale in base all enfasi che vogliamo dare ai gruppi muscolari. Significa che possiamo variare il numero delle serie per ciascun esercizio a nostro piacimento?   |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgzgJdC4zqY1damqsih4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgzgJdC4zqY1damqsih4AaABAg</a>  | x |  | the user asks the author of the video a technical question, it is possible that she wants to try it to keep fit.            |
| youtube   |    | Mega 😊😊😊  |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugzx7mtrQmrRzqTlUh14AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugzx7mtrQmrRzqTlUh14AaABAg</a>  |   |  |   |
| youtube   | it | Ma il recupero nella scheda si intende tra una serie e l'altra oppure tra un rip e l'altra?   |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgwLOzgTEad96v0SKel4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgwLOzgTEad96v0SKel4AaABAg</a>  | x |  | the user asks the author of the video a technical question, it is possible that she wants to try it to keep fit.            |
| youtube   | it | Visto che vivo in Spagna e posso andare in palestra, non vedo davvero l'ora che esca il prossimo video!! Già questo era spaziale, grazie!!!!  |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugy5p21LN5RNRRXh9Dp4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugy5p21LN5RNRRXh9Dp4AaABAg</a>  | x |  | the user thanks for the video and states that she can not wait for the next, so it is possible that she uses it to keep fit |
| youtube   | it | Woooow..che spettacolo!!!Finalmente una scheda completa 😊😊😊 grazie mille  |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugx_-c7pqoXFwEvZDZ4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugx_-c7pqoXFwEvZDZ4AaABAg</a>    | x |  | the user thanks for the video, so it is possible that she uses it to keep fit   |
| youtube   | it | Allenamento chiaro, completo, semplice e modulabile. Ottimo video davvero!  |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgwOzkHgEaIncfIQOSZ4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgwOzkHgEaIncfIQOSZ4AaABAg</a>  | x |  | the user thanks for the video, so it is possible that she uses it to keep fit   |
| youtube   | it | Grazie! Con queste schede mi state salvando il secondo lock down! 😊   |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgwjwHQU45hb_G9uhl4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgwjwHQU45hb_G9uhl4AaABAg</a>    |   |  | the user thanks for the video, so it is possible that she uses it to keep fit   |
| youtube   |    | Non so q.pensi sei bravissima...  |  | <a href="https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=UgxsoGlgA-b0JCnnLq94AaABAg">https://www.youtube.com/watch?v=z2wY2te9nwk &amp;lc=UgxsoGlgA-b0JCnnLq94AaABAg</a> |   |  |   |

|         |    |   |  |   |  |   |  |
|---------|----|---|--|---|--|---|--|
| youtube | it | Proprio quello che stavo cercando...grazie mille  |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgwF8Cmfhwna9uMmzNN4AaABA">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgwF8Cmfhwna9uMmzNN4AaABA</a>   |  | x | the user thanks for the video, so it is possible that she use it to keep fit                                 |
| youtube | it | Utilissimo.grande..è davvero quello che cercavi in questo momento..grazie tante😊😊   |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgximQPMtYEeGX_P7vB4AaABA">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgximQPMtYEeGX_P7vB4AaABA</a>   |  | x | the user thanks for the video, so it is possible that she use it to keep fit                                 |
| youtube | it | Grazie grazie, vedere bene come si fanno gli esercizi è veramente tanta roba....  |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugxg040paFBj7xtOBYS4AaABA">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugxg040paFBj7xtOBYS4AaABA</a>   |  |   |  |
| youtube | it | Veramente brava, era quello che cercavo, però non vedo i carichi che tipo di carichi usi in termini di kg   |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgzGfcBso9823utilKt4AaABA">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgzGfcBso9823utilKt4AaABA</a>   |  | x | the user thanks for the video, so it is possible that she use it to keep fit                                 |
| youtube | it | Ma i manubri da quanti chili bisogna prenderli?   |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugw5kKHOBPxoWHH-XCx4AaABA">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugw5kKHOBPxoWHH-XCx4AaABA</a>   |  |   |  |
| youtube |    | 😊😊😊😊  |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgxkBb-76uC8wKyoyl4AaABA">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgxkBb-76uC8wKyoyl4AaABA</a>     |  |   |  |
| youtube | it | Grazie....utilissimo!   |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugx8OCGn_uEUbUz_Y6V4AaABA">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugx8OCGn_uEUbUz_Y6V4AaABA</a>   |  | x | the user thanks for the video, so it is possible that she use it to keep fit                                 |
| youtube | it | Ottimi consigli , ottima scheda .   |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgwhJLZJ3Z1Kd_p_36J4AaABA">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgwhJLZJ3Z1Kd_p_36J4AaABA</a>   |  | x | the user thanks for the video, so it is possible that she use it to keep fit                                 |
| youtube |    | Ciao! Quanto pesa un manubrio???????  |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgyTPw0g-KjlWTQYt9B4AaABA">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgyTPw0g-KjlWTQYt9B4AaABA</a>   |  | x | the user asks a question to the author of the video, so it is possible that she wants to use it to keep fit. |
| youtube | it | allenamento donna in casa...ed allenamento donna in chiesa?   |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgxCB9iT7piFXbxxFARZ4AaABA">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgxCB9iT7piFXbxxFARZ4AaABA</a> |  |   |  |
| youtube | it | Ci state salvando in questo periodo!Grazie infinite!  |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugyik5vAxqWs10jG8wt4AaABA">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugyik5vAxqWs10jG8wt4AaABA</a>   |  | x | the user thanks for the video, so it is possible that she use it to keep fit                                 |
| youtube | it | Fantaaaastico. Gli esercizi che facevo, ma con qualche variante in più per combattere la noia, che purtroppo in questo periodo senza palestra si fa sentire. Sta sera provo di sicuro i due che non ho mai fatto!!  |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugyuzlk5INMcT2FO2R4AaABA">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugyuzlk5INMcT2FO2R4AaABA</a>     |  | x | the user thanks for the video, so it is possible that she use it to keep fit                                 |
| youtube | it | Ciao Eleonora sarebbe bello creare nuovi contenuti più pratici magari fare vedere nei prossimi video com'è strutturato il tuo allenamento in palestra complimenti ottimo video da cui prendere spunto in questo brutto periodo  |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgzaGAlk92k-CB9yqTl4AaABA">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgzaGAlk92k-CB9yqTl4AaABA</a>   |  |   |  |
| youtube |    | Madonna quanto mi fai sangue  |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgwppHdJJZQkbLc8W8V4AaABA">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgwppHdJJZQkbLc8W8V4AaABA</a>   |  |   |  |
| youtube | it | 0:23 e da quando fare delle pose equivale ad essere degli atleti...!?   |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugy_J_p9_Ak-EiKNwK14AaABA">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugy_J_p9_Ak-EiKNwK14AaABA</a>   |  |   |  |
| youtube | it | Può essere anche un allenamento da uomo focalizzato sul migliorare i glutei/gambe?  |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugwr9ADNYA7eq9a_pzV4AaABA">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugwr9ADNYA7eq9a_pzV4AaABA</a>   |  |   |  |
| youtube | it | Video completo.. allenamento senza fronzoli o mode ma focalizzato su quello che conta è con logica e spiegazioni precise. Tutte le ragazze dovrebbero iniziare ad allenarsi con sovraccarichi invece di pensare esclusivamente al cardio. Se volete aiutarci abbiamo anche noi un canale e proviamo ad aiutare le persone ad avvicinarsi alla palestra e ai calisthenics. <a href="https://www.youtube.com/channel/UCYfl3tHCbYybqRxvj5iEylw">https://www.youtube.com/channel/UCYfl3tHCbYybqRxvj5iEylw</a> |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgzhXqrmvczLYR9rFl4AaABA">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgzhXqrmvczLYR9rFl4AaABA</a>     |  | x | the user thanks for the video  |

|         |    |  |  |   |  |   |   |
|---------|----|--|--|---|--|---|---|
| youtube | it | Grazie. Siccome con mia moglie non c'è verso, nonostante i miei anni di sport agonistico, i miei studi e il mio attuale percorso, le invierò questo video, fatto da una donna, così magari riesce a togliersi dalla testa quell'idiozia di video a circuito che girano sui social! Tutto senza sovraccarichi, tutto fatto senza conoscere l'anatomia, tutto senza seguire i principi base dell'allenamento. Grazie |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugy4h8j_LTYCbhDfEBJ4AaABA">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugy4h8j_LTYCbhDfEBJ4AaABA</a> |  | x | the user states that he send the video to his wife in order to keep fit                             |
| youtube | it | Come ci sono finito in Lady Invictus?(Si scherza eh  |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugyw4XuFzP810LcM1tt4AaABA">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugyw4XuFzP810LcM1tt4AaABA</a> |  |   |   |
| youtube | it | Complimenti un video davvero completo, chiaro e interessante.  |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgypygZTZwOpdTviWzR4AaABA">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgypygZTZwOpdTviWzR4AaABA</a> |  | x | the user asks a question to the author of the video, so it is possible that she use it to keep fit. |
| youtube |    | ADORO😊 Grazie mille!   |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugz2dMNuTXpfPr6FBD14AaABA">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugz2dMNuTXpfPr6FBD14AaABA</a> |  | x | the user thanks for the video, so it is possible that she use it to keep fit                        |
| youtube | it | Ti scopro ora!! Professionalità e chiarezza nello spiegare top! Compimenti!  |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugy-tTE-AV1PpbzP0Qp4AaABA">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugy-tTE-AV1PpbzP0Qp4AaABA</a> |  | x | the user thanks for the video, so it is possible that she use it to keep fit                        |
| youtube | it | Perfetta e bellissima ti seguo già su ig😊  |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugz5WDsSVI5d-XH9MVx4AaABA">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugz5WDsSVI5d-XH9MVx4AaABA</a> |  |   |   |
| youtube | it | Questo video è super stimolante per noi donne. È molto utile vedere una donna che dopo tanti sacrifici ha ottenuto i risultati che desiderava e che con la sua esperienza incoraggia tutte le altre a fare di più e migliorare. Questo video è ciò che serve in questo periodo incerto!👉   |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgzRo6u5-74Pmc7EXmj4AaABA">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgzRo6u5-74Pmc7EXmj4AaABA</a> |  | x | the user thanks for the video, so it is possible that she use it to keep fit                        |
| youtube | it | Ci sarebbe da ridire su diversi esercizi, andrebbero studiati più in dettaglio, spinte in alto, french press, dip, sit up e quant'altro, in alcuni poco carico, in altri poco range, altri sbagliati dal punto di vista biomeccanico, non è da project invictus  |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgzxPjKfyUThbpujoR4AaABA">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgzxPjKfyUThbpujoR4AaABA</a>   |  |   |   |

|         |    |  |    |   |   |   |  |  |
|---------|----|--|----|---|---|---|--|--|
|         |    | Come si deve allenare una donna? In questo video vediamo un allenamento al femminile da fare anche a casa, con manubri ed elastici. Rispettando la fisiologia della massa magra, vediamo il corretto allenamento della donna. Come usare i pesi correttamente per "tonificare" rassodare i glutei ed ottenere finalmente risultati. La scheda ed il programma dall'allenamento perfetti per le ragazze che si allenano Con Eleonora Ambrogi campionessa del mondo Bikini WNBF.► Ogni settimana NUOVI VIDEO:<br><a href="http://bit.ly/ProjectInvictus">http://bit.ly/ProjectInvictus</a> Approfondisci l'argomento rassodare i glutei col nostro articolo:<br><a href="https://www.projectinvictus.it/rassodare-i-glutei-come-fare/">https://www.projectinvictus.it/rassodare-i-glutei-come-fare/</a> ProjectinVictus è il canale dedicato a chi si allena con la testa, con il cuore ed il fegato.2 video alla settimana tra Tutorial, Programmi Pratici e Sfide su allenamenti, esercizi, palestra, alimentazione, diete, calisthenics, trazioni, panca piana, squat, crossfit e kettlebell. ► Iscriviti per non perderli:<br><a href="http://bit.ly/ProjectInvictus">http://bit.ly/ProjectInvictus</a> ProjectinVictus non è solo video ma anche un portale che vuole dare al fitness, al benessere e all'attività fisica una nuova Visione. Benvenuti a voi che, come noi, avete scelto il cammino più lungo e difficolto ma più ricco di soddisfazioni.Seguici anche su Facebook:►<br><a href="https://www.fb.me/projectinvictus">https://www.fb.me/projectinvictus</a> | IT | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs">https://www.youtube.com/watch?v=Ql-PnGILxDs</a>   |   |   |  |  |
| youtube | it | Video grandioso, non conoscevo Eleonora ma credo sia un'ottima new Entry da portare spesso sul canale, mi piace, davvero brava. Lo proverò di certo.   |    | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgyM7RNgotGuPbiNhjh4AaABA">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgyM7RNgotGuPbiNhjh4AaABA</a>   | x |   | the user thanks for the video, she writes that she use it to keep fit  |  |
| youtube | it | Ottimi esercizi ↑  |    | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Uggy_cPU0XjwQl67IOZ4AaABA">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Uggy_cPU0XjwQl67IOZ4AaABA</a>   |   |   |  |  |
| youtube | it | Ciao! che sono una podista, come posso inserire la tua scheda con le mie uscite. Grazie! Vi seguo sempre. Siete il top   |    | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugw0b5ArbT_nwNw8xrI4AaABA">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugw0b5ArbT_nwNw8xrI4AaABA</a>   |   | x | the user asks a question to the author of the video, so it is possible that she wants to use it to keep fit. |  |
| youtube | it | Vabbé Biasci ciao... è stato bello!  |    | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgzUpaynwmtYMF9YZ4AaABA">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgzUpaynwmtYMF9YZ4AaABA</a>       |   |   |  |  |
| youtube |    | Bello, completo, serio e professionale!  |    | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgxG5QJwba2SzIGJHSp4AaABA">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgxG5QJwba2SzIGJHSp4AaABA</a>   |   | x | the user thanks for the video, so it is possible that she use it to keep fit                                 |  |
| youtube | it | Complimenti per il video, davvero completo! Come dovrebbe fare una neofita per regalarsi sui pesi da utilizzare per ogni esercizio? E più o meno quanti pesi credi che servano per iniziare?   |    | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgwQj5hfDg6yTw9NulR4AaABA">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgwQj5hfDg6yTw9NulR4AaABA</a>   |   | x | the user asks a question to the author of the video, so it is possible that she wants to use it to keep fit. |  |
| youtube |    | Sono in estasi 😊😊😊   |    | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgzM1FGCeEqDjBmuAKg14AaABA">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgzM1FGCeEqDjBmuAKg14AaABA</a> |   |   |  |  |
| youtube | it | Ecco uno dei rarissimi casi in cui in una scheda femminile ci sono esercizi per petto, bicipiti e tricipiti. Bravissimi!!!   |    | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgxGslhcFmZIEUDkTx4AaABA">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgxGslhcFmZIEUDkTx4AaABA</a>     |   |   |  |  |
| youtube | it | "Noi donne per migliorare dobbiamo allenarci con i sovraccarichi!"..Dopo questa lascio subito un like e vado avanti. Finalmente!!!   |    | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgxKd5CzjF4cGkq1RmF4AaABA">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgxKd5CzjF4cGkq1RmF4AaABA</a>   |   | x | the user thanks for the video, so it is possible that she use it to keep fit                                 |  |

|         |    |   |  |   |   |   |  |
|---------|----|---|--|---|---|---|--|
| youtube | it | Ma siete troppo avanti! meravigliosa l'atleta! e grazie per questi video così chiari! 📹❤️   |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgzSDC6QskyXiPFFg6R4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgzSDC6QskyXiPFFg6R4AaABAg</a>   |   | x | the user thanks for the video, so it is possible that she use it to keep fit                                 |
| youtube | it | Ci doveresti essere tu nel canale di lady inVictus!! 💪  |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgwoPpV7Q9yHshKdSbN4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgwoPpV7Q9yHshKdSbN4AaABAg</a>   |   |   |  |
| youtube | it | Lei è il top ma d'altra parte qui al project solo il meglio del meglio!   |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgxdHH20J4m9DsuzqGh4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgxdHH20J4m9DsuzqGh4AaABAg</a>   |   |   |  |
| youtube | it | Finalmente qualcuno che lo chiama affondo bulgaro e non squat! 👍👍 PS: abbasso tutti gli allenamenti da femminuccia, soprattutto per i glutei al tappetino 👋👋 work hard 💪  |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgwUHZme2lV6Otd5oYx4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgwUHZme2lV6Otd5oYx4AaABAg</a>   |   |   |  |
| youtube | it | Grazieeeeeee! Utilissimo! Super 💪   |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgxVP7LEyb0z3ERoRh4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgxVP7LEyb0z3ERoRh4AaABAg</a>     |   | x | the user thanks for the video, so it is possible that she use it to keep fit                                 |
| youtube | co | Allenamento donna a casa: basta scuse inutili!!! ❌  |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgdqQuv7shqXh34Qp4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgdqQuv7shqXh34Qp4AaABAg</a>       |   | x | the user thanks for the video, so it is possible that she use it to keep fit                                 |
| youtube | it | E' possibile avere un link dove scaricare la scheda proposta in PDF? grazie mille   |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgxLRON7a7PFjq1TRR4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgxLRON7a7PFjq1TRR4AaABAg</a>     |   | x | the user asks a question to the author of the video, so it is possible that she wants to use it to keep fit. |
| youtube |    | apperò  |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgxG5rBNXsyvz24-9Z4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgxG5rBNXsyvz24-9Z4AaABAg</a>     |   |   |  |
| youtube | it | Scheda completa fatta benissimo e spiegata in ogni dettaglio! Grazie infinite 😊   |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgwRZU923gWan1rTbel4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgwRZU923gWan1rTbel4AaABAg</a>   |   | x | the user thanks for the video, so it is possible that she use it to keep fit                                 |
| youtube | it | Da corsista, è fantastico che il project metta questi contenuti gratuitamente, riassumendo in 10 minuti una grande fetta di ciò che riguarda l'allenamento al femminile, Eleonora grazie a te la mia ragazza ha visionato finalmente un video del project, grandissimi 🎉♀️😊 |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgwSnQgHmKginBugRc94AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgwSnQgHmKginBugRc94AaABAg</a>   |   | x | "as a course user, thanks for the video", it is possible that she use it to keep fit                         |
| youtube |    | Video completo e spiegato nei minimi particolari, super professionale Eleonora 💪  |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgwBMBNybxJlFGyxXh14AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgwBMBNybxJlFGyxXh14AaABAg</a>   |   |   | the user thanks for the video, so it is possible that she use it to keep fit                                 |
| youtube | it | Bravissima e professionale.è corretto fare i hip thrust sulla fitball,invece che sulla panca? grazie  |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgfwuNbgaOQ_cwOAH494AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgfwuNbgaOQ_cwOAH494AaABAg</a>   |   |   |  |
| youtube |    | Ci voleva! Grazie 💪   |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgyZej0ppPLUXMqM414AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgyZej0ppPLUXMqM414AaABAg</a>     | x |   | the user thanks for the video, so it is possible that she use it to keep fit                                 |
| youtube |    | 😊😊😊😊😊   |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgzSLewbuJy3MwXpEN4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgzSLewbuJy3MwXpEN4AaABAg</a>     |   |   |  |
| youtube | it | Questo dimostra che ci si può allenare,nonostante tutto,senza piangersi addosso.😊 bella e brava 💪   |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugz_i-HEi62CvjauEJ4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugz_i-HEi62CvjauEJ4AaABAg</a>     | x |   | the user thanks for the video, so it is possible that she use it to keep fit                                 |
| youtube | it | Per quanto riguarda l'addome, come mai non ci sono esercizi per gli obliqui?  |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugzui31qQEgE6FppyN7h4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugzui31qQEgE6FppyN7h4AaABAg</a> |   | x | the user asks a question to the author of the video, so it is possible that she wants to use it to keep fit. |
| youtube |    | BRAVA!!! BRAVISSIMA!  |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgzbXnj3NHHe7QlO3B94AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgzbXnj3NHHe7QlO3B94AaABAg</a>   |   | x | the user thanks for the video, so it is possible that she use it to keep fit                                 |
| youtube |    | Bravissima 💪  |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgxbRCytCdEsqe2xeR4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgxbRCytCdEsqe2xeR4AaABAg</a>     |   | x | the user thanks for the video, so it is possible that she use it to keep fit                                 |
| youtube | it | Non vorrei passare per un maschilista snob 😊...ma oggi non ci doveva essere la seconda parte del video su "come mettere massa"?? 💪💪 Lo non c'ho dormito questo fine settimana....😊😊   |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgxY3DBfSV6V4P_C8ol4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgxY3DBfSV6V4P_C8ol4AaABAg</a>   |   |   |  |
| youtube | it | Semplicemente il Top! 💪❤️ Grazie 😊  |  | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugx5M7qtwfcq8YWuS-V4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugx5M7qtwfcq8YWuS-V4AaABAg</a>   |   |   |  |

|         |    |   |    |   |   |   |  |
|---------|----|---|----|---|---|---|--|
| youtube | it | Alla faccia di chi dichiarò che cn solo 2 manubri e il pavimento nn ci si può allenare (a buon intenditore, poche parole)....complimenti a te Eleonora, il like va SOLO a te!!!                 |    | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugw3Ktp1h3cnlSconcR4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugw3Ktp1h3cnlSconcR4AaABAg</a> |   | x | the user thanks for the video, so it is possible that she use it to keep fit   |
| youtube | it | Complimenti siete sempre molto specifici e aiutate le persone che vogliono migliorare, sia fisicamente che mentalmente. Grazie  |    | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgytkUaXm7ldNrEc_yV4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgytkUaXm7ldNrEc_yV4AaABAg</a> |   | x | the user thanks for the video, so it is possible that she use it to keep fit   |
| youtube | it | Non ho visto il video perché non essendo donna non mi interessa. Ma già so che si parlerà di culo...🤣   |    | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugz7C-CS9mD6y4M2Pjx4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugz7C-CS9mD6y4M2Pjx4AaABAg</a> |   |   |  |
| youtube | it | Ciao, che pesi usi? Sono introvabili online   |    | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgwXZopgVKinthsXTd4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgwXZopgVKinthsXTd4AaABAg</a>   |   | x | the user complains that it is impossible to find dumbbells online to buy, it is possible that he does not train for this reason.   |
| youtube |    | Super   | IT | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugw9RZP-qliQFCle77F4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugw9RZP-qliQFCle77F4AaABAg</a> |   |   |  |
| youtube |    | Video utilissimo e chiarissimo! Grazie 🙏  |    | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgxwEOXgrFP063OHUiP4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgxwEOXgrFP063OHUiP4AaABAg</a> |   | x | the user thanks for the video, so it is possible that she use it to keep fit   |
| youtube | it | Che video meraviglioso! Non aspettavo altro , grazie 👍  |    | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgzJabESkfwkD9GnnXp4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgzJabESkfwkD9GnnXp4AaABAg</a> |   |   |  |
| youtube | it | Buongiorno, grazie x le dritte! Complimenti x il titolo meritatissimo, sei bravissima Iciaoo 👍  |    | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgyM3f0ryAJ8j019vix4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgyM3f0ryAJ8j019vix4AaABAg</a> |   | x | the user thanks for the video, so it is possible that she use it to keep fit   |
| youtube | it | Io non ci credo che mi fai i Push Ups e le Dips su panca in ginocchio e poi le trazioni senza assistenza perfette...  |    | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgydrnGUDzwVRT7LzPZ4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgydrnGUDzwVRT7LzPZ4AaABAg</a> |   |   |  |
| youtube | it | Esattamente ciò che cercavo, so ciò che faccio in palestra, ma allenandomi a casa mi sono completamente persa. Un video davvero completo ed esaustivo , non penso si posda trovare di meglio.   |    | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugwgt_OFxATwLLolaeJ4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugwgt_OFxATwLLolaeJ4AaABAg</a> | x |   | "Exactly what I was looking for, I know what I do in the gym, but working out at home I got completely lost. A very comprehensive video, I don't think you can get better than this" |
| youtube | it | tutti campioni mondiali su internet .   |    | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgwKru7WvMLD1I2RCXZ4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgwKru7WvMLD1I2RCXZ4AaABAg</a> |   |   |  |
| youtube | it | Wow, quanto vorrei che tu fossi la mia personal trainer 🙏   |    | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugxd8s4vNBicQXIDPeV4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugxd8s4vNBicQXIDPeV4AaABAg</a> |   |   |  |
| youtube |    | Bella Ele   |    | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgytV6w96rjxQIBDCBV4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgytV6w96rjxQIBDCBV4AaABAg</a> |   |   |  |
| youtube |    | Ma siete tutte bone voi di project  |    | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugzjfxmlj5U1_vCloQ14AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=Ugzjfxmlj5U1_vCloQ14AaABAg</a> |   |   |  |
| youtube | it | Il video più completo che abbia mai visto sull'allenamento a casa. Complimenti.   |    | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgwGmTYLunCSEKza_qd4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgwGmTYLunCSEKza_qd4AaABAg</a> | x |   | the user thanks for the video, so it is possible that she use it to keep fit   |
| youtube | it | personalmente io mi trovo male con le split upper/lower, perchè non dò il meglio di me, o meglio, lavoro bene di upper ma preferisco fare gambe in modo più omogeneo, a buffer, tutti i giorni. |    | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgyKd_aD8TgNBahMesB4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgyKd_aD8TgNBahMesB4AaABAg</a> |   |   |  |
| youtube | co | praticamente è la scheda donna intermedia/avanzata presa dalla certificazione, con brunaccioni  |    | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgwHgvX0NtYwzPsVE14AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgwHgvX0NtYwzPsVE14AaABAg</a>   |   |   |  |
| youtube | it | Video molto interessante anche per noi donne  |    | <a href="https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgxP69D9IQUWCKbKjd4AaABAg">https://www.youtube.com/watch?v=Ql-PnGILxDs&amp;lc=UgxP69D9IQUWCKbKjd4AaABAg</a>   |   |   |  |
| youtube | it | Quanto sei bonaaaa senza occhiali!!!! 😊😊😊   |    | <a href="https://www.youtube.com/watch?v=IA_J2Th1q08&amp;lc=UgxUKpNCnA1PNEIER8p4AaABAg">https://www.youtube.com/watch?v=IA_J2Th1q08&amp;lc=UgxUKpNCnA1PNEIER8p4AaABAg</a> |   |   |  |

|         |    |  |    |   |   |   |  |  |
|---------|----|--|----|---|---|---|--|--|
|         |    | Quindi abbiamo visto che la richiesta maggiore sono glutei, braccia-tricipiti, addomeOvviamente non è che lavorando uno specifico gruppo muscolare si potranno fare miracoli nell'avere una tonicità immediata o una perdita di grasso localizzato o ancora una tartaruga scolpita...Ma Ricordiamoci Per raggiungere dei risultati concreti è importante la pratica costante di un'equilibrata attività fisica, unita all'adozione di un corretto regime alimentare ( a tal proposito volevo ricordare che andando sul nostro sito sezione risorse gratuite troverete dei mini ebook nutrizionali redatti dalla nutrizionista Stefania Acquaro) <a href="https://www.train2be.it/risorse-gratuite/">https://www.train2be.it/risorse-gratuite/</a> Per raggiungere dei risultati apprezzabili, non rimane che armarsi di determinazione e mettere in conto un po' di fatica e qualche rinuncia.Ma tornando al nostro allenamento... oggi vi propongo un workout con metodo AR7, ovvero andremo a fare 7 set,7 ripetizioni con 7 secondi di pausa, lo faremo per ogni esercizio. Per chi di voi fosse un po' più allenato e volesse aumentare il lavoro, finito il giro del 7 faremo il giro del 6,dunque 6 set,6 ripetizioni 6 secondi di pausa.... e gli avanzati potranno poi terminare con il giro del 5.Farò insieme a voi il giro del 7,poi...a voi la scelta !Blog : <a href="https://www.train2be.it/ricetta-low-carb-biscotti-nuvolettaSEGUICI :ISCRIVITI AL CANALE : https://goo.gl/UhcLS5VISITA IL SITO : https://www.train2be.it/FACEBOOK : https://www.facebook.com/train2be/INSTAGRAM : https://www.instagram.com/train2be/ /TWITTER : https://twitter.com/train2be">@train2be</a> |    |   |   |   |  |  |
| youtube | it |  | IT | <a href="https://www.youtube.com/watch?v=2jG7TUaxgBU">https://www.youtube.com/watch?v=2jG7TUaxgBU</a>   |   |   |  |  |
| youtube | it | Grazie Tiziana bellissima lezione   |    | <a href="https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=UgwC9ggRd43e0_tr-414AaBAg">https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=UgwC9ggRd43e0_tr-414AaBAg</a> | x | the user thanks for the video, so it is possible that she use it to keep fit  |  |  |
| youtube | it | Grazie di ❤️ bellissima lezione.. Complimenti a te per ciò che fai e per come lo fai ❤️  |    | <a href="https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=UgwLYmNs_qaZ9SZq3WZ4AaBAg">https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=UgwLYmNs_qaZ9SZq3WZ4AaBAg</a> | x | the user thanks for the video, so it is possible that she use it to keep fit  |  |  |
| youtube | it | SCOPRI LE MIE GUIDE DI ALLENAMENTO:<br><a 3j2ktny"="" black="" friday:="" href="https://www.valeriefitnesscoach.com/shop/20% DI SCONTO, CODICE: " https:="" myfitnesschallenge"="" sconti="" tidd.ly="">https://www.valeriefitnesscoach.com/shop/20% DI SCONTO, CODICE: "MYFITNESSCHALLENGE" SCONTI Black Friday: https://tidd.ly/3j2KtNy</a> CODICE: VALERIEFITNESSSeguimi su instagram: <a href="https://www.instagram.com/valerie_fitness_/">https://www.instagram.com/valerie_fitness_/</a>  | IT | <a href="https://www.youtube.com/watch?v=IA_J2Th1q08">https://www.youtube.com/watch?v=IA_J2Th1q08</a>   |   |   |  |  |
| youtube | it | Ormai sei diventata la mia personal trainer putropo da 3 allenamenti sono dovuta passare a due ma con i tuoi video riesco sempre ad allenarmi sabato e domenica..Spero tanto di avere un fisico bellissimo come il tuo un giorno Ti adoro troppo e non mi perdo mai un tuo video   |    | <a href="https://www.youtube.com/watch?v=IA_J2Th1q08&amp;lc=Ugxdu2XFH4XEvSM9OzV4AaBAg">https://www.youtube.com/watch?v=IA_J2Th1q08&amp;lc=Ugxdu2XFH4XEvSM9OzV4AaBAg</a> | x | the user states that the author of the clip has become her personal trainer and thanks to her she trains on Saturday and Sunday |  |  |
| youtube | it | spettacolo cm sempre   |    | <a href="https://www.youtube.com/watch?v=IA_J2Th1q08&amp;lc=Ugy3ySE1ajWRutRkzwR4AaBAg">https://www.youtube.com/watch?v=IA_J2Th1q08&amp;lc=Ugy3ySE1ajWRutRkzwR4AaBAg</a> |   |   |  |  |
| youtube | it | Hai un bellissimo fisico , ma l' inquadratura non ti rende giustizia !!!    |    | <a href="https://www.youtube.com/watch?v=IA_J2Th1q08&amp;lc=UgwEBoaEVXNTTMbrGYZ4AaBAg">https://www.youtube.com/watch?v=IA_J2Th1q08&amp;lc=UgwEBoaEVXNTTMbrGYZ4AaBAg</a> |   |   |  |  |

|         |    |   |    |   |   |  |   |
|---------|----|---|----|---|---|--|---|
| youtube | it | e' la prima volta che partecipo a un video allenamento, oggi giorno di riposo al negozio (fortunatamente il mio non e' stato toccato dalla chiusura) ho convinto anche mia moglie a partecipare, bella e brava, e soprattutto dono di natura buchi lo schermo   |    | <a href="https://www.youtube.com/watch?v=IA_J2Th1q08&amp;lc=UgwNogd2CYIJ49VdXf94AaABA">https://www.youtube.com/watch?v=IA_J2Th1q08&amp;lc=UgwNogd2CYIJ49VdXf94AaABA</a> | x |  | the user was able to get his wife to exercise using this video                                  |
| youtube | it | Ciao Tiziana, adoro le tue lezioni, mi allenio con te quasi tutti i giorni già da diversi mesi! ♀ ♀ ♀ ♀   |    | <a href="https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=UgyPLlef8Bk64mV8KF4AaABA">https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=UgyPLlef8Bk64mV8KF4AaABA</a>   | x |  | the user uses this author's videos to keep fit for several months                               |
| youtube | it | Belle lezioni ...tu sei a Roma.   |    | <a href="https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=Ugy2ZiFOGvHHtAVobMt4AaABA">https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=Ugy2ZiFOGvHHtAVobMt4AaABA</a> |   |  |   |
| youtube | it | bellissima lezione...grazie   |    | <a href="https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=Ugyq-p6JGBPHY-8z0114AaABA">https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=Ugyq-p6JGBPHY-8z0114AaABA</a> | x |  | the user thanks for the video, so it is possible that she use it to keep fit                    |
| youtube |    | Adoro quelli addominali I   |    | <a href="https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=Ugz0ZIUtAstTXIA4Fpp4AaABA">https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=Ugz0ZIUtAstTXIA4Fpp4AaABA</a> |   |  |   |
| youtube | it | Bellissima lezione siamo ritornati in palestra ❤️❤️   |    | <a href="https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=Ugx_B8baMvql76-MCiR4AaABA">https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=Ugx_B8baMvql76-MCiR4AaABA</a> | x |  | the user thanks for the video, thanks to this video the user states she is back in the gym      |
| youtube | it | Lezione completa e molto professionale. Grazie!   |    | <a href="https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=Ugw7_j6SX3fcB1w1Fo54AaABA">https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=Ugw7_j6SX3fcB1w1Fo54AaABA</a> | x |  | the user thanks for the video, so it is possible that she use it to keep fit                    |
| youtube | it | Le flessioni non riesco a farle bene ..   |    | <a href="https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=UgxjoSoCsDt0lG1V_RV4AaABA">https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=UgxjoSoCsDt0lG1V_RV4AaABA</a> |   |  |   |
| youtube | it | Bellissima lezione il lavoro si sente sulle braccia grazie ciaooo ❤️  |    | <a href="https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=UgzmTB-5bbdXuA__Hfx4AaABA">https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=UgzmTB-5bbdXuA__Hfx4AaABA</a> | x |  | the user states that she feels the work on his arms, so it is assumed that she uses it to train |
| youtube | it | Scopri gli esercizi per avere BRACCIA toniche e braccia snelle con @Tiziana Fitness Style Un allenamento donne per dimagrireSCRIVITI :<br><a href="https://www.youtube.com/channel/UCLdmgcjEGd_3Zne4vBku9EwTizianafitnessstyleGuarda la playlist completa">https://www.youtube.com/channel/UCLdmgcjEGd_3Zne4vBku9EwTizianafitnessstyleGuarda la playlist completa</a><br><a href="https://www.youtube.com/watch?v=tRxvtVNyMhU&amp;list=PL-PfLICpCKb7m3pTv_qRnOfgRjvOWqfOSe il mio video ti è piaciuto lasciami un Mi Piace e Condividilo con i tuoi amici. Seguimi su :&lt;br/&gt;&lt;a href=" https:="" sito"="" tiziana.fitness.style="" www.instagram.com="">https://www.instagram.com/tiziana.fitness.style/sito</a><br><a href="http://www.tizianafitnessstyle.it/Metti mi piaci alla mia pagina FACEBOOK :">http://www.tizianafitnessstyle.it/Metti mi piaci alla mia pagina FACEBOOK :<br/><a href="https://www.facebook.com/Tiziana.Fitness.Style/Avvertenze: le informazioni contenute in questi video non intendono sostituirsi in nessun modo a parere medico o di altri specialisti. L'autrice declina ogni responsabilità di effetti o di conseguenze risultanti dall'uso di tali informazioni e dalla loro messa in pratica. L'allenamento con sovraccarichi, a corpo libero, con il trx, e con altri attrezzi può causare infortuni, quindi si consiglia pertanto di prestare la massima attenzione e di eseguire esercizi e metodologie adatte al proprio livello di forma. In ogni caso consultare il proprio medico di fiducia prima di iniziare qualsiasi forma di attività fisica o regime alimentare.#bracciatoniche^allenamentoonline^tizianafitnessstyle">https://www.facebook.com/Tiziana.Fitness.Style/Avvertenze: le informazioni contenute in questi video non intendono sostituirsi in nessun modo a parere medico o di altri specialisti. L'autrice declina ogni responsabilità di effetti o di conseguenze risultanti dall'uso di tali informazioni e dalla loro messa in pratica. L'allenamento con sovraccarichi, a corpo libero, con il trx, e con altri attrezzi può causare infortuni, quindi si consiglia pertanto di prestare la massima attenzione e di eseguire esercizi e metodologie adatte al proprio livello di forma. In ogni caso consultare il proprio medico di fiducia prima di iniziare qualsiasi forma di attività fisica o regime alimentare.#bracciatoniche^allenamentoonline^tizianafitnessstyle</a></a> | IT | <a href="https://www.youtube.com/watch?v=z2wY2te9nwk">https://www.youtube.com/watch?v=z2wY2te9nwk</a>   |   |  |   |

|         |    |  |    |   |  |   |  |
|---------|----|--|----|---|--|---|--|
| youtube | it | Che bella lezione sei bravissima e molto professionale<br>  |    | <a href="https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=UgyMwZPuOS4ujNV0BVN4AaABAg">https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=UgyMwZPuOS4ujNV0BVN4AaABAg</a> |  | x | the user thanks for the video, thanks to this video the user states she is back in the gym |
| youtube | it | sono Isabella fantastica lezione brava e grazie  |    | <a href="https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=UgzoxRvMqFi-erQm_UF4AaABAg">https://www.youtube.com/watch?v=z2wY2te9nwk&amp;lc=UgzoxRvMqFi-erQm_UF4AaABAg</a> |  | x | the user thanks for the video, thanks to this video the user states she is back in the gym |
| youtube | it | <a href="https://filedn.com/lxb96W8iD2vFtNjmyEwecsua/ax/a/it/02.html?s=_ABJqyJ - 2/3/5PCS Senza Soluzione di Continuità Delle Donne di Yoga Set Allenamento Sportivo Abbigliamento Palestra Fitness Manica Lunga Crop Top di Alta leggings a vita Vestiti di Sport Dichiarazione di non responsabilità: questo video e la descrizione contengono un link di affiliazione, il che significa che se acquisti tramite il link del prodotto, riceverò una piccola commissione. Grazie per il vostro sostegno! Altro prodotto interessante ABPM50 24 ore Della Pressione Arteriosa Ambulatoriale Monitor Holter ABPM BP con il.. :https://youtu.be/q5z6fnxFrmw #Senza #Soluzione #Continuità">https://filedn.com/lxb96W8iD2vFtNjmyEwecsua/ax/a/it/02.html?s=_ABJqyJ - 2/3/5PCS Senza Soluzione di Continuità Delle Donne di Yoga Set Allenamento Sportivo Abbigliamento Palestra Fitness Manica Lunga Crop Top di Alta leggings a vita Vestiti di Sport Dichiarazione di non responsabilità: questo video e la descrizione contengono un link di affiliazione, il che significa che se acquisti tramite il link del prodotto, riceverò una piccola commissione. Grazie per il vostro sostegno! Altro prodotto interessante ABPM50 24 ore Della Pressione Arteriosa Ambulatoriale Monitor Holter ABPM BP con il.. :https://youtu.be/q5z6fnxFrmw #Senza #Soluzione #Continuità</a>  |    | <a href="https://www.youtube.com/watch?v=mmjbFTXLmX4">https://www.youtube.com/watch?v=mmjbFTXLmX4</a>   |  |   |  |
| youtube |    | Progressioni del Push-up   | IT | <a href="https://www.youtube.com/watch?v=FTqzTd7yrRQ">https://www.youtube.com/watch?v=FTqzTd7yrRQ</a>   |  |   |  |
| youtube | it | LINK <a href="https://amzn.to/31LaVEq">https://amzn.to/31LaVEq</a> Push Up Rack Board, 12 in 1 pieghevole multifunzionale per allenamento a casa Attrezzature per il fitness, Telaio per allenamento push-up portatile, usato per uomini Donne per allenamento a casa 【Antiscivolo, pieghevole】 La nuova tavola push up è aggiornata con maniglie in gomma antiscivolo per una sensazione confortevole. Il pannello è realizzato in materiale in fibra di carbonio ecologico di migliore qualità e la capacità di carico è fino a 120 kg. Con adesivi antiscivolo per impedire allo scivolo durante l'allenamento 【Funzionamento semplice】 Il prodotto è accompagnato da istruzioni per l'uso per fornire una settimana di suggerimenti per la formazione. Che tu sia un uomo o una donna, un principiante o un esperto di fitness, i push-up possono soddisfare le tue esigenze di allenamento e farti completare il Push-up standard 【Proteggici i tuoi polsi】 Usa esercizi push up per evitare la pressione diretta del palmo a terra, evitare danni ai legamenti causati dalla compressione articolare e allo stesso tempo permetterti di abbassare la pressione del corpo durante l'allenamento e allungare ed esercitare i muscoli in modo più efficace 【Esercizio muscolare multi-sito】 Tavola push-up multifunzione 12-in-1, in base ai diversi fori sulla tavola, cambia la forza dei muscoli durante i push up, può esercitare efficacemente i muscoli delle spalle, delle braccia, schiena, addome e petto 【Risparmia tempo e denaro】 Le flessioni sono l'attrezzatura perfetta per l'allenamento a casa. Non è necessario essere un membro della palestra o <del>trascorrere del tempo prezioso in palestra</del> Design | IT | <a href="https://www.youtube.com/watch?v=o2tO1zO2X7U">https://www.youtube.com/watch?v=o2tO1zO2X7U</a>   |  |   |  |

|         |    |   |    |   |  |  |  |
|---------|----|---|----|---|--|--|--|
| youtube | it | Per altri esercizi, circuiti, consigli e lezioni iscrivetevi al canale YouTube. Ogni settimana nuovi contenuti unici che ti faranno appassionare sempre di più al mondo del fitness.Instagram:<br><a href="https://www.instagram.com/lucagalli.pt/">https://www.instagram.com/lucagalli.pt/</a> Facebook:<br><a href="https://www.facebook.com/lucagalli93/?ref=bookmarks">https://www.facebook.com/lucagalli93/?ref=bookmarks</a>  |    | <a href="https://www.youtube.com/watch?v=f9ZjfIlaus">https://www.youtube.com/watch?v=f9ZjfIlaus</a>   |  |  |  |
| youtube | it | Se vuoi veramente una pancia tonica e piatta è importante snellire il vitino. Questo plank workout è ideale per snellire il girovita e per tonificare i muscoli che fanno parte della core stability. Abbiamo solo 10 minuti che faranno tremare tutto il nostro corpo. Ci saranno 10 esercizi diversi, 45 secondi di lavoro e 15 secondi di riposo per ogni intervallo. Per la sfida ti invito a fare la dogging cobra insieme a me. Ci sei? Lascia un commento per me per farmi sapere come ti è sembrato l'allenamento e non dimenticare di iscriverti al mio canale. Così ti posso aiutare a raggiungere i tuoi scopi fitness con i miei workout intensi.Ecco i nostri 10 esercizi:1. Single leg plank in and out right2. Single leg plank in and out left3. Crossover mountain climbers4. Spiderman plank5. Kneetuck to downward facing dog6. Hip twists7. Plank scorpions8. Plank rotations9. Plank reaches with twist right10. Plank reaches with twist left |    | <a href="https://www.youtube.com/watch?v=bOXUswivSM">https://www.youtube.com/watch?v=bOXUswivSM</a>   |  |  |  |
| youtube | it | Buongiorno popolo di internettttt!! oggi il coach vi racconta un po' come affrontare il discorso allenamento per i soggetti ginoidi.Come sempre, sono consigli a carattere generale, è sempre bene farsi seguire da un professionista di fiducia che vi può guidare in modo graduale e sensato nel mondo dell'allenamento.Buona visione!ISCRIVITI AL CANALE PER NON PERDERTI I PROSSIMI VIDEO!SEGUIMI SU INSTAGRAM PER CONTENUTI QUOTIDIANI <a href="https://www.instagram.com/vguidetti_fitnesscoach/?hl=it">https://www.instagram.com/vguidetti_fitnesscoach/?hl=it</a>   | IT | <a href="https://www.youtube.com/watch?v=t2kS8J4WX00">https://www.youtube.com/watch?v=t2kS8J4WX00</a> |  |  |  |

|         |    |   |    |   |  |  |  |
|---------|----|---|----|---|--|--|--|
| youtube | it | <p>"Come eliminare il fisico a pera?" è la domanda che si pongono le ginoidi, ovvero tutte quelle donne che ingrassano principalmente sui fianchi e sulle cosce. È vero che non bisogna fare squat? Che i pesi sono sconsigliati? Che per tonificare bisogna usare bassi carichi e alte ripetizioni? Oggi la nostra dott.ssa e personal trainer Francesca Marziale ci spiega come si dovrebbe allenare chi ha un fisico a pera (ginoide), perché è sbagliato fare tante ripetizioni e bassi carichi con le gambe, cosa fare se si soffre di ritenzione idrica o gambe pesanti, cosa significa allenarsi in PHA. Il tutto, mostrando anche la pratica con una scheda in cui sono spiegati gli esercizi, le serie e le ripetizioni.-----Leggi l'articolo "DONNE E PESI IN PALESTRA":<br/> <a href="https://www.projectinvictus.it/donne-pesi-in-palestra/">https://www.projectinvictus.it/donne-pesi-in-palestra/</a>-----Francesca Marziale <a href="http://www.nonmangiostranomangiosano.com">www.nonmangiostranomangiosano.com</a>Instagram:<br/> FraMarzialeFitness-----SEGUICI SU INSTAGRAM PER TUTORIAL E RICETTE! IG:<br/> lady_invictus#allenamento #fisicoapera #nutrizione</p>  | IT | <a href="https://www.youtube.com/watch?v=f6rx7YPgNKw">https://www.youtube.com/watch?v=f6rx7YPgNKw</a> |  |  |  |
| youtube | it | <p>#ginoide #esercizi #dimagrire #allenamentoDONNA GINOIDE: ESERCIZI per DIMAGRIRE e TONIFICARE Strategia di ALLENAMENTO in base al BIOTIPO Spesso molte donne, lamentano la mancata personalizzazione degli allenamenti e col tempo perdono la motivazione per mancanza di risultati tangibili. In passato su questo canale ho già postato altri video in merito ad un allenamento per questa tipologia di soggetti, molto diffuso in ogni palestra, ma in questo ho deciso di regalarvi 5 consigli ulteriori.---- info PROGRAMMI PERSONALIZZATI ----● Personal Trainer Giò Ametrano [FIPe e CSEN]● Mail: jofitness910@gmail.com---- I MIEI SOCIAL ----● Instagram:<br/> <a href="https://www.instagram.com/soluzione.jofitness">https://www.instagram.com/soluzione.jofitness</a>● Instagram:<br/> <a href="https://www.instagram.com/gio.ametrano">https://www.instagram.com/gio.ametrano</a>● Facebook:<br/> <a href="https://www.facebook.com/soluzione.jofitness">https://www.facebook.com/soluzione.jofitness</a>● Facebook:<br/> <a href="https://www.facebook.com/groups/gioametrano">https://www.facebook.com/groups/gioametrano</a>● Twitter:<br/> <a href="https://twitter.com/zHenjo_SF">https://twitter.com/zHenjo_SF</a>● Telegram:<br/> <a href="https://t.me/s/SjoFit">https://t.me/s/SjoFit</a>● TikTok: jofitness● YouTube:<br/> <a href="https://www.youtube.com/c/soluzionejofitness">https://www.youtube.com/c/soluzionejofitness</a></p> | IT | <a href="https://www.youtube.com/watch?v=1RDaF7Z7W7g">https://www.youtube.com/watch?v=1RDaF7Z7W7g</a> |  |  |  |

| Source    | Language | Description  | Country | Link  | Explicit | Implicit | Description/Translation   |
|-----------|----------|--|---------|---|----------|----------|---|
| Instagram | lt       | Po truputį grįžtu į normalų gyvenimą! 🚴 Neseniai atostogavom su @fitty.gerda ir pramynėm nuo Palangos iki Šventosios ir atgal (apie 30km) pirmą kartą buvau ant dviračio po operacijos 😊 o neseniai užlipom ant riedučių, žiauriai patiko! Reikės dažniau. 🛹 Prisijungę į sportą ir kurių treniruotės ir aktyvizižiai matau kaip jų truko, nes kūnas atrodo visai kitaip, savijauta geresnė, maisto galu valgysi daugiau. Tikiuosi ir toliau tari gerai sekis ir tobulėsim! 🏃‍♂️ O Jūs, ar atradot naujovių šią vasarą? 🌸 ... #dviratis #fitness #workout #fit #motivation #cycling #fitnessmotivation #training #gymlife #trenoris #gymmotivation #health #myprotein #lifestyle #sport #healthy #motyvacija #gymlife #personaltrainer #kulturizmas #exercise #sportas #cardio #bike #diet #strength #myprotein #asmeninistreneris #fitnesses #lemongyms   | LT      | <a href="https://www.instagram.com/p/CSRDjOgr59D">https://www.instagram.com/p/CSRDjOgr59D</a> |          | x        | The boy writes that together with his girlfriend they have discovered cycling and roller skating this summer. They enjoy it because their wellbeing has gotten better, legs got stronger, and they are able to eat more. They encourage others to do the same.  |
| Instagram | lt       | Vakar paskelbėme SamogitianFitness iššūkio nugalėtojus. @daujis22 Laimėjo 4 vieta ir vieną mėnesį nemokamai treniruočių. Pulkus rezultatas +6.1 kg liepos raumeninės masės 💪. Sveikinu Daujota 🎉 #samogitianfitness #samogitia #samogitian #žemaitija #žemaitija #žemaitis #žemaitis #laimejimas #laimė #iššūkis #nugalėtojai #nugalėtojas #vieta #raumenys #kg #kilogramai #rezultatai #mitbya #sportas   |         | <a href="https://www.instagram.com/p/CSSPit4A9pj">https://www.instagram.com/p/CSSPit4A9pj</a> |          | x        | The post is about how fitness changes the body. It increases the mass of lean muscle. The post also congratulates those who have achieved the best results. The picture clearly illustrates the body transformation from before taking up sports versus after.  |
| Instagram | lt       | Superinė namų treniruotė gražiam pilvukui #vilnius #lithuania #lietuva #sportas #fitness #workout #workoutathome #fit #homeworkout   |         | <a href="https://www.instagram.com/p/CSSE91kkR9">https://www.instagram.com/p/CSSE91kkR9</a>   |          | x        | The video post for women about how to practice sport at home and have a beautiful belly. Exercises with the elastic band are demonstrated.  |
| Instagram | lt       | Koks Tavo mėgstamiausias pratimas? ♂ ♀ #vsvfitness #kaunas #kaunascity #sportas #weekendworkout  |         | <a href="https://www.instagram.com/p/CSOoShTDiu1">https://www.instagram.com/p/CSOoShTDiu1</a> |          | x        | The post is for those who like to lift weights. A happy man doing sports is seen in the picture. In the background it is possible to see environment and equipment of the sports club which motivates the man to workout harder.  |
| Instagram | lt       | Consistency , self-discipline , purpose , love, progress = happiness :) Nuoseklumas ! #sportas #progresas #progress #consistency #discipline #purpose #love #kaunas #vilnius #trakai #lietuva #fitfam #sveikata #mitbya #trenoris #sveikatingumas #aktyvumas #fizinisaktyvumas #laime #energia #kaunascity #kaunascity #tikslas #tikslai #transformation   | LT      | <a href="https://www.instagram.com/p/CSOciPuDfu">https://www.instagram.com/p/CSOciPuDfu</a>   |          | x        | Muscular man is seen in the picture. The man is happy because discipline and goals help him achieve great results in sports.  |
| Instagram | lt       | Efektyvi treniruotė plunksčiam pilvukui #vilnius #lithuania #lietuva #sportas #fitness #workout #workoutathome #fit #homeworkout   |         | <a href="https://www.instagram.com/p/CSObj2DK8HW">https://www.instagram.com/p/CSObj2DK8HW</a> |          | x        | Picture with sports exercises for women. Sporty woman in the picture is happy that these exercises allowed her to have a healthy belly.   |
| Instagram | lt       | .. KAIP SUMAŽINTI CELIULITĄ - I dalis . ➡ Kas yra cellulitas. Nelygi, gruoblieta, suglebusi oda, kitaip vadina, „apelsino žievė“. Vaizdas, kurį dažniausiai matome ant kojų ir sėdmenų, yra sukeltas odos riebaliniu audiniu pokyčiu. Podiniame riebaliniame audinyje dėl uždegimo ar kitų priežasčių padidėja riebalų ląstelės. Jungiamasis audinys neįtaikuo išsėsčiusi ląstelių spaudimo, šios prasiveržia ir iškraipo odos paviršių. Manoma, kad cellulitas kyla dėl vienišio riebalinių sankauptų uždegimo, kurį papildo skystuvių (edema) ir jungiamojo audinio sukietėjimas (fibroze). Uždegimo teorija nėra iki galo patvirtinta, tačiau gana tiksliai žinoma, kokie veiksnių daro įtaką cellulito atsiradimui: ✓ Hormonai. ✓ Genetika. ✓ Padidėjęs svoris. ✓ Fizinio aktyvumo stoka. ✓ Nuolatinis stresas ir dietas, žalingi įpriciai... Faktas yra tas, kad cellulito nesulaukėte per naktį. Dažniausiai cellulito atsiradimą lemia bloga mybta ir judesio stoka. Norėdami pašalinti tokinus iš savo kūno, valgykit švarū, šarminį ir neapdoročią maistą. Norėdami sumazinti cellulitą, venkite greito maistų, rafinuotų, perdibirtų patiekalų ir gazuotų gėrimų. Jums svarbu sumažinti anglavandenį ir cukraus suvartojimą! Taip pat labai svarbu įprocijos dydis! Persivalgymas yra dažnus viršsvorio ir cellulito kalininkas... Parašykite komentare ar jdomi ši tema. Ir ar norite sužinoti pagrindines taisykles cellulito mažinimui....#mankstasumaya #manksta #manksta #sumayalt #pilates #joga #kalanetiaka #fitness #core #abs #sportas #sportuok #sveikamityba #sportuoknevarzomai #myliusavodarba #imunitetas #celiulitas |         | <a href="https://www.instagram.com/p/CSOZv6eDFJ1">https://www.instagram.com/p/CSOZv6eDFJ1</a> |          | x        | The post explains what cellulite is, its causes and how it can be avoided. It highlights that usually occurrence of cellulite can be caused by bad diet, overeating and lack of exercise. Via this post women are indirectly encouraged to eat healthy, allocate more time for physical activity.   |
| Instagram | lt       | Pratimai nuo streso ir nuovargio #vilnius #lithuania #lietuva #sportas #fitness #workout #workoutathome #fit #homeworkout  |         |   | 16       | x        | This post advises women how to combat stress and fatigue while doing sports. In the video exercises are shown that are supposed to help with this.  |
| Web       | lt       | Koks maistas stiprina Koks sportas labiausiai lieknina Koks svoris normalus ... maisto poreikis Storas vaikas Strijos Stroller Fitness Sugedės maistas   |         | <a href="https://liekna.com/">https://liekna.com/</a>   |          | x        | Whole account is dedicated for women who aim to be fit. It includes posts such as what to eat, how to prepare healthy meals, how to calculate weight index, how to combat overweight, what physical exercises to practice. The account also features an interviews with doctors, healthy lifestyle specialists, sportsmen, women talking about their fitness success. Majority of posts are regarding healthy nutrition, however, there is a separate rubric for women sports at home where variety of exercises are illustrated. |

|           |    |  |    |   |   |   |
|-----------|----|--|----|---|---|---|
| instagram | lt | Treniruotė gražioms rankoms. Svarmenys turi būti ne mažiau 2 kg. Kiekvieną pratimą darome 15 kartų #vilnius #lithuania #lietuva #sportas #fitness #workout #workoutathome #fit #homeworkout  |    | <a href="https://www.instagram.com/p/CSL2w0SLGry">https://www.instagram.com/p/CSL2w0SLGry</a>   | x | Description with photos what exercises should women do in order to strengthen specific parts of their bodies: legs, hands, back, etc.   |
| instagram | lt | Jaučiuosi įveikusi save.Vakar turėjau šimtapcentinę galimybę apsilvalgyti daug sushi', bet susiemiau ir nukėlau apsilvalgyma kital dienai, nes nemorėjau praleisti treniruotės. Pasididžiavimas savimi aukščiausiam lygyje! Ir toliau dalinuosi prisiminimais iš Neapolio bei kviečiu atkrepti dėmesį į dešinėje tolumoje atbėgantį išvermingajį... Buava visiškai apstulbusi tuo, kad Italai išsinenka patį karščiausią dienos metą - vidurdienį - ir begloja gatvelėmis, kurios neturi absolūtai jokio šešėlio. Pagalvojau, kad arba jie beprūčiai, arba ugdo išvermę. Nei man tokiamai karštystė net sėdėti ir geri šaltą kokteilį jau pritrūksta jėgų. Dar svarčiau, kad galbūt jų organizmai tiesiog prate prie tokio klimato ir 33°C yra jėras dienos rutina.Anway, tokie vaizdai įkepia. Gražus vaizdai už nugaras - keliauti ir pažinti, na o išvermingu bėgikų vaizdai - nustoti išskoti pasiteisinių ir judeti pirmyn.#karvutebék #karvutesportuok #sportas #motyvacija #bégimas #funkcinestreniruotés #manomeilėitalija #prisiminimai #pasvarstymai #sports #motivation #running #functionaltraining #fitnessmotivation #ifithappens #napoli #italy #memories #followmyjourney #polar #polarflow #polarglobal #keepmoving   | IT | <a href="https://www.instagram.com/p/CSLmN13jXsi/">https://www.instagram.com/p/CSLmN13jXsi/</a> | x | Woman on holiday in Italy is talking about her emotions how she managed to refuse to eat sushi for lunch so she can feel well and go to the gym. She also admires men in Italy who exercise running during the hottest parts of the day and improves their endurance in this way. In the photo you can see that woman and a man running in the background. We can understand that all of us is able to take sports and live actively no matter the time of day or season. The woman is proud of herself that she managed to overcome herself and go to gym. Seeing similar dedication in the streets creates further motivation for upcoming training sessions. |
| instagram | lt | Ar sporto salėje ir virtuveje pasiekta rezultatas jus džigina? Ar jaučiatus stiprūs, sveiki, energingi ar gržūs? Asmeniskai sulaukiu salejė pastebėjimų, kad esu sukūrė, ar kartais priauglys svorio. Atsakau: Mano forma ir savijauta dažniausiai daugiau tokia pati kaip visad, tiesingi viškas priklauso nuo aprangos ir ar po treniruotés tuo momentu esu ☺ @vsfitness.kaunas. #vsfitnessmega #sportas #sveikata #treniruote #pratimas #treneris #vsfitness #raumenys #lietuva #kaunas #vilnius #klaipeida #quarantine #homeworkout #crossfit #gymlife #train #muscle #training #excercise #instagramfitness #gym #beastmode #muscles #workout #fit #fitness   | LT | <a href="https://www.instagram.com/p/CSMqjYMjw_w">https://www.instagram.com/p/CSMqjYMjw_w</a>   | x | A young man shares his body shaping experience.The man says it is possible to get rid of a lot of weight in the gym. We assume that a man's good mood and athletic body are achieved by doing fitness exercises that are also suitable for women.   |
| instagram | lt | Kad rytičias ritmas man prie širdies jau tikriausiai pastebėjot♥️ 🔥 Bent viena daina playliste būna beveik visada 🎵 Net nežinau kaip taip viškas pasiuko, nes labiausiai man širdis apsaldavo nuo reggeaton'o arba bachatos. Akimirka iš stovyklos #DanceBlast'21. Ačiū už kompanija ant scenos @zumba_with_juste @kristinaburaukaite Tikriausiai vieno žymiausiu Egipietiščiu dainininku @mohamedramadanus daina seniai įstrigusi į galvą 🔥 Choreo by @criszazumba #zumbavilniuje #sokiutreniuotes #motyvacija #zumbasokial #gympluslietuva #gymplus #zumbainstructor #sportas #lieknemimas #sokial #vaikas #vaikai #mama #sveikata #treniruotes #izinišktyvumas #zinilife #atostogos #tresas #grupinestreniuotes #svoriometimas #arbadance #bellydance #sveikamityba #mohamedramadan #laisvalaikis #hobbyfitness   | LT | <a href="https://www.instagram.com/p/CSMiOukj0I6">https://www.instagram.com/p/CSMiOukj0I6</a>   | x | A young woman teaches older women to move with the rhythm of vivacious dance.   |
| instagram | lt | TIKSLAI ARBA KESLAI. Visad vadovaukites aukstesnais motyvais. Sveikata visuomet turi buti auksciau uz norima numesti svori. Tuomet nebus drastisku sveikata zalojanciu dietu ar bado keičiančiu apsriūjimus. Siekdami sveikatos, maitinės subalansuotai. Sitaip jausites gerai ir papildomi kilogramai atsitraukus savaimė. Musu kunas nenori konkretu maisto produkto. Tokiu kaip vytinės desros ar sokolado. Kunas visuomet nori maistiniu medžiagų. Angliavandeniu, baltymu, riebalu. Todel visą kita padaro irocių bei vaizduotę. Supaprastinkite savo raciona. Rinkites neapdorotus maisto produktus- mesai, zuvis, kiausiniai, pieno produktai, grudai, ankstainiai, vaisiai su darzovemis. Viškas. Visa kitka yra maisto gaminiai. Tik 50pastarųju metu zmonės nebejaučia maisto nepriklausė. Iki tol buvo stengiamasi maitintis kuo sociai bei kalorangiui del maisto stygias (duonytė prie sriubės). Dabar viškas apsiverte ir lengvai prieinama maista stengiamės suvalgyti kuo liešesni. Bet evoliucijos prasme tie 50metų lašas juroje. Todel musu taip traukia kalorangių bei riebus maistas. Užplidykite skrandžio turinių zaliomis darzovemis, kurios ilgai virškinamos ir del savo turio bet mazo kalorazo suteikia sotumą jausma. Nes geras vaizdas veidrojyje yra skanesnis už betkokio torto gabala ☐ o gal kuri laiką pameginkite savo kasdieną isvalyti nuo cukraus bei gyvulinės kimerės produktu. Kokybisko ryšio su paciu savimi ☺ nepatogi Leen. #sportas #lithuaniangirl #fitnessmotivation #sveikasmaistas #sveikamityba #samoningosmamos #prilausomi #prilausominousoportu |    | <a href="https://www.instagram.com/p/CSMFzKEMlhv">https://www.instagram.com/p/CSMFzKEMlhv</a>   | x | A couch explains her thought on how women should train, eat and feel.   |
| instagram | lt | Moterys, ką dar pridėtumėt? :)coach #andriuscesnauskas #sportas #strong #judejimas #fitgirl #fitness #movement #workout #gym #vilnius #naujamiestis  | LT | <a href="https://www.instagram.com/p/CSM-dV0DAh6">https://www.instagram.com/p/CSM-dV0DAh6</a>   | x | Women are invited to lift weights to be strong, feel good and receive compliments   |

|           |    |  |    |   |  |   |  |
|-----------|----|--|----|---|--|---|--|
|           |    | Kodėl daugumai nepavyksta pasiekti norimo rezultato? -pasirenkama dieta, kuri taiko į vieną ar du racionalaus lieknėjimo aspektus ☺ Pvz.<br>Skaiciuojamos kalorijos (tai gerai!), bet teigiamo, kad laikantis deficitu kokybė maisto nesvarbi ☺ - atsiaskoma anglavandeniu (tai veikia daugumai), bet turi pašalinį efektačiausiai daug visokų teiginių apie lieknėjimą ir jūsų kaimynei jie padėjo, nes "pataikė" į jos problemą... Kad lieknėjimas vykstų sklandžiai o rezultatas džiugintų ligai, reikia iš kart aprietų keli lieknėjimo aspektus!<br>♦ kcal deficit - neįmanoma lieknėti, kai mums per daug kcal ♦ psychologinj komfortu - deficitas nereiškia mažai maisto. Maisto ribojimai nereiškia malonumų ribojimų. Itt ♦ appetito-alkio kontrole. Sukurti aplinką, kurioje komfortiškai lieknėti ♦ biocheminių procesų! Mikro ir makro, Insulinas, kortizolis, pms, skydliaukė ... tai tik dalis svarbių aspektų! Kuriuos aš aiškinu PAPRASTAI IR AISKIAI, kad iš kart galetum naudoti patarimais ir gauti rezultatą.#sportas #mytba #sveikata #moterims #rezultatai #prieširpo #motyvacija#kadaryti #efektas #kunas #kūnas #sportineapranga #lieknėjimas #fitbody #fitnessmodel #faktivimama #aktivymoteris #aktivyumas #verzli #tikslas #lieknaskūnas #apetitus #alkis |    | <a href="https://www.instagram.com/p/CSM9C9CDt7w">https://www.instagram.com/p/CSM9C9CDt7w</a>   |  | x | A woman shares information and expresses her opinion on healthy eating. This diet helps to regulate and achieve the desired body weight. From the information provided it is possible to understand that a time for physical activity is also devoted by the organisation of camps for women where they are taught active dancing. |
| instagram | lt | Namų treniruotė gražiai ir lieknai talijai #vilnius #lithuania #lietuva #sportas #fitness #workout #workouthathome #fit #homeworkout   |    | <a href="https://www.instagram.com/p/CSM7Y6hqET4">https://www.instagram.com/p/CSM7Y6hqET4</a>   |  | x | Specific exercises for women are shown to address and strengthen these areas: legs, hands, back, waist, etc. (Same as line 42)   |
| web       | lt | Sportas. 11 h 7 min. Lithuanian Fitness Challenge. Jrašas. 2020 m. balandžio 17 d. Sportas. 1 h 27 min ...Sep 5, 2020  | LT | <a href="https://play.tv3.lt/series/sportas/serial-2605122/2020-m-rugsejo-5-d-irasas/episode-2605134">https://play.tv3.lt/series/sportas/serial-2605122/2020-m-rugsejo-5-d-irasas/episode-2605134</a> |  | x | Videos from Women Fitness Championship. Beautiful and fit women bodies can encourage other women to look fit themselves. Therefore it can be seen as indirect motivation.  |
| Instagram | lt | Tai, kas kažkada jyko, daugiau gali nebepasikartoti. Tačiau tai, kas jyko du kartus, būtinai nutiks ir tręčiai - Paulo CoelhoTai nėraikiemė į sporto salę bent porą kartų ir keliausimė ten ir tręčiai, ir ketvirtą ir simtajį kartą! ....#mintys #apmastymai #gyvenimas #sauvugda #saversializacija #motyvacija ...#tikslas #suvajone #meilėseas #laikassau #sveikata #moteris #sportas #treniruote #fitnessas #fiziniškumas #fitness #fit #fitfam #fitnessmotivation #workout #gym #gymaddict #training #homedgym #homeworkout #healthy #strong #strongwomen #beauty   | LT | <a href="https://www.instagram.com/p/CSJx2bjMMlo">https://www.instagram.com/p/CSJx2bjMMlo</a>   |  | x | A woman uses herself as an example and gives information about benefits of physical movement. Videos are shot showing her performing various exercises for different muscles. She encourages women to go to gyms and says „if you've went twice, you'll go there the third time as well“.  |
| Instagram | lt | Vos 45 sekundės kiekvienoje pozicijoje stangriam užpakaliukui, treniruojamės kasdien ♦ #vilnius #lithuania #lietuva #sportas #fitness #workout #workouthathome #fit #homeworkout #buttworkouts #legsworkout  |    | <a href="https://www.instagram.com/p/CSJr-ItqG1">https://www.instagram.com/p/CSJr-ItqG1</a>   |  | x | Description with photos what exercises should women do in order to strengthen specific parts of their bodies: legs, hands, back, etc.  |
| Instagram | lt | Vos 45 sekundės kiekvienoje pozicijoje stangriam užpakaliukui, treniruojamės kasdien ♦ #vilnius #lithuania #lietuva #sportas #fitness #workout #workouthathome #fit #homeworkout #buttworkouts #legsworkout  |    | <a href="https://www.instagram.com/p/CSJr-ItqG1">https://www.instagram.com/p/CSJr-ItqG1</a>   |  | x | <i>The same as above.</i> Description with photos what exercises should women do in order to strengthen specific parts of their bodies: legs, hands, back, etc.  |
| Instagram | lt | Vos 45 sekundės kiekvienoje pozicijoje stangriam užpakaliukui, treniruojamės kasdien ♦ #vilnius #lithuania #lietuva #sportas #fitness #workout #workouthathome #fit #homeworkout #buttworkouts #legsworkout  |    | <a href="https://www.instagram.com/p/CSJr-ItqG1">https://www.instagram.com/p/CSJr-ItqG1</a>   |  | x | <i>The same as the two above.</i> Description with photos what exercises should women do in order to strengthen specific parts of their bodies: legs, hands, back, etc.  |
| Instagram | lt | Mano istorija, kodėl pradėjau sportuoti ilga. Net negalvoju, kad sportas taps neat siejama mano gyvenimo dalimi. Bet tapo.Prie to daug prisiėdo treneris, kuris išmokė teisingai sportuoti. Ir vis dar kartas nuo karto surgižtu pas savo trenerį @aivaras.pekorius pasiekėti motyvacijos ir atnaujinti žinių ♦♦♦♦#fitness #healthylifestyle #sveikata #fitnessmodel #treneris #sportas #andzelikado   | LT | <a href="https://www.instagram.com/p/CSJRxSsjzc">https://www.instagram.com/p/CSJRxSsjzc</a>   |  | x | A woman is happy about herself because of her fit body and the fact that she regularly goes to the gym. There she gains a lot of motivation and receives advice from a professional coach.   |
| Instagram | lt | Mano istorija, kodėl pradėjau sportuoti ilga. Net negalvoju, kad sportas taps neat siejama mano gyvenimo dalimi. Bet tapo.Prie to daug prisiėdo treneris, kuris išmokė teisingai sportuoti. Ir vis dar kartas nuo karto surgižtu pas savo trenerį @aivaras.pekorius pasiekėti motyvacijos ir atnaujinti žinių ♦♦♦♦#fitness #healthylifestyle #sveikata #fitnessmodel #treneris #sportas #andzelikado   | LT | <a href="https://www.instagram.com/p/CSJRxSsjzc">https://www.instagram.com/p/CSJRxSsjzc</a>   |  | x | <i>The same as above.</i> A woman is happy about herself because of her fit body and the fact that she regularly goes to the gym. There she gains a lot of motivation and receives advice from a professional coach.   |
| Instagram | lt | Mano istorija, kodėl pradėjau sportuoti ilga. Net negalvoju, kad sportas taps neat siejama mano gyvenimo dalimi. Bet tapo.Prie to daug prisiėdo treneris, kuris išmokė teisingai sportuoti. Ir vis dar kartas nuo karto surgižtu pas savo trenerį @aivaras.pekorius pasiekėti motyvacijos ir atnaujinti žinių ♦♦♦♦#fitness #healthylifestyle #sveikata #fitnessmodel #treneris #sportas #andzelikado   | LT | <a href="https://www.instagram.com/p/CSJRxSsjzc">https://www.instagram.com/p/CSJRxSsjzc</a>   |  | x | <i>The same as the two above.</i> A woman is happy about herself because of her fit body and the fact that she regularly goes to the gym. There she gains a lot of motivation and receives advice from a professional coach.   |
| Instagram | lt | Didžiausias pasitenkinimas tuo ką darau, kai žmonės ateina su svajonėmis, kurias paverčiam tikslais, o vieną dieną - rezultatais, kurie ateina šypsena, geras emocijas, pasitikėjimą ir kartais Instagrammes foto :)Pukus progresas @narjauskaitė ♡ Nori ir tu, bet vis nepavyksta prisijaukti sporto? ateik į @movementlab.lt #lovewhatido #coach #andriuscesnuskaus #sportas #judejimas #treniruote #gymtime #fitness #movement #headstand #vilnius #naujamiestis  | LT | <a href="https://www.instagram.com/p/CSKGwsXjbYV">https://www.instagram.com/p/CSKGwsXjbYV</a>   |  | x | A coach is organising sports training for women so they can reach their goals. He invites to lure sport. The photo shows an exercising woman at a sports club.   |

|           |    |   |    |   |  |   |  |
|-----------|----|---|----|---|--|---|--|
|           |    | Jau esu minėjusi, kad kelrodžiai ženkli treniruotėse susigaudyti yra CUNIG. Zumba treniruotėse mikrofonas nenaudojamas, dėl to dažnai komanda duodama jais. ? I ką atkreipti dėmesį? Tie ženkli yra trejopis: Tai rankinis rodomi ženkli, pakartojimų skaičius, kryptis. ♀ Balsas. Kai nėra kaip parodyti, dėmesiui atkreipti, išspėti apie ateinančius pokyčius, Akūno kalba. Tai gali būti žvilgsnis, galvos pasukimas ta linkme, kuria reikės judėti. ♀ ♀ Prie jų greit pripramta ir labai paprastai susiorientuojama judant treniruotėse. Taip išsvengiant streso ir galų džiaugtis treniruote! Taigi, susitinkam ten! #zumbavilniuje #soklitreniruotes #motyvacija #zumbasokiai #gympluslietuva #gymplius #zumbainstructor #sportas #lieknemimas #sokiai #vaikas #valkal #mama #sveikata #treniruotes #fiziniasktyvumas #žinilife #atostogos #stresas #grupinestreniruotes #vorionetimas #sveikamityba #laikassau #laivalalaikis #salsa #hobbyfitness  | LT | <a href="https://www.instagram.com/p/CSKBWzIDBoQ">https://www.instagram.com/p/CSKBWzIDBoQ</a> |  | x | Women are invited to do zumba, which helps to alleviate stress and lift the mood. A happy woman in the sports club is shown in the picture.  |
| Instagram | lt | Kobei verta degioti? 🍔➡️ Segimas yra pirkus budas atsiskrypti svorio, kai suderinama su sveika mityba. Tačiau, ar žinojai, kad bégimas taip pat stiprina viso kūno sveikatą? Gerina virškinimą, treniruoja širdį bei gerina kraujotaką, išryskina raumenis ir sustiprina sausgysles bei raiščius. Egidijus Adomaitis, Lietuvos 5 ir 10 kilometrų distancijų čempionas (be daugybės kitų titulų!), atrado savo bendruomenę, kurioje atsiškleidė ir sublyžėjo. „Kai pradėjau bégoti reguliariai, ne tik nereikalėgi kilogramai pradingo, bet ir mano imunitetas sustiprėjo, tapau daugiau gebanti ir galintis, pradėjau kurkas geriau miegoti. Bégiodamas, atradau bendraminčių, taigi mano emocinė savijauta taip pat pagerėjo. Atsiraðo socialius bégijotų burbulas, kuriamė jaučiuosi nuostabiai!“ Pirmasis žingsnis visuomet sunkiausias, bet su pagalba – mūsų apšlimu (bus paskelbtą jau greitai!) ir trenerio Egidijaus patarimais, tu taip pat gali tapti sveikesniu ir laimingesniu „TU“! Why should you run? 🏃♀️🏃♂️ While running is a great way to lose weight in combination with a healthy diet, it is not the only benefit of this movement. Running strengthens the health of the whole body - it improves digestion, strengthens the heart and circulatory system, improves muscle tone and strengthens tendons and ligaments.🏃 Egidijus Adomaitis, Lithuanian 5000m and 10000m champion (among many others!), found a community in which he saw himself flourish. “When I started running regularly, not only did the unnecessary pounds disappear, but my immunity also strengthened, I became more able to work, I started to sleep better. As I ran, I also found like-minded people, so my emotional health also improved. A social bubble of runners appeared, in which I feel great!“ The first step is always the hardest, but with help from our warm-up (TBA soon!) and trainer Egidijus' tips, you, too, can be on your way to a healthier, happier YOU. #pinkwave21 #pinkwaveLT #vlinius #lietuva #lithuania #breastcancer #breastcancerawareness #blossomoffhope #iwavlilnus #iwaw #krutiesvezys |    | <a href="https://www.instagram.com/p/CSJ9OAwd_lp">https://www.instagram.com/p/CSJ9OAwd_lp</a> |  | x | A man is sharing information on how he found out about „The Social Runners Bubble“. Men and women are running together. The post highlights benefits of running. A sentence about runners bubble illustrates the post. |
| Instagram | lt | Find your fire 🔥 #fit #fitnessmotivation #fitwomen #instafitness #instafit #lifestyle #fitlifestyle #fitlife #fitnessadict #gym #gymlover #gymadic #gymmotivation #motivation #sport #sportas #motyvacija #motyvacijasportui #sveikasgyvenimobudas #laikassau #meilesau #fitnesas   | LT | <a href="https://www.instagram.com/p/CSKYhtnMofI">https://www.instagram.com/p/CSKYhtnMofI</a> |  | x | A fit woman with well maintained body shares her experience, shows few exercises, emphasises that sport is her passion.  |
| Instagram | lt | Dips 3x8 @ 40kgPull Ups 3x8 @ 30kg.Vieni iš pagrindinių jėgos tikslų, šiai dienai arba šiemis metams tai padaryti atsišpaudimų lygiagretėse su 100kg ir pristraukti prie skersinio su 80kg. Tam pasiekti turu 21 savaitę, arba tiek kiek reikės ⚡ bet jdomu turėt deadline'ą...Jog šiuos tikslus pasiekičiau ketinu....Turėt įgalaičių planą, kuris padės struktūzuoti visą treniravimo procesą. Nežinau kaip jus, bet man intuityvus treniravimasis patinka tik tada kuomet jis papildą jau kažkokią esančią sistemą. Štai kaip turėtu atrodyti "ant popieriaus" mano atsišpaudimų lygiagretės progresas per ateinančias 9 savaites (4 skaidrė). Ar patys mėgstate planuoti ar sportuojate intuityviai? #sportas #treneris #gymplius #asmeninistreneris #sveikata #sportassveikata #sveikatingumas #kaunas #jėga #lietuva #coach #strength #calisthenics #weightedcalisthenics #tikslai #planas #treniruote #fitness #gym  | LT | <a href="https://www.instagram.com/p/CSKqbGHDO5n">https://www.instagram.com/p/CSKqbGHDO5n</a> |  | x | A man is doing sports at the gym. He is talking about his sports aims and sets a timeframe when he expects to achieve them.  |
| Instagram | lt | Treniruotė gražiam pilvukui #vlinius #lietuva #lietuva #sportas #fitness #workout #workoutathome #fit #homeworkout  |    | <a href="https://www.instagram.com/p/CSKWIDQK-kM">https://www.instagram.com/p/CSKWIDQK-kM</a> |  | x | In the video, a woman is demonstrating how to exercise abs at home.  |

|           |    |   |    |   |   |  |
|-----------|----|---|----|---|---|--|
|           |    | Pole dance varžybos - puikus būdas susikaupti, tikslingai dirbtį ir pasiekti nerealaus progresu. Džiaugiamės, kai jégas išméginti pasiryrąta ne tik treneriai, bet ir mūsų nariai. Visai neseniai @polesportorg varžybose sudalyvavo ir Vaiva. Paklausėme jos papasakoti savo įspūdžius! "Varžybose dalyvaučių pasiūle Lolita. Gavosi taip juokingai: norėjau tiesiog mesti iššūkį sau pačiai - pasistatyti choreografiją pagal dainą, kuri yra visiškai apie mane. Tada Lolita sakė: "varyk į varžybas" ☺ Tai ir nuvariau. Baimių nebuvo - gal dėl to, kad viskas vyko online. Tad ir lūkesčiu nebuvo, net vos nepamiršau, kad reik paziūrėti tas varžybas ☺ Smagiausia viso iš dalis - pati perlupai per save. Beveik visas šokis yra visiškai ne mano komforto zonoje; visos bangelės, sukiiniai - čia visai ne mano, bet tokis buvo tikslas ☺ Tad žiauriai džiaugiuosi, kad tai padarau ir kad visai nebogai pavykio ☺" @vaivix#zverynas #bendruomenė #seima #laivalaike #vilnius #sportas #skokai #akrobatis #polelife #polelove #polefitness #poledance #poleaddict #polepassion #poleflame #fame #poleflame #akrobatis #akrobatisnamai #exoticpoledance #heels #danceshoes #exoticpole |    | <a href="https://www.instagram.com/p/CSKWFVGvDguM">https://www.instagram.com/p/CSKWFVGvDguM</a>   | x | Women who do pole dancing talks about their experiences, impressions, stories how this sports activity diversifies their free time and increases confidence levels. Photo represents a woman in the gym. Her fit body may inspire other to practice sports.                          |
| web       | en | 8:00 - 10:00   Ever thought you ought to lose a few pounds? These 600lb individuals certainly have, and are about to undergo a year long fitness and diet   | LT | <a href="https://go3.lt/live_tv/tlc.live-2935419/doubling-down-with-the-derricos.programme-3182934">https://go3.lt/live_tv/tlc.live-2935419/doubling-down-with-the-derricos.programme-3182934</a>   |   | The link doesn't open.   |
| web       | en | 8:00 - 10:00   Ever thought you ought to lose a few pounds? These 600lb individuals certainly have, and are about to undergo a year long fitness and diet   | LT | <a href="https://go3.lt/live_tv/tlc.live-2935419/long-island-medium.programme-3182938">https://go3.lt/live_tv/tlc.live-2935419/long-island-medium.programme-3182938</a>   |   | The link doesn't open.   |
| instagram | lt | AR PASIILGAU RYŠKUMO? Damn yes ☺ Ypač devimė ☺ AR SMAGU VALGYTI DAUGIAU? Damn yes! Ypač per atostogas! ☺ Antrajā atostogų savaitę nusprenžliau palaisvinti vadeles ir pasinaudoti ta bulko faze, nes jau 7 mėnesius sąžiningai skaičiavau kalorijas, anglavandenius, riebalus, skaidulais ir kitus fainus dalykus. Lauku dar daug matematinikų artimoj atetyl! Ir tą matematiką aš mėgstu! Treneril' #tortasisportas ačiū tau už tą aukšinės frazę "Nesigailesi, kad neatsipalaidavai prie juros?" - tokiaisiai momentais suprantu, kaip gera šiame #fitnesscompetitor kelyja būti ne vienai! ❤   | GR | <a href="https://www.instagram.com/p/CShpdRVs5C">https://www.instagram.com/p/CShpdRVs5C</a>   | x | The photo of a woman on a holiday with a windsurfing board in the background. She demonstrates her fit body and tells how she manages to look after her body lines. She highlights that doing sports and keeping track of nutrients consumed helps the most.                         |
| instagram | lt | Namų treniruotė lieknoms kojoms ir seksualium užpakaliukui #vilnius #lithuania #lietuva #sportas #fitness #workout #workoutathome #fit #homeworkout #buttworkouts #legsworkout  |    | <a href="https://www.instagram.com/p/CSHx2qnqf75">https://www.instagram.com/p/CSHx2qnqf75</a>   | x | In the video woman demonstrates home exercises to maintain slim legs and a firm butt.  |
| instagram | lt | Namų treniruotė lieknoms kojoms ir seksualium užpakaliukui #vilnius #lithuania #lietuva #sportas #fitness #workout #workoutathome #fit #homeworkout #buttworkouts #legsworkout  |    | <a href="https://www.instagram.com/p/CSHx2qnqf75">https://www.instagram.com/p/CSHx2qnqf75</a>   | x | <i>The same as above.</i> In the video woman demonstrates home exercises to maintain slim legs and a firm butt.  |
| instagram | lt | Namų treniruotė lieknoms kojoms ir seksualium užpakaliukui #vilnius #lithuania #lietuva #sportas #fitness #workout #workoutathome #fit #homeworkout #buttworkouts #legsworkout  |    | <a href="https://www.instagram.com/p/CSHx2qnqf75">https://www.instagram.com/p/CSHx2qnqf75</a>   | x | <i>The same as the two above.</i> In the video woman demonstrates home exercises to maintain slim legs and a firm butt.  |
| instagram | lt | Namų treniruotė lieknoms kojoms ir seksualium užpakaliukui #vilnius #lithuania #lietuva #sportas #fitness #workout #workoutathome #fit #homeworkout #buttworkouts #legsworkout  |    | <a href="https://www.instagram.com/p/CSHx2qnqf75">https://www.instagram.com/p/CSHx2qnqf75</a>   | x | <i>The same as the three above.</i> In the video woman demonstrates home exercises to maintain slim legs and a firm butt.  |
| instagram | lt | Namų treniruotė lieknoms kojoms ir seksualium užpakaliukui #vilnius #lithuania #lietuva #sportas #fitness #workout #workoutathome #fit #homeworkout #buttworkouts #legsworkout  |    | <a href="https://www.instagram.com/p/CSHx2qnqf75">https://www.instagram.com/p/CSHx2qnqf75</a>   | x | <i>The same as the four above.</i> In the video woman demonstrates home exercises to maintain slim legs and a firm butt.   |
| web       | en | Ever thought you ought to lose a few pounds? These 600lb individuals certainly have, and are about to undergo a year long fitness and diet regime in a desperate  | LT | <a href="https://go3.lt/live_tv/tlc.live-2935419/my-600lb-life.programme-3182894">https://go3.lt/live_tv/tlc.live-2935419/my-600lb-life.programme-3182894</a>   | x | TV shows on how to loose weight, maintain a healthy diet and exercise. Stories about efforts of specific people.   |
| web       | lt | Kodėl kalbiname UAB „Forum Fitness“ vadovę Dovilę Pilipavičienę, kuri situaciją stebi nuo pirmosios su Covid-19 pandemija susijusios dienos.  | LT | <a href="https://www.15min.lt/verslas/naujiena/verslumas/nuostolai-sveikatos-labui-sveikata-skatiniamci-verslui-pandemijos-metu-pagalbos-nereikia-1248-1541568">https://www.15min.lt/verslas/naujiena/verslumas/nuostolai-sveikatos-labui-sveikata-skatiniamci-verslui-pandemijos-metu-pagalbos-nereikia-1248-1541568</a> | x | The post talks about quarantine effects to the sports clubs. It also describes a community desire to take up sports, the need to visit gyms. All of this is illustrated by the photo of a woman who is being supervised by her coach.  |
| web       | lt | 8:19-'34, Fit Model" bikini varžybos Fitnessas Kultūrizmas. Šis išraiška yra nebeaktaulus, todėl neberodomas. 04.10.2020 02...Oct 4, 2020 · Uploaded by Delfi sportas   | LT | <a href="https://www.delfi.lt/video/sportas/lietuvos-kulturizmo-fitnesso-ir-bikini-30-oji-atviroji-taure-fit-model-ir-jaunimo-pirmenybes.d?id=85391611">https://www.delfi.lt/video/sportas/lietuvos-kulturizmo-fitnesso-ir-bikini-30-oji-atviroji-taure-fit-model-ir-jaunimo-pirmenybes.d?id=85391611</a>                 | x | Women fitness competition. Many fit women in their bikinis are seen in the video. This could encourage other women to do sports.   |
| web       | lt | Kasdien plūšame "Central Gym" treniruočių salėje. Noriu pabrėžti, kad šis sportas reikalauja labai daug kantrybės ne tik darbo - treniruočių.   | LT | <a href="https://ve.lt/sportas/bikini-fitness-sportininkes-pomegai-motociklai-ir-saudymas">https://ve.lt/sportas/bikini-fitness-sportininkes-pomegai-motociklai-ir-saudymas</a>   | x | Professional bikini fitness sportsmen shares how she loves to do sports and how she became the champion. The post is illustrated by many photos of this women where she is at the gym or with her prize. This could stand as a good example which inspires other women to do sports. |
| youtube   | lt | viskas puiku, bet gaila, kad muzikos nera   |    | <a href="https://www.youtube.com/watch?v=Ht-i9QXoqa0&amp;lc=UgxidPHlnJUnvrJ7Gsx4AaABA">https://www.youtube.com/watch?v=Ht-i9QXoqa0&amp;lc=UgxidPHlnJUnvrJ7Gsx4AaABA</a>   | x | <i>The same as above.</i> A woman demonstrates exercises on the beach. It is an excellent motivation how training sessions can look scenic and healthy.  |
| youtube   | lt | Šaunu. Dar yra tokia programa pradedantiesiems Garliavos sporto ir kultūros centro @  |    | <a href="https://www.youtube.com/watch?v=Ht-i9QXoqa0&amp;lc=UgyfUy7CzMxkRzvwa6J4AaABA">https://www.youtube.com/watch?v=Ht-i9QXoqa0&amp;lc=UgyfUy7CzMxkRzvwa6J4AaABA</a>   | x | <i>The same as the two above.</i> A woman demonstrates exercises on the beach. It is an excellent motivation how training sessions can look scenic and healthy.  |
| youtube   | lt | Gal galite pasakyti ar reikia pratimus daryti iš kart po keturis kartus, ar ratu daryti. Būty didelis ačiū!   |    | <a href="https://www.youtube.com/watch?v=Ht-i9QXoqa0&amp;lc=UgxNongdJII-uGrNWyV2AaABA">https://www.youtube.com/watch?v=Ht-i9QXoqa0&amp;lc=UgxNongdJII-uGrNWyV2AaABA</a>   | x | <i>The same as the three above.</i> A woman demonstrates exercises on the beach. It is an excellent motivation how training sessions can look scenic and healthy.  |
| youtube   | lt | Gal galite pasakyti -kiekvienu pratimą pakartot po 4 kartus ? Ar iškart 4 daryti ar ratu kartoti ?  |    | <a href="https://www.youtube.com/watch?v=Ht-i9QXoqa0&amp;lc=UgzJbzUOriarQ-SgTkl4AaABA">https://www.youtube.com/watch?v=Ht-i9QXoqa0&amp;lc=UgzJbzUOriarQ-SgTkl4AaABA</a>   | x | <i>The same as the four above.</i> A woman demonstrates exercises on the beach. It is an excellent motivation how training sessions can look scenic and healthy.   |



|           |    |   |  |   |  |  |  |
|-----------|----|---|--|---|--|--|--|
| instagram | en | <p>Is your medicine exclusively for you?</p> <p>YOUTUBE – AYUBLESS AYURVEDA AMAZON STORE –<a href="https://www.amazon.in/ayublessajourneyof5000years">https://www.amazon.in/ayublessajourneyof5000years</a></p> <p><b>DOCTOR ON CALL Call 9268 222 444</b></p> <p><a href="https://www.ayubless.com...">https://www.ayubless.com...</a>#youtube #chronicillnessawareness #fitness #knowyourfood #healthy #immunity #viral #ayurvedaeveryday #ayublessayurveda #ayurveda #doctorshabnam #doctorshabnamchauhan #ayurvedaacharya #doctoroncall #onlineconsultation #delhiclinic #ayurvedadocor</p>   |  | <a href="https://www.instagram.com/p/CSLcvnopV9D">https://www.instagram.com/p/CSLcvnopV9D</a> |  |  |  |
| instagram | en | <p>Royal #thursday with our decadent #party #edibleartwork creations - these are custom and on demand full or protein #grill and them perfect carvings and cuts to get your table started 🎉#celebrate time and festivities with your loved ones 🎉 Our version of clean , healthy #comfort , also the new #additions to our #season #two menu 🍔心脏病 🍫 Check out La Salade By Atelier House on zomato! <a href="https://zoma.to/r/19641044">https://zoma.to/r/19641044</a></p> <p>📞 +917042722556 Hit us up 📲 <a href="http://www.lasalade.in">www.lasalade.in</a> #healthiseasy#premium #grazingtable #lasalade #salad #authentic #healthylifestyle #eatclean #food #foodie #healthy #fitness #nutrition #instafood #eat #stayhealthy #yummy #gurugram #delicious</p> |  | <a href="https://www.instagram.com/p/CSLcx3Hhf5Q">https://www.instagram.com/p/CSLcx3Hhf5Q</a> |  |  |  |
| instagram | en | <p>How can you choose just one!?!#love #instagood #photooftheday #fashion #beautiful #happy #skin #btb # #followme #picoftheday #follow #selfie #summer #art #instadaily #friends #nature #girl #fun #style #kritterkids #twirlydresses #dresswithpockets #smile #instalike #family #travel #fitness #igers #life</p>   |  | <a href="https://www.instagram.com/p/CSLcy2FrWJo">https://www.instagram.com/p/CSLcy2FrWJo</a> |  |  |  |
| instagram |    | @dj_aman_kadodara_ #catsofinstagram #fitness #love #bts #catsofinstagram #explore   |  | <a href="https://www.instagram.com/p/CSLcyRKo3N">https://www.instagram.com/p/CSLcyRKo3N</a>   |  |  |  |

|           |    |  |    |   |  |  |  |
|-----------|----|--|----|---|--|--|--|
| instagram | pt | <p>Óleos essenciais que ajudam na perda de peso. Cinnamon: Contém cinamaldeído, que promove o açúcar no sangue saudável.Grapefruit: Pode reduzir o desejo por doces e melhorar o metabolismo.Ginger: Ajuda a reduzir a inflamação sistêmica e melhorar a digestão.Black Pepper: Naturalmente aquece o corpo; estimula o metabolismo..Em um estudo, o cheiro do óleo de Grapefruit estimulou a perda de gordura corporal, fortaleceu a função adrenal e reduziu o apetite em animais de laboratório.Os pesquisadores concluíram que o óleo de Grapefruit tem um enorme potencial para auxiliar na perda de peso..Adicione 1 a 3 gotas de óleo de Grapefruit a um copo de água três vezes ao dia e adicione uma mistura de Cinnamon, Grapefruit, Ginger e Black Pepper a um difusor e respire fundo por dois minutos, uma a três vezes ao dia.Você também pode fazer uma cápsula com estes óleos e fazer ingestão 2/3x ao dia.Lembrando que precisam ser óleos 100% puros para ingestão..#obesidade #magreça #emagrecimento #vidasaudável #comidaadeverdade #fitness #lowcarb #academia #dieta #saúde #perderpeso #nutrição #motivação #foconadieta #vencendoobesidade #bomdia #gruposprisoterio #amazing #dietasaudável #loseweight #canseidesergorda #bumbumnanuca #projetosecaprísoterio #zeroindustrializados #reducacaoalimentar #alimentacaosaudável #bemestar</p> | AE | <a href="https://www.instagram.com/p/CSLcy_phMDi">https://www.instagram.com/p/CSLcy_phMDi</a> |  |  |  |
| instagram | en | #fitness #likeforfollow #followforfollowback #follow4followback #comedy #likeforlikes #phootoftheday #instagood #instagarden #style #wallpaper #photo #dwarka#attitude #goodmorning #220lovers❤️ 📸 #super #reels #post #photography #comment #fanpage #unhasdecoradas #repost #keepgoing #igers #yoga #wallpaper #vishal_1_13_7  |    | <a href="https://www.instagram.com/p/CSLczviolhE">https://www.instagram.com/p/CSLczviolhE</a> |  |  |  |

|           |    |   |  |   |  |  |
|-----------|----|---|--|---|--|--|
| instagram | en | <p>.Follow all our ♡ 3 ♡ accounts. @skg.global.shoutout.division<br/>     ♡ ♡ .@skg.global.shoutout.division.2 ♡ ♡ .<br/>     @skg.global.shoutout.division.3 ♡</p> <p>♀ ----- Only Male Viewers Allowed ♡ Follow Now ☐ See all the Pics &amp; Satisfy Urself ♡ Shoutout done for ♡ Female / Model / Actress / Teen / House</p> <p>Wife ----- On this Photo ----- Double Tap -- Share -- Tag --</p> <p>Comment ----- DM ur Photos or Photo-Links for... ☹ SHOUTOUT ☹ PROMOTION ☹ SHOOTS ☹ ROLES ☹ BREAK ☹ OPPORTUNITIES ☹ PLATFORM ☹ WORK ☹</p> <p>PROJECTS ----- Exclusi ve Shoutout Account ONLY for ☺ ♡ FEMALE ♡ ACTRESS ♡ MODEL ♡ TEEN GIRL ♡ HOUSE</p> <p>WIFE ----- Grab Ur Chance for becoming COVER GIRL for this Insta Profile (DM to know more) ----- #love #instagood #photooftheday #fashion #beautiful #happy #cute #tbt #like4like #followme #picoftheday #follow #me #selfie #summer #art #instadaily #friends #repost #nature #girl #fun #style #smile #food #instalike #likeforlike #family #travel #fitness ----- ♡ ♡ ♡</p> |  | <a href="https://www.instagram.com/p/CSLc0Q0qGax">https://www.instagram.com/p/CSLc0Q0qGax</a> |  |  |
| instagram | en | A preview of tomorrow's National IPA Day festivities.<br>@motosonorabrewing @holidailybrew @moonrakerbrewing<br>@liquidgravitybrewingco ☺: @whatthepint #craftbeer<br>#craftbeerlover #craftbeerlife #ipa #nationalipaday #drinking<br>#brewery #brewerylife #brewerycommunity #whatthepint<br>#lifestyle #fitness #beerstagram   |  | <a href="https://www.instagram.com/p/CSLc0ZnLeEA">https://www.instagram.com/p/CSLc0ZnLeEA</a> |  |  |
| instagram | en | Remember the name ravi kumar Dahiya ☺♦♥ 100...#olympics<br>#tokyo #sports #sport #athlete #figureskating #olympicgames<br>#trackandfield #m #athletics #olympic #fitness #iceskating<br>#skating #training #running #winterolympics #figureskater<br>#japan #yuzuruhanu #pyeongchang #evgeniamedvedeva<br>#swimming #athletes #karate #usa #champion #teamusa<br>#jyadaganmatchod #indiaIN  |  | <a href="https://www.instagram.com/p/CSLcx-hjwBR">https://www.instagram.com/p/CSLcx-hjwBR</a> |  |  |
| instagram | de | Vermisse Sonne, Strand und Meer<br>Meer, Tascheberg#daslebenistschön#daslebenistgenießen#single#style#fitness#meer#beauty#weiblich#kleider#blondine#singlewomen#singlegirls#fröhlich#positivdenken#positivethinking#Sonntag#instastyle#instaphoto#instalike#instagram#frauen#woche#style#blogger#lachen#augenmakeup#mode#makeup#kosmetik#sexy#mode#styling  |  | <a href="https://www.instagram.com/p/CSLc0kjzkP">https://www.instagram.com/p/CSLc0kjzkP</a>   |  |  |
| instagram | en | ...#Ponaphotografer #PHOTOGRAPHY #portraitphotography<br>#amazing #photography ☺♦♥ #myloveediting ☺♦♥<br>#mylovephoto ☺♦♥♦♣ ☺♦♣ #followtherereader #fitness<br>#foryou #followforfollowback   |  | <a href="https://www.instagram.com/p/CSLc1EPN9FW">https://www.instagram.com/p/CSLc1EPN9FW</a> |  |  |

|           |    |  |    |   |  |  |  |
|-----------|----|--|----|---|--|--|--|
| instagram | en | Atul Shinde got awesome results with DN products with me at GravitaFit by Domin8r Nutrition #teamDN #fitness #gravitaFit<br>#transformation #localkokarovocal #hareshhirani.com<br>#punesbesttrainer #hareshhirani #Celebritytrainer #prepcoach<br>#internationalcertifiedtrainer #fitnesinspirational #fit2train<br>#motivation #followme #fitindia #pune #punemodels #Eatclean<br>#instafit #Beachbody #HealthyLiviing #trainhard #musclefreak<br>#fitnessfreak #mensphysique #fitfam #Athlete #fitnessmodel<br>#domin8rnutrition #keepdoing |    | <a href="https://www.instagram.com/p/CSLc1NYCWEj">https://www.instagram.com/p/CSLc1NYCWEj</a> |  |  |  |
| instagram | en | Mount Jefferson such a beautiful place To spend a beautiful day  |    | <a href="https://www.instagram.com/p/CSKxHXZnc2O">https://www.instagram.com/p/CSKxHXZnc2O</a> |  |  |  |
| instagram | en | I love fishnet stockings 😍.....#follow #love #instagood<br>#fashion #photooftheday #art #photography #beautiful<br>#instagram #picoftheday #nature #happy #cute #followme<br>#travel #tbt #style #instadaily #repost #like4like #summer<br>#beauty #fitness #selfie #food #me #instalike #girl #friends #fun   |    | <a href="https://www.instagram.com/p/CSKxRfu0GtO">https://www.instagram.com/p/CSKxRfu0GtO</a> |  |  |  |
| instagram | en | Price<br>50JD#jordan#beauty#onlineshopping#online#hat#accessories#slipper#bag#shoes#missugar#clothes#fashion#blazer#jumpsuit#dresses#lingerie#jeans#skirt#sport#bikini#fitness#style#women#model#girl#blogger#heels#swimsuit#amman   |    | <a href="https://www.instagram.com/p/CSKxRzkMk4E">https://www.instagram.com/p/CSKxRzkMk4E</a> |  |  |  |
| instagram | en | An Indie throwback 🌟 Can confirm I miss festivals but not day 2 portalooos 🚽+*#ottd #irishblogger #girls #instagirls #august<br>#fashion #style #makeup #summer #glam #outfitoftheday<br>#wednesday #fitness #workout #smile #sunnyday #ireland<br>#irishinfluencers #croptop #festival  | IE | <a href="https://www.instagram.com/p/CSKxRxRj1gX">https://www.instagram.com/p/CSKxRxRj1gX</a> |  |  |  |
| instagram | en | ELBOW SECRETS Lots of people experience discomfort with barbell-based triceps (and biceps) movements. This is no coincidence to me, as the barbell forces us to work around it and not it around us. Try this out and you'll probably be surprised at how much better it feels.  |    | <a href="https://www.instagram.com/p/CSKxQKUAY6p">https://www.instagram.com/p/CSKxQKUAY6p</a> |  |  |  |
| instagram | en | The work starts with you. A single step can take us to our greatest journey. We are either wearing our shoes and walking or we are staying stuck and standing still.   |    | <a href="https://www.instagram.com/p/CSKxR48hril">https://www.instagram.com/p/CSKxR48hril</a> |  |  |  |
| instagram | pt | Depoimentos das nossas alunas que estão usando nosso método e mudando suas vidas!! E VOCÊ? O QUE FEZ POR VOCÊ HOJE? Quer emagrecer? Eu posso te ajudar. E só chamar no direct .....#emagrecimento #dieta #fitness #receitasaudaveis #exercícios #emagrecer #autoestima #dietafitness #academia #malhar #emagrecer rápido #emagrecer com saúde #vidasaudável #likeforlike #estilo de vida saudável #receitasfit #receitas para se curar #secar barriga  |    | <a href="https://www.instagram.com/p/CSKxSLbLvmR">https://www.instagram.com/p/CSKxSLbLvmR</a> |  |  |  |

|           |    |  |  |   |  |  |  |
|-----------|----|--|--|---|--|--|--|
| instagram | pt | Gostou dessa publicação! Então deixe um emoji “  ” nos comentários como forma de agradecimento.Quanto mais comentários tiver mais a publicação será vista .Isto ajuda a manter nosso trabalho e faz com que possa ser entregue mais conteúdo de qualidade para vocês.Nos siga @miss_motivacional_com para mais motivação!♦ Ative as notificações.....#motivação #empreendedor #sonhos #superação #mis #mulher #foco #empreendedorismo #motivação #amor #moda #sp #fitness #sucesso #saopaulo #modafeminina #empreender #brasil #hitchcock #motivacao #marketingdigital #determinação #love #quadinhos #fashion #motivation #marketing #museudaimagemedosom #motivacaododia #vida  |  | <a href="https://www.instagram.com/p/CSKxSatlbyO">https://www.instagram.com/p/CSKxSatlbyO</a> |  |  |  |
| instagram | pt | ✿ Aquele combo pensado em você, para fazer o seu final de semana e o dia dos pais incrível✿  |  | <a href="https://www.instagram.com/p/CSKxSc2Ltrr">https://www.instagram.com/p/CSKxSc2Ltrr</a> |  |  |  |
| instagram | en | ✿.....#fitness #boyfitness #bodyfitness #gold #versace #style #boy #boystyle #fashion #fashionstyle #urbanstyle #prettyboy #louisvuitton #lv #popular #model #gay #gayboy #instagay #cholostyle #classy #flow #estilo #hombrresguapos #hotguys #elegancy #glasses  |  | <a href="https://www.instagram.com/p/CSKxTBoJq7b">https://www.instagram.com/p/CSKxTBoJq7b</a> |  |  |  |
| instagram | en | Strength training benefit number....6???? We have five more to, by the way, are you convinced yet?!STRENGTHENED MENTAL HEALTH: maybe you've heard of "runner's high", the concept that one experiences a brief, deeply relaxing state of euphoria after an intense or lengthy workout? Well, strength training is also proven to improve symptoms of clinical depression and anxiety. Yes, endorphins play a role here, but strength training provides the opportunity to overcome obstacles in a controlled environment which increases mental resilience..A 2014 review published in <i>Frontier in Psychology</i> shows that using low to moderate weight (70% of the amount that you can lift for one rep) has the greatest effects on anxiety....and, these days, perhaps we all need a little help in that area, am I right?....#strengthtrain #exercise #anxiety #depression #endorphins #health #fitness #osteoporosis |  | <a href="https://www.instagram.com/p/CSKxTHEljHA">https://www.instagram.com/p/CSKxTHEljHA</a> |  |  |  |
| instagram | en | Dinner tonight is a staple even when I'm not watching what I eat. Sushi bowl! The base that is buried under all the vitamins is a mix of both brown and white jasmine rice. Half a cucumber marinated in low sodium tamari, garlic and onion powder, half a shredded carrot, edamame beans, handful of chopped sriracha, a dab of avocado and topped with sriracha. So good and so filling✿@1upnutrition #1uptransformation #1uptransformationchallenge #1upnutrition #becomebetter #mealprep #weightlossjourney #weightloss #fitfam #fitness #cleaneating #cleaneats #vegetarian #vegan #eatclean #eatcleantraindirty #healthyeating #healthjourney #health #wholefoodplantbased #wfpb #eattowin  |  | <a href="https://www.instagram.com/p/CSKxTRnLFms">https://www.instagram.com/p/CSKxTRnLFms</a> |  |  |  |

|           |    |  |  |   |  |  |  |
|-----------|----|--|--|---|--|--|--|
| instagram | en | Next best cardio and intense training program is boxing!! #fitness #gomadfreaky #boxing #health #workout   |  | <a href="https://www.instagram.com/p/CSKxTh5MKDQ">https://www.instagram.com/p/CSKxTh5MKDQ</a> |  |  |  |
| instagram | pt | Turma das 18:10<br>#FUNCIONALCROSSSAGA 🤸‍♂️ 🤸‍♀️ 🤸‍♂️ #TREINO<br>#FITNESS #EMAGRECER#PERSONALTRAINER#SAÚDE #FIT<br>#QUALIDADEDEVIDA<br>#EMAGRECER#ACADEMIAARLIVRE#VIDASAUDAVEL #CROSSFIT<br>#FUNCIONAL #CORRIDA#SAUDEETUDO#TMJ #TURMA#FOCO<br>#FORÇA #DISCIPLINA #MOTIVAÇÃO<br>#CONDICIONAMENTO#FISICO<br>#ALIMENTACAOSAUDAVEL#VIVABEM #VIVAMAIAS  |  | <a href="https://www.instagram.com/p/CSKxUAopu-t">https://www.instagram.com/p/CSKxUAopu-t</a> |  |  |  |
| instagram | en | ↗....#webstagram #iphoneonly #art #tweegram #cool<br>#followback #instafollow #instasize #bored #instacool #funny<br>#mcm #instago #instasize #vs cocam #boysloveboys #all_shots<br>#party #music #eyes #nature #beauty #night #fitness #beach<br>#look #nice #sky #christmas  |  | <a href="https://www.instagram.com/p/CSKxULLH26L">https://www.instagram.com/p/CSKxULLH26L</a> |  |  |  |
| instagram | en | You know you #knead it ☺☺☺ get it ↗ link in bio ↗ #recovery<br>#massage #fitness #healthy #help #lifestyle #beauty #nature<br>#surf #yoga #love #life #happy #humpday #yourewelcome  |  | <a href="https://www.instagram.com/p/CSKw_t1h4XL">https://www.instagram.com/p/CSKw_t1h4XL</a> |  |  |  |
| instagram | pt | Música braba d++ .....CURTIR AI VAI! ☺.....#challenge #makeup<br>#challenger #maquiagem #makeupartist #fitness<br>#maquiagembrasil #makeuptutorial #challengeaccepted<br>#maquiagemx #mua #motivation #loucasformaqiagem<br>#beauty #dodge #maquiagem insta #make #mopar<br>#maquiagemprofissional #makeupaddict #workout<br>#maquiagembrasil #love #fit #makeover #challenges<br>#maquiagemlovers #makeupoftheday #challengeyourself<br>#universodamaquiagem_oficial  |  | <a href="https://www.instagram.com/p/CSKxI5fl44u">https://www.instagram.com/p/CSKxI5fl44u</a> |  |  |  |
| instagram | pt | ⚠ A bursa é uma importante estrutura que tem como função principal a absorção de impactos (amortecedor), gerados no ombro. Ela Serve para diminuir o atrito que há entre o tendão e o osso. A bursite no ombro trata-se da inflamação na bursa devido a sobrecarregada, dando inicio aos sintomas dolorosos. A maioria dos pacientes com bursite reage bem ao tratamento com fisioterapia. ↗ Agende sua Avaliação! ..... — — — — — — — — — #fisioterapianeurofuncional #fisioterapia #storiescriativos #estudos<br>#concurseiro #fisioterapiacomamor #voupassar #fitness<br>#frasedodia #ortopedia #enfermagem #façaterapia<br>#saudeebemestar #anatomia #salud #fisioterapeutas #bemestar<br>#neurociencia #neuro #fisioterapiadesportiva #psicologiaonline<br>#semorsemganho #saude #fisioterapiaesportiva<br>#fisioterapiadermatofuncional #fisio #physiotherapy #medical<br>#medicine #pilates Repost @@antoniomaximo_ |  | <a href="https://www.instagram.com/p/CSKxTKjHljv">https://www.instagram.com/p/CSKxTKjHljv</a> |  |  |  |

|           |    |  |  |   |  |  |  |
|-----------|----|--|--|---|--|--|--|
| instagram | en | #wisdomwednesday#recovery#mentalhealth#fitness#health#selfcare#depression#addiction#anxiety#wellness#love#motivation#therapy#soberlife#ptsd#trauma#recoveryispossible#balance#mindful#meditation#selfcare#growth#nourishment#acceptance#support#spreadhope#joy#inhistogether   |  | <a href="https://www.instagram.com/p/CSKxVGsnfJ">https://www.instagram.com/p/CSKxVGsnfJ</a>   |  |  |  |
| instagram | en | ☺+ #only #fans #fansonly #onlyfans #model #photographer #selfphotographer #milfgang #milfheels #prettyletting #prettygirls #of #ofgirls #onlyfansgirl #onlyfansgirls #girlsofinsta #likeforlikes #subtome #subme #liketime #selflove #loveyou #loveme #pretty_shotz #glamourshots #feetagram #feetfetishcommunity #feetstuckingu #fitness #fitcheck                              |  | <a href="https://www.instagram.com/p/CSKxVWqHKAz">https://www.instagram.com/p/CSKxVWqHKAz</a> |  |  |  |
| instagram | en | ⌚ Get out, get lost ☀.....#selfie #fitness #green #woman #godisawoman  |  | <a href="https://www.instagram.com/p/CSKxVY9r-Ap">https://www.instagram.com/p/CSKxVY9r-Ap</a> |  |  |  |
| instagram | en | 👉 Like it or Not? ➡ Check out cute bikinis (link in bio @BikiniStyled) cutedresses.co/bikinis . . via @bikini.vixens #motivation #cutegirl #lingerie #strong #ootd #fitspo #healthyfood #healthy #muscle #fitspiration #fitgirl #fitness . . ➡ Follow @BikiniStyled for your daily swimsuit ideas!   |  | <a href="https://www.instagram.com/p/CSKxVRdjLln">https://www.instagram.com/p/CSKxVRdjLln</a> |  |  |  |
| instagram | en | Price<br>60JD#jordan#beauty#onlineshopping#online#hat#accessories#slipper#bag#shoes#missugar#clothes#fashion#blazer#jumpsuit#dresses#lingerie#jeans#skirt#sport#bikini#fitness#style#women#model#girly#logger#heels#swimsuit#amman   |  | <a href="https://www.instagram.com/p/CSKxVqIMQAt">https://www.instagram.com/p/CSKxVqIMQAt</a> |  |  |  |
| instagram |    | #crossfit #crossfitcommunity #chicagocrossfitcommunity #chicagocrossfit #roguefitness #fitness #workout #chicagoadthlete #rogue #nobull #nobullproject #crossfitgames #chicagofit #chicagofitfam #nobullproject #chicagocrossfitters   |  | <a href="https://www.instagram.com/p/CSKxVvin2o1">https://www.instagram.com/p/CSKxVvin2o1</a> |  |  |  |
| instagram |    | #emagrecimento #emagrecer #fitness #fit #academia #lowcarb #lowcarbbrasil  |  | <a href="https://www.instagram.com/p/CSKxVulLzl6">https://www.instagram.com/p/CSKxVulLzl6</a> |  |  |  |
| instagram | en | Glove & T-Shirt Combo 🎉 #KNOWYOURWORTH   |  | <a href="https://www.instagram.com/p/CSKJcRPspfx">https://www.instagram.com/p/CSKJcRPspfx</a> |  |  |  |
| instagram | en | Wellness Wednesdays with @annaandraven & @amyllinas on @walk975 Listen 🎧 now, click the link in our bio. ••••#wellnesswednesday #wellness #justbreathe #fitness #fitnessmotivation #annaandraven #amyllinas #sunlounger #breathingexercises #forthehealthofit #mentalhealthminute #wnbf #inbf  |  | <a href="https://www.instagram.com/p/CSKJeQ2nhAX">https://www.instagram.com/p/CSKJeQ2nhAX</a> |  |  |  |
| instagram | pt | Essa mulher é uma inspeção para nós...Sigam @marombas.top ..👉 @graoficial ..#dietasaudável #morombastop #maromba #modelo #fitness #moda #musculação #baotarde #teamgrayanne  |  | <a href="https://www.instagram.com/p/CSKJeTznvq">https://www.instagram.com/p/CSKJeTznvq</a>   |  |  |  |
| instagram | de | „Tu heute etwas, für das dir dein zukünftiges Ich danken wird.“ 💪Eine Walkingrunde am Morgen, vertreibt Kummer und Sorgen ... am liebsten starte ich mit Sport in den Tag, das gibt mir so ein richtigen Energieschub. Ist das bei euch auch so? 💪#sport #motivation #fitness #fitnessmotivation #sportmotivation #walking #brooks #training #applewatch #believe #positivevibes |  | <a href="https://www.instagram.com/p/CSKJeUmlo4O">https://www.instagram.com/p/CSKJeUmlo4O</a> |  |  |  |
| instagram |    | Paz mental y playa 🌴☀️   |  | <a href="https://www.instagram.com/p/CSJpg0BIX1U">https://www.instagram.com/p/CSJpg0BIX1U</a> |  |  |  |

|           |    |  |  |   |  |  |  |
|-----------|----|--|--|---|--|--|--|
| instagram |    | Booty gains 🍜  |  | <a href="https://www.instagram.com/p/CSKIWCBI6bF">https://www.instagram.com/p/CSKIWCBI6bF</a> |  |  |  |
| instagram |    | MAGAZA YOXDU,CATDIRILIRDIREKT ↴WHATSAPP VE ELAQE➡<br>+9 4 7 0 7 2 3 3 7 6 3 .....#aztagram #aztag #autofollow #bag#autocomment #la #takipcikazan<br>#like4like #zeactive #autolike #chanta #чумка #чумки #dance #canta #gt #italy #cat #fitness #followme #aktivler #eatclean #like #followforfollowback #keşfet #takipe4takip #aktiv #baby #style   |  | <a href="https://www.instagram.com/p/CSKI8CbKQMt">https://www.instagram.com/p/CSKI8CbKQMt</a> |  |  |  |
| instagram | es | Cheesecake cookies n' cream! Plant-based 🥣?..Sil, puedes creerlo? en Chayito's: Postrería Saludable trabajamos para poder ofrecerte lo más rico de los postres, pero en una versión saludable... Este es nuestro Cheesecake cookies n' cream super cremoso, a base de tofu y endulzado con azúcar de coco, todos nuestros productos son de la mejor calidad y el sabor es único!<br>..No te quedes sin probarlo, puedes encontrarlo en nuestra sucursal a partir del 9 de Agosto ☀️#BuscaLaRosa...#vegano #plantbased #pueblaVegano #postresaludable #vegandessert #puebla #postrefit #Puebla #pueblacity #pueblavegana #pueblaveganos #postrevegano #postres #postrescaseros #postresfit #postresfitness #vegan #plantbased #plantpowered #fitness #fitdessert #vegandessert #healthyfood #healthydessert #fitlifestyle #healthylifestyle |  | <a href="https://www.instagram.com/p/CSKJHnnsZaK">https://www.instagram.com/p/CSKJHnnsZaK</a> |  |  |  |
| instagram | en | It's Wellness Wednesday!!! I'm breathing ☺️I'm healthy 🍓I'm truly blessed 🙏I'm grateful for this day! ☺️How are you feeling today? Comment below Click the link in my bio to get started on your wellness journey now!   |  | <a href="https://www.instagram.com/p/CSKJJmXHWY8">https://www.instagram.com/p/CSKJJmXHWY8</a> |  |  |  |
| instagram |    | 👉  |  | <a href="https://www.instagram.com/p/CSKJdzpjIST">https://www.instagram.com/p/CSKJdzpjIST</a> |  |  |  |
| instagram | en | Did you know it's National Exercise with Your Child Week?At FIT4MOM, we celebrate this all year round!These sweet kiddos that come to class are always watching and learning the importance of health + wellness. They see you taking care of you and are growing up knowing how fun exercising can be! And for that, we celebrate YOU mama, today and every day. ❤️ .....#fit4mom #fit4momfrankfortlemon #strengthinmotherhood #momstrong #fitmom #fitmomsofig #prenatalfitness #postnatalfitness #exercise #strongasamother #fitfamily #themotherhoodisreal #momsofig #fitmama #momworkouts #strollerfitness #fitness #strollerstrides #frankfortillinois #Lemontillinois #newlenoxil #homerglenil #woodridgeil #darienil #burridgeil #mommyandme  |  | <a href="https://www.instagram.com/p/CSKJex9rbMP">https://www.instagram.com/p/CSKJex9rbMP</a> |  |  |  |
| instagram | en | #model #athlete #bloodgang #swagg #fitness #goodmorning #hashtag #nature #dubailife #modeling #spa #love #usa #naturephotography #entrepreneur #zara #bestfriends #soundcloud #dj #naturephotography #germanshepherd #spaines #hawaii #unitedstates #beijing #italy #newyorkcityfeelings   |  | <a href="https://www.instagram.com/p/CSKJexGqtmK">https://www.instagram.com/p/CSKJexGqtmK</a> |  |  |  |

|           |    |   |  |   |  |  |  |
|-----------|----|---|--|---|--|--|--|
| instagram | en | #beautiful #model #fitness #beautyqueen #follow #like<br>#instagood #instagram #love  |  | <a href="https://www.instagram.com/p/CSKJe9NskO">https://www.instagram.com/p/CSKJe9NskO</a>   |  |  |  |
| instagram | en | You glow differently when you're happy. #love #peace<br>#bekind #keepyourchildsoul #nevergrowup #smile<br>#dreamscometrue #positivevibes #believe #happy #goodvibes<br>#fitness #fitnessmotivation #healthylifestyle #healthy<br>#positivemindset #travel   |  | <a href="https://www.instagram.com/p/CSKJduHjnV9">https://www.instagram.com/p/CSKJduHjnV9</a> |  |  |  |
| instagram | en | Gotta do the work to see results. Mornings, my favorite time to get my workouts in. #morningworkouts<br>#morningworkoutdone #morningroutine<br>#weightlosstransformation #healthylifestyle #motherhood<br>#healthymom#healthjourney<br>#gettingready#healthierme#loveworkingout<br>#gotmygrovebackon #dailyroutine #amworkoutjunkie<br>#imfeelingsogood#transformation#healthyeatinghabits<br>#healthylifestylechange<br>#eatinggood#eatingright#makingshingsthappen<br>#lovingonme#inspiration #motivation #betterme<br>#Weightlossjourney #weightlossmotivation #fitness<br>#losingpounds #fitspo   |  | <a href="https://www.instagram.com/p/CSKJeSRnH82">https://www.instagram.com/p/CSKJeSRnH82</a> |  |  |  |
| instagram | en | ⌚THAT FEELING WHEN YOU PULL YOURSELF OUT OF A BAD MORNING WITH MOVEMENTToday's workout 🏋️‍♂️ Repeat each exercise 4 times which as much rest as you like Single-leg dead lift 10 each leg20 Curtesy lunge ft SUPERSET 20 jumping lungeBanded: 10 donkey kicks and 10 fire hydrants20 Around the world Squat jumps 10 Dumbbell deadlifts with a squatFinish 2 rounds of:Plank 30:30 seconds20 Leg raises Wall assisted hand stand (hold for 30 seconds)Some of the videos are sped up Move to feel good⌚ Big love,Kt📍moveformentalhealth<br>#fitnessmotivation #fitness #health #dumbbellworkout<br>#workout #legday #legworkout #absandlegs #fitnessgirl<br>#exercise #movementismedicine |  | <a href="https://www.instagram.com/p/CSKJfO4sywy">https://www.instagram.com/p/CSKJfO4sywy</a> |  |  |  |
| instagram | en | That means time spent doing nothing sometimes is not of waste. We all need rest after long time of been too busy doing many things. If we don't we might break down. For that it necessary we rest in order to revive our lost energy used for days before taking a particular day off.#waste #of #time #wellness #coach #maharashtra #india #photography #love #health #fitness<br>#water #nature #mumbai #planet #life #pune #world<br>#photooftheday #yoga #instagood #nareshreddyfitwallet #travel<br>#training #india_gram #instagram #lifestyle #motivation #help<br>#ig  |  | <a href="https://www.instagram.com/p/CSKJfhfJFUr">https://www.instagram.com/p/CSKJfhfJFUr</a> |  |  |  |
| instagram | en | Is this true?--#mentalhealth #mentalhealthawareness #dadsrus<br>#positivevibes #positivethinking #affirmationforkids<br>#affirmationsoftheday #selfcare #selflove #love #motivation<br>#affirmations #health #mentalhealthmatters #life #mindfulness<br>#loveyourself #wellness #inspiration #fitness #healing<br>#happiness #positivity #quotes #mindset #instagood #happy<br>#meditation  |  | <a href="https://www.instagram.com/p/CSKJfp9IWHh">https://www.instagram.com/p/CSKJfp9IWHh</a> |  |  |  |

|           |    |   |  |   |  |  |  |
|-----------|----|---|--|---|--|--|--|
| instagram | en | <p>Less than 15 MINUTES with PACE ARMS &amp; ABS and you will see AMAZING RESULTS! With PACE Arms &amp; Abs you can: *</p> <p>Perform from the comfort of your own home (no equipment required but you can add for a challenge!) *</p> <p>Workout outlined for you (just press PLAY and follow along!)*</p> <p>Fast &amp; effective workout (commit to doing 5 days a week!)*</p> <p>Tone &amp; Define (your arms, shoulders, back, and abs with zero equipment right from home!)*</p> <p>Burn body fat (in just 15 minutes, 5 days a week!)*</p> <p>Transform your body (and feel amazing doing it!)*</p> <p>Build up your arms and abs to create your ideal shape.*</p> <p>Look and feel your best! What are you waiting for? Your best YOU is waiting! Purchase TODAY</p> <p><a href="http://www.pacemyfitness.com/store/p/armsandabs#armsandabs">http://www.pacemyfitness.com/store/p/armsandabs#armsandabs</a></p> <p>#coaching #fitness #healthcoach #running #runcoach #follow #pacemyfitness #fitnessjourney #weightloss #runfast #starrunning #fitnesscoaching #runcoaching #healthandwellness</p> |  | <a href="https://www.instagram.com/p/CSK151mHJ6O">https://www.instagram.com/p/CSK151mHJ6O</a> |  |  |  |
| instagram | en | <p>Green Nourish Bowl All the greens - loaded with vitamins A, C, K, antioxidants, fibre, folate, magnesium, calcium, iron and potassium! Doesn't that sound amazing? Just what the Doctor ordered In the NourishedLife Challenge, you will be consuming nourish bowls just like this one- packed with nutrient dense foods to keep you strong and at your optimal! The NourishedLife Challenge is 4 weeks where you will receive a training guide from @zigs_life_ as well as meal plans from me (registered dietitian) that are specific to you and your goals! Swipe to see more info DM today to secure your place!! Starting 9 August 🌟 All this for only R1200*****#nourishmealo #nourishedlifechallenge #nourish #nourishyourbody #nourishnotpunish #nourishbowl #greenbowl #buddahbowl #nutrients #dietitian #trainingchallenge #challenge #fitness #fitnessmotivation #wellness #fitnessjourney #wellnessblogger #yummy #foodie #foodphotography #foodblogger #fitnessgirl #fitnessmotivation #eatclean #healthy #healthytips</p>  |  | <a href="https://www.instagram.com/p/CSKJfyNKphO">https://www.instagram.com/p/CSKJfyNKphO</a> |  |  |  |
| instagram |    | <p>ADMIN @IJASHANALAKH Snapchat @Djaulak.com Tag a Friends To See This .....? FOLLOW FOR FREE SHOUTOUTS FOLLOW us (@Gedi.route.chandigarh) FOR MORE ! USE HASHTAG #Gedi.route.chandigarh AND TAG POSTS</p> <p>#ijashanaulakh#gediroutechandigarh#patiala#chandigarh#ypsge di#citco#aulakhjattstyle#farmer#lifestyle#auto#music#ghaintmedia#Tv#fashion#stylish#instagood#amritsar#instafamous#style#jattline#fitness#travel#sports#cardio#art#gaming#dance#instagram#instafame @ijashanaulakh</p>  |  | <a href="https://www.instagram.com/p/CSKJgLnhuoz">https://www.instagram.com/p/CSKJgLnhuoz</a> |  |  |  |
| instagram | en | #love#instagood#photooftheday#fashion#beautul#happy#cute# #like4like#followme#picoftheday#follow#selfie#summer##instadaily#friends#repost#nature#girly#fun#style#smile#food#instalike#family#travel#likeforlike#fitness#follow4follow#likesforlikes   |  | <a href="https://www.instagram.com/p/CSKJgPEHgzv">https://www.instagram.com/p/CSKJgPEHgzv</a> |  |  |  |

|           |    |  |  |   |  |  |
|-----------|----|--|--|---|--|--|
| instagram | pt | Não deixe para depois o look que você pode comprar hoje 😊 Acesse este link para visualizar nosso catálogo no WhatsApp: <a href="https://wa.me/c/553185053045">https://wa.me/c/553185053045</a> Segue o link do meu catálogo online, com preços imperdíveis e arrasadores! Para as interessadas adicionar ao carrinho, para fazermos as negociações corra 🕒 pois a maioria são peças únicas e selecionadas! #modafeminina #modafashion #modafeminina #plussize #fitness #multimarcas #saude #mulher #varejoatacado #onlineshop #onlinestore #lojistas #roupas #roupasfemininas  |  | <a href="https://www.instagram.com/p/CSKJgRVL-CI">https://www.instagram.com/p/CSKJgRVL-CI</a> |  |  |
| instagram | en | ⌚ Daily motivation 💡 post के लिए Follow जरूर करें .....Follow The Success Motivation Follow The Success Motivation .....Follow The Success Motivation Follow The Success motivation .....Follow The Success motivation Follow The Success Motivation .....#art #instadaily #thoughts #photooftheday #lifequotes #photography #entrepreneur #motivational #writersofinstagram #fitness #followforfollowback #detik #quotesdaily #smile #inspire #sad #writer #likeforlikes #quotesindonesia #beautiful #literasi #quotesoftheday #shayari #successquotes #quotesaboutlife #selfcare #likes #words #inspirational #writing |  | <a href="https://www.instagram.com/p/CSKJgX3BXFx">https://www.instagram.com/p/CSKJgX3BXFx</a> |  |  |
| instagram | en | Wellness Wednesday! #mobinius #WellnessWednesday #health #mind #wednesdayquotes #yoga #positivity #positivevibes #wednesdaymood #wellness #selfcare #healthy lifestyle #health #wellnessjourney #mentalhealth #fitness #wednesdaywisdom #healthandwellness #nutrition #wednesdayvibes #covid #motivation #selflove #healthy #workoutwednesday #mindfulness #wellbeing  |  | <a href="https://www.instagram.com/p/CSKJgUWtDuN">https://www.instagram.com/p/CSKJgUWtDuN</a> |  |  |
| instagram | en | Parado no bailão ❤ .....#dance #dancer #music #love #hiphop #dancing #dancers #party #dj #tiktok #art #ballet #instagram #instagoood #like #dancelife #explorepage #follow #trending #fitness #viral #dancersofinstagram #fun #choreography #explore #photography #kpop #fashion #bhfyp #bfhyp   |  | <a href="https://www.instagram.com/p/CSKJKfZjcX4">https://www.instagram.com/p/CSKJKfZjcX4</a> |  |  |
| instagram | pt | Conjunto top + calça em poliamida ☺️ Tamanho único (veste do 36 ao 42) DISPONÍVEL ✅ Top 35,00 ⚡ Calça M69,99 ⚡ Conjunto 99,00 ⚡ Parcelamos em até 2x sem juros ☀️#seabra #fitness #conjuntofitness #roupafitness #academia #treinoemcasa   |  | <a href="https://www.instagram.com/p/CSKJghtLrOS">https://www.instagram.com/p/CSKJghtLrOS</a> |  |  |
| instagram | en | This week is all about forearm check. Still chasing the same dream i had since i was 5. Be like Popeye !!  |  | <a href="https://www.instagram.com/p/CSJf4g6nDoW">https://www.instagram.com/p/CSJf4g6nDoW</a> |  |  |
| instagram | de | #girl #langeweile #teen #schreibt #fitness #sport #deutschland #hotpands #shorts   |  | <a href="https://www.instagram.com/p/CSJf996qDHh">https://www.instagram.com/p/CSJf996qDHh</a> |  |  |
| instagram | fr | Si tu devais définir Keepcool en 3 mots, ce seraient lesquels ? #keepcool #teamkeepcool #salledesports #training #sport #fitness #clubdesport  |  | <a href="https://www.instagram.com/p/CSJf-IXqRjN">https://www.instagram.com/p/CSJf-IXqRjN</a> |  |  |

|           |    |  |  |   |  |  |  |
|-----------|----|--|--|---|--|--|--|
| instagram | en | fitnesscontactsport <del>100%</del> Cardio /Renforcement musculaire / Sports de combat training #martialartstraining #kickboxing #kravmaga #silat #selfdefense #boxing #muaythai #kd #fitness #workoutmotivation #fightlife #thaiboxing #urbantraining #wingchuntraining #streetdefense #workoutmotivation #dax #myworkouts #preparationphysique #nutrition #autodefense #Boxtherapie #martialtherapie #vacancesenfamille Vacances .... respiration @phil.lubat #combattraining #pencaksilat #trainhardfighteasy #martialartsstyle #metalboxe #venum |  | <a href="https://www.instagram.com/p/CSJf-ivlTKs">https://www.instagram.com/p/CSJf-ivlTKs</a> |  |  |  |
| instagram | en | So sad and so true 😢❤️ ↗️ ↘️ ••#fitness #fitnessmotivation #vacation #bts #stan #stanarmy #dream #dreamsmp #dsmp #rock #metal #nickelback #y2k #nickelbackers #pop #timotheechalamet #baecation #staycation #bae #stanarmy #memes #meme  |  | <a href="https://www.instagram.com/p/CSJf-7esVRg">https://www.instagram.com/p/CSJf-7esVRg</a> |  |  |  |
| instagram |    | #fitness   |  | <a href="https://www.instagram.com/p/CSJf-_ONtHT">https://www.instagram.com/p/CSJf-_ONtHT</a> |  |  |  |
| instagram | en | **DM ME FOR PLACE ORDERS GUYS 🌟🌟** _____STYLISH WEAR FOR WOMEN_____:::::::::::COD AVAILABLE TO ALL OVER INDIA:::::::::::AT VERY LOW PRICE ❤️ ❤️ ----HURRY UP----- #kurti🌟🌟 #womenscollection #cod #shirts #todaylook #fitness #shopping #fashion #trending #collection #style #colorfulclothes #clothes #smile #instagram #love #looktoday #smile #fashion   |  | <a href="https://www.instagram.com/p/CSJf_beh61L">https://www.instagram.com/p/CSJf_beh61L</a> |  |  |  |
| instagram | en | Llaberia Catalonië #cycle #bike #cycling #fitness #bikelife #ride #instagood #bicycle #instabike #biker #motorcycle #cyclinglife #motorbike #love #motorcycles #photooftheday #bikestagram #workout #streetbike #biker #instamotorcycle #roadbike #instamotor #helmet #bikes #bikeride #fit #supermoto #cyclist #biketube  |  | <a href="https://www.instagram.com/p/CSJf_aXove3">https://www.instagram.com/p/CSJf_aXove3</a> |  |  |  |
| instagram | en | #fashion #love #style #instagood #follow #like #photooftheday #beautiful #art #cute #photography #happy #picoftheday #model #me #girl #followme #beauty #fun #instagram #instadaily #summer #ootd #music #fashionblogger #tbt #fitness #smile #selfie #bhfyp   |  | <a href="https://www.instagram.com/p/CSJf_d9rMhR">https://www.instagram.com/p/CSJf_d9rMhR</a> |  |  |  |
| instagram | en | Did you know.....Follow for more posts@amezing_fact_07 ...#instagood #insta #instahome #instagramreel #instadaily #fact #factz #followersinstagram #factsdaily #facts100 #followforfollowback #newpost #trending #viral #foryou #daylipost #instagram #fitness #fitnessmotivation  |  | <a href="https://www.instagram.com/p/CSJf_vqKsBL">https://www.instagram.com/p/CSJf_vqKsBL</a> |  |  |  |
| instagram | en | #nazar#pics#bestoftheday#follow#makeup#fitness#photo#photooftheday#work#sunset#yummy#me#picoftheday#wcw#picoftheday#night  |  | <a href="https://www.instagram.com/p/CSJf5uzo135">https://www.instagram.com/p/CSJf5uzo135</a> |  |  |  |
| instagram | fr | Si tu devais définir Keepcool en 3 mots, ce seraient lesquels ? #keepcool #teamkeepcool #salledesport #training #sport #fitness #clubdesport   |  | <a href="https://www.instagram.com/p/CSJf_kEKF96">https://www.instagram.com/p/CSJf_kEKF96</a> |  |  |  |

|           |    |   |  |   |  |  |  |
|-----------|----|---|--|---|--|--|--|
| instagram | en | The secret of great style is to feel good in what you wear #casualstyle #comfortwrar #btsclothes #btsstyle #btslove #photography #rippedjeans #casualphotography #fashion #comfortzone #btzfashion #btzfashionstyle #fitness#fitmom #fitaddict#   |  | <a href="https://www.instagram.com/p/CSJgAtMsyw0">https://www.instagram.com/p/CSJgAtMsyw0</a>   |  |  |  |
| instagram | en | Are you ready to start working out? Let's help you find the right outfit ☺#linkinbio #fitnessuganda #fitness #kampala   |  | <a href="https://www.instagram.com/p/CSJgA4Lrkdg">https://www.instagram.com/p/CSJgA4Lrkdg</a>   |  |  |  |
| instagram | en | Mein Frühstückchen ☺#frühstück #breakfast #food #lecker #foodblogger #gutenmorgen #healthyfood #goodmorning #coffee #kaffee #instafood #healthy #foodlover #gesund #yummy #austria #instagood #fitness #vegan #essen #germany #foodie #picoftheday #morning #healthybreakfast #cleaneating #instadaily #fitfam #coffeelover   |  | <a href="https://www.instagram.com/p/CSJgBSljYS7">https://www.instagram.com/p/CSJgBSljYS7</a>   |  |  |  |
| instagram | en | Waheguru 🙏✿✿✿ #amazing #style #100likes #nofilter #bestoftheday #50likes #instacool #instafollow #swag #followforfollow #ig_today #fitness #f4f #i4l #beauty #pretty #music #toptags #tagstagramers #beach #sweet #lol #photo #cool #nice #party #night #girls #sunset #iphoneonly  |  | <a href="https://www.instagram.com/p/CSJf-zRjf9">https://www.instagram.com/p/CSJf-zRjf9</a>     |  |  |  |
| instagram | en | ❶ CLEAN 9 SET ❷ 1 ALOEVERA GEL JUICE:Aloe vera gel juice ❸ Gel works to purify the digestive tract of impurities and toxins and return the process of digestion in its natural & prevent constipation It also improves the health of skin and hair and nails a lot ❹ and raises the rate of fat burning ❺ 2 GARCINIA PLUS PILLS ❻ —IT IS A GROUP OF VITAMINS.—Burn up and fill the appetite. ❼—A group of minerals for the need of the body. ❽ THERM PILLS ❾—IT IS A Multivitamins. —IT IS A MIXTURE OF GREEN COFFE AND GREEN TEA ❿. ❻ MILKSHAKE —IT IS A PROTEIN. —IT HELPS TO BUILD THE MUSCLES ❾—IT Ensures TO stable THE weight. ❼ ❽ FIBER —IT Maintains blood sugar. —IT Consists of fibers that give a feeling of saturation.<br>❾#foreverbusinessowners#Entrepreneur#businessowner#businessmindset#business#onlinemarketing#youngmillionaire#foreverbusinessowner#youngentrepreneur#smallbusiness#healthcareproducts#believeinyourself#healthylifestyle#hellopakistan#healhypakistan#pakistan#pakistanzindabad#proudtopakistani#protein#weightloss#fitness |  | <a href="https://www.instagram.com/p/CSJgBfJMZOOh">https://www.instagram.com/p/CSJgBfJMZOOh</a> |  |  |  |
| instagram | fr | Si tu devais définir Keepcool en 3 mots, ce seraient lesquels ? #keepcool #teamkeepcool #sallesdesport #training #sport #fitness #clubdesport   |  | <a href="https://www.instagram.com/p/CSJgBldKoff">https://www.instagram.com/p/CSJgBldKoff</a>   |  |  |  |
| instagram | en | I didn't get too many pics but I took the family to #schlitterbahn today#fitness #waterpark #funday   |  | <a href="https://www.instagram.com/p/CSI4BF4Mijk">https://www.instagram.com/p/CSI4BF4Mijk</a>   |  |  |  |
| instagram | en | #instadaily #travel #followme #life #lifestyle #instalike #music #fitness #fashionblogger #insta #portraitphotography #likes #followforfollowback #canon #india #k #viral #naturephotography #ootd #artist #memes #girls #moda #portraits #hair #following #instafashion #fun #tiktok #fl   |  | <a href="https://www.instagram.com/p/CSI4Bnklozw">https://www.instagram.com/p/CSI4Bnklozw</a>   |  |  |  |

|           |    |  |  |   |  |  |  |
|-----------|----|--|--|---|--|--|--|
| instagram |    | @daslear #gay #gayboy #gayfit #gayfitness #gaymexico<br>#gayusa #gaycanada #gaybrasil #hombresguapos #gaycolombia<br>#gaychile #gayspain #gayargentina #gayecuador #instagay<br>#gayperu #gaycdmx #cdmxgay #hairyman #instagay #gaylatin<br>#gaymexicano #fitness #gayvenezuela #gaybelgium #hairygay  |  | <a href="https://www.instagram.com/p/CSI4B0RMiFi">https://www.instagram.com/p/CSI4B0RMiFi</a> |  |  |  |
| instagram | es | .....#memespañoles #memeslatinos #memes4ever<br>#chistetipico #chistesmalos #odochistes #fotografoitaliano<br>#risasaseguradas #risas☺ #ootd #picoftheday #art #style #smile<br>#selfie #summer #fitness #fiestaencasa #fun #chisteshumor<br>#fashion #risadaria #girl #hahahahaha #grasioso #cute<br>#golpesgraciosos I #bromapesada #chistes☺ #mag3regala  |  | <a href="https://www.instagram.com/p/CSI4B82MT0I">https://www.instagram.com/p/CSI4B82MT0I</a> |  |  |  |
| instagram | en | Still getting out and about. Had a day off yesterday but trying to keep moving during lockdown as best as I can. Watched these two having a go at each other rather funny to watch. Hope your all doing ok out there and trying your best to keep positive and mobile. ....#thebody #exercise #keepgoing #walking<br>#doinglaps #clearingthehead #fitness #neverstopbelieving<br>#mentalhealth #naturelover #livingpeacefully<br>#freshairandfreedom #bemindful #bekindtoyourself  |  | <a href="https://www.instagram.com/p/CSI4CL6htKs">https://www.instagram.com/p/CSI4CL6htKs</a> |  |  |  |
| instagram | en | #photography #photo #hotgirl #fitgirls #model #follow #fit #girl<br>#fitnessmodel #girls #women #hot #cars #art #fitgirl #meme<br>#love #pretty #beautiful #hotmodel #hotgirlsonly #hotgirlz #sxy<br>#outdoors #fitness #cute  |  | <a href="https://www.instagram.com/p/CSI4CNrr_KX">https://www.instagram.com/p/CSI4CNrr_KX</a> |  |  |  |
| instagram | es | Compartimos varias fotografías de lo que fue la participación del Team Crossfitness Trail en la Media Trail 10k organizado por @olimpiadasotavalo.Felicitamos a todos los participantes de nuestro Box y en especial a @danialegs por obtener el tercer lugar.Gracias a @fisio_advance @amaru.sport @odontocerna @avellanedaestheticmed @aguanaowibarra @christian_mp31 Nutricionista @locoپuente Ferro Puente por su apoyo y confianza.#crossfitness #temantienevivo #deporte #salud #crossfit #otavalo #crossfitters #fitness #cfo #nutricion #trailrunning #trail |  | <a href="https://www.instagram.com/p/CSI4CV3Lb1a">https://www.instagram.com/p/CSI4CV3Lb1a</a> |  |  |  |
| instagram | en | Follow❤️@ammu__writings @ammu__writings<br>@ammu__writings ..... #lifestyle #love #life #instagood<br>#motivation #instagram #fitness #happy #like #fashion #follow<br>#inspiration #photography #style #photooftheday #loveyourself<br>#quotes #happiness #success #bfhyp #positivevibes #beauty<br>#goals #believe #travel #yourself #selflove #mindset #nature<br>#bfhyp  |  | <a href="https://www.instagram.com/p/CSI4Czyjyeo">https://www.instagram.com/p/CSI4Czyjyeo</a> |  |  |  |
| instagram |    | @premvats,,, plz check it premui,,,<br>plz,,@@@@.....#premisworld #premvatsfanclub<br>#premvats #premvatsfam #premvatsfan #premiens #2kadum<br>#trending #teampremvats #dance #viral #love #loveislove #fan<br>#fitness #foryou #fanpage #fandom #followforfollowback<br>#favorite #fashion #crush #cute #explorepage #explore #reels<br>#reelsinstagram #reelitfeelit #instagood #instagram   |  | <a href="https://www.instagram.com/p/CSI4BqglCZY">https://www.instagram.com/p/CSI4BqglCZY</a> |  |  |  |

|           |    |   |  |   |  |  |  |
|-----------|----|---|--|---|--|--|--|
| instagram | en | Here are some simple and easy recipes crafted by Oo Yi Qian - PB Health's Registered Nutritionist! She is a Graduate From University Of Bonn, Germany With A Master Of Science (Human Nutrition) Try Her Recipes for Good Health! Ingredients 1 Cup Rolled Oats 2 Tbsp Sugar Free Soy Powder 1 Cup / 240ML Water Any types of Fruits Toppings such as Chia Seeds, Mixed Nuts, Goji berries Method Mix Rolled Oats With Soy Powder. Add Water And Mix Well. Alternatively, Use Unsweetened Plant-based Milk. For Overnight Oats - Refrigerate Overnight For Warm Oatmeal - Cook Or Add Hot Water Into Rolled Oats Add Any Types of Fruits and Toppings. Choose Your Favourite Ones! Be Creative And Have Fun Creating Your Own Version! ...#healthyfood #kolanut #food #healthylifestyle #foodporn #foodie #instafood #fitness #healthyeating #foodphotography #yummy #plantbased #vegan #letfoodbeyourmedicine #healthylifehappylife #fruits #naturalcure #healthbenefits #healthnut #remedy #pbh4all #malaysia #kualalumpur #ramadhanreset #chefdaveveganjourney |  | <a href="https://www.instagram.com/p/CSI4DdqBL-z">https://www.instagram.com/p/CSI4DdqBL-z</a> |  |  |  |
| instagram | en | #love #photography #travel #instagood #usa #art #california #photooftheday #nyc #losangeles #fashion #newyork #miami #nature #music #fitness #beautiful #summer #picoftheday #florida #style #atlanta #happy #beauty #model #freeproducts #reviewer #amazonreviewersclub #amazonusafreeproducts #amazonusareviewer  |  | <a href="https://www.instagram.com/p/CSI4ELyDwZU">https://www.instagram.com/p/CSI4ELyDwZU</a> |  |  |  |
| instagram |    | #cutebaby #lifestyle #lifequotes #life #photooftheday #photography #picoftheday #passionpassport #style #streetstyle #selfie #streetphotography #poses #likesforlike #likeliketime #likexlike #liker #instalike #supportme #keepgoing #keepsupporting #fitness #007   |  | <a href="https://www.instagram.com/p/CSI4Eh8la0V">https://www.instagram.com/p/CSI4Eh8la0V</a> |  |  |  |
| instagram | en | Shoot Number 2! @xtra.mile.fitness @crossfit #audacityunlimited #gothextramile #xtramilefitness #stlphotography #crossfit #fitness #photography #crossfitphotography #fitnessphotography  |  | <a href="https://www.instagram.com/p/CSI4Eq5j6R1">https://www.instagram.com/p/CSI4Eq5j6R1</a> |  |  |  |
| instagram | en | I know what are you noticing 🍑Follow - @always_fitness_lover Follow - @always_fitness_lover Credit - @pandorakaaki #sunvibes #lovelygirls #fitness #cute #sunmorning #girls #model  |  | <a href="https://www.instagram.com/p/CSI4ExHlYNA">https://www.instagram.com/p/CSI4ExHlYNA</a> |  |  |  |
| instagram | en | ..... #shahebazk07 #team03 #like #trend #follow #indiaphotography #instacat #trend #follow #instagramreels #passionpassport #instagram #indonesia #fitness.....   |  | <a href="https://www.instagram.com/p/CSI4EryissD">https://www.instagram.com/p/CSI4EryissD</a> |  |  |  |
| instagram | en | Nos olhos certo vc sempre será,a arte! #love#instagood#photooftheday#fashion#Beautiful#like4like#picoftheday#art#happy#photography#instagram#followme#style#follow#instadaily#travel#life#cute#fitness#nature#beauty#girl#fun#photo#amazing#likeforlike#instalike#Selfie#smile#me   |  | <a href="https://www.instagram.com/p/CSI4Ey1MYpr">https://www.instagram.com/p/CSI4Ey1MYpr</a> |  |  |  |
| instagram | en | Lost 10lbs already in less than 1.5 weeks! Looking to lose 50lbs more. Doesn't look like I need to but I got a goal in mind 100 #fitness #weightloss #weightgoals   |  | <a href="https://www.instagram.com/p/CSI4FlzNzYr">https://www.instagram.com/p/CSI4FlzNzYr</a> |  |  |  |

|           |    |   |    |   |  |  |  |
|-----------|----|---|----|---|--|--|--|
| instagram | en | <p>So this happened today... pretty stoked and amazed at the progress I have made and maintaining. I wanted to push it a little further by participating in a 30 day to shred competition but realized it didn't start till end of August and I'm just on a roll already. So bottoms up to another successful day when I can lay my wee head on a pillow tonight in gratitude for all that I have and able to achieve. #43 #gratitude #recovery #mentalhealth #physicalhealth #mindbody #feelfthefear #mindfulness #kagemuscle #fitness #biohacking @krisgethin @kaged #doordie @vega_team @amazinggrass @wegmansfarm @barleans</p>   |    | <a href="https://www.instagram.com/p/CSI4FKutak_">https://www.instagram.com/p/CSI4FKutak_</a> |  |  |  |
| instagram | en | <p>Pre Op Day 10 - 130g Grilled Chicken with 2 Cups of Stir Fried Veggies#prep #preopdiet #heathy #veggie #chicken #mealprep #vsg #food #foodporn #foodie #foodphotography #vsgaustralia #vsgcommunity #weightlossjourney #weightlosstransformation #weightlosstips #weightlossmotivation #fitness #summer #babe #bariatricsurgery</p>  |    | <a href="https://www.instagram.com/p/CSI4FfLFaye">https://www.instagram.com/p/CSI4FfLFaye</a> |  |  |  |
| instagram | en | <p>How many times do you find yourself complaining about someone or something (whether it's a circumstance or situation) in your life? This is typically a clear sign that you're playing the blame game. During tomorrow's session we're going to uncover any blind spots we have around blame, anywhere where blame is unconsciously depleting our energy and we're going to move into a more empowered perspective, that of responsibility. This session will likely uncap a large amount of energy within you, freeing you up to show up in your life with power and alignment. DM us to learn more about what we do or click the link in bio ↗•••••#meditation #ambition #innerpeace #innerhealing #healing #mindfulness #spirituality #peace #motivation #selflove #life #inspiration #selfcare #happiness #spiritualawakening #wellness #believe #health #energy #mentalhealth #wisdom #fitness #soul #consciousness #meditate #session #selflovejourney</p> |    | <a href="https://www.instagram.com/p/CSI4EjmDJTe">https://www.instagram.com/p/CSI4EjmDJTe</a> |  |  |  |
| instagram | en | <p>Little left hand work after the workout 🥊....#fit #boxing #cardio #fitness #workout #lefthand #jab #hook #mma #rival #rivalboxing #everlast #explore #explorepage #personaltrainer #fight #instagood #sweat #fast #weightloss #athlete #aesthetic #trainhard</p>   |    | <a href="https://www.instagram.com/p/CSI3Fn_liqu">https://www.instagram.com/p/CSI3Fn_liqu</a> |  |  |  |
| instagram | en | <p>Keep in mind that forgiving is not for others. It is for you. And forgiving is not forgetting, it is remembering without anger. It frees up your power, heals your body, mind and spirit. ☺☺☺.....•••★ #amazing #style #100likes #nofilter #bestoftheday #50likes #instacool #instafollow #swag #followforfollow #ig_today #fitness #f4f #i4i #beauty #pretty #music #toptags #tagstagramers #beach #sweet #lol #photo #cool #nice #party #night #girls #sunset #iphoneonly</p>  | LT | <a href="https://www.instagram.com/p/CSI4FjWDC4E">https://www.instagram.com/p/CSI4FjWDC4E</a> |  |  |  |
| instagram | en | <p>⌚...#instagram #keepgoing #fitness #inspiration #belief #process #goodvibes #fashionista #livelovelaugh❤</p>   |    | <a href="https://www.instagram.com/p/CSI4Gb7Jjh">https://www.instagram.com/p/CSI4Gb7Jjh</a>   |  |  |  |

|           |    |   |    |   |  |  |  |
|-----------|----|---|----|---|--|--|--|
| instagram | en | thank me later 🍔 #postworkout ••••#food #fitness #fresh #healthy #breakfast #carbs #fats #foodie #love #nutrition #mealprep   |    | <a href="https://www.instagram.com/p/CSI4GhPrS1E">https://www.instagram.com/p/CSI4GhPrS1E</a>   |  |  |  |
| instagram | en | ⌚⌚⌚ #fitness #london #vscocam #dance #baby #sweet #paris #montreal #new #newyork #philadelphia #jadakiss #mercedes #bmw #dior #carsofinstagram #happy #happybirthday #wedding #verzuz #bikini #model #summer #california #cardio #fitnessmodel #motivation #instagood #blackandwhite  | US | <a href="https://www.instagram.com/p/CSI39WXn7ue">https://www.instagram.com/p/CSI39WXn7ue</a>   |  |  |  |
| instagram | en | a simple exercise that you can do on any sports field in your city#sport #fitness #motivation #health #abs  |    | <a href="https://www.instagram.com/p/CSI4EjcozCX">https://www.instagram.com/p/CSI4EjcozCX</a>   |  |  |  |
| instagram | en | When I started coaching group fitness in my early 20s, I heard a lot of people my age now tell me. "Just wait until you hit our age Alissa, you will see. 🙃. Your body doesn't cope as well as it does when you are young. Or "I'm too old for.....<<insert exercise here>>". Now 36 isn't that old to me (but you all said it to me when I was 22 bouncing around on that lesmills stage 🙃you know who you all are! ).18months on from when I started training aerial....I had all of you "oldies" in mind. I wanted to prove you can do anything you put your heart and soul into. It might take us 'oldies' longer, more effort and more dedication to get there, but you CAN accomplish it! Triiiibe....you are NEVER too old to start finding something you love! Life is too short not to try it because of a number on your birthday cake ❤️.I challenge you to dust off the bucket list and make it happen NOW! 🎉❤️👉@gold_coast_aerial_rigs #loveap #aerialaddict #aeriallife #handstand #fitness #circuslife |    | <a href="https://www.instagram.com/p/CSI4G51JuzR">https://www.instagram.com/p/CSI4G51JuzR</a>   |  |  |  |
| instagram | en | If you want to Loose / gain / maintain weight naturally Follow neda_weight_lose Without Dieting Without Medicine Follow neda_weight_lose You will start getting in 3 days 30 days moneyback Guarantee !! Visit & follow#neda_weight_loseDisclaimer-Results may vary person to person.For more information DM me or whatsapp at +919798285303#neda_weight_lose #india#weightloss #uk #london lo #canada#usa#italy#australia#dubai #weightlossjourney #nutritioncoach #workout #30dayschallenge#healthylifestylecoach#healthyfood#healthyeating#workout#nutritiions#health#fitness#weightloss#weightlos transformation  |    | <a href="https://www.instagram.com/p/CSI3dtsln7U">https://www.instagram.com/p/CSI3dtsln7U</a>   |  |  |  |
| instagram |    | Muito bommm..... #sjc #saojosedoscampos #sjcampos #brasil #love #valedoparaiba #instagood #sp #makeup #brazil #photography #photooftheday #fitness #s  o  s  doscampos #jacarei #amor #bomdia #boanoite #saopaulo #fotografia #tbt #sanja #moda #gratidao #vidasaudavel #maquiagem #familia #repost #lifestyle  |    | <a href="https://www.instagram.com/p/CSI4GXfgnMZ">https://www.instagram.com/p/CSI4GXfgnMZ</a>   |  |  |  |
| instagram | en | #photography #photo #hotgirl #fitgirls #model #follow #fit #girl #fitnessmodel #girls #women #hot #cars #art #fitgirl #meme #love #pretty #beautiful #hotmodel #hotgirlsonly #hotgirlz #sxy #outdoors #fitness #cute  |    | <a href="https://www.instagram.com/p/CSI4HjaLDc2">https://www.instagram.com/p/CSI4HjaLDc2</a>   |  |  |  |
| youtube   | en | Thanks, bro. You're the best bro, bro.  |    | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxjEnJ3mGuF6ah3kgV4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxjEnJ3mGuF6ah3kgV4AaABAg</a> |  |  |  |

|         |    |   |  |   |  |  |  |
|---------|----|---|--|---|--|--|--|
| youtube |    |    |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxIxDuYn_BmFAtGS2l4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxIxDuYn_BmFAtGS2l4AaABAg</a> |  |  |  |
| youtube | en | You can take those cards and shove them or the sun don't shine.   |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgyHPDYvSuRWTLYU-54AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgyHPDYvSuRWTLYU-54AaABAg</a>   |  |  |  |
| youtube | en | Your video all are same thinking  |  | <a href="https://www.youtube.com/watch?v=mlo7Inokf0U&amp;lc=UgwarsevQLINAFyCZ_h4AaABAg">https://www.youtube.com/watch?v=mlo7Inokf0U&amp;lc=UgwarsevQLINAFyCZ_h4AaABAg</a> |  |  |  |
| youtube |    |    |  | <a href="https://www.youtube.com/watch?v=mlo7Inokf0U&amp;lc=UgwGQPgBeRe08LNn8ep4AaABAg">https://www.youtube.com/watch?v=mlo7Inokf0U&amp;lc=UgwGQPgBeRe08LNn8ep4AaABAg</a> |  |  |  |
| youtube |    |    |  | <a href="https://www.youtube.com/watch?v=mlo7Inokf0U&amp;lc=UgyX_V4AQzJs-Xjh32N4AaABAg">https://www.youtube.com/watch?v=mlo7Inokf0U&amp;lc=UgyX_V4AQzJs-Xjh32N4AaABAg</a> |  |  |  |
| youtube | en | The hell y'all holding hands for?   |  | <a href="https://www.youtube.com/watch?v=bH6JBHkLZK0&amp;lc=UgwLZuQQPxAcSk5R_lx4AaABAg">https://www.youtube.com/watch?v=bH6JBHkLZK0&amp;lc=UgwLZuQQPxAcSk5R_lx4AaABAg</a> |  |  |  |
| youtube |    | Mayank  |  | <a href="https://www.youtube.com/watch?v=bH6JBHkLZK0&amp;lc=Ugy2s5PO5nk3M0CubDN4AaABAg">https://www.youtube.com/watch?v=bH6JBHkLZK0&amp;lc=Ugy2s5PO5nk3M0CubDN4AaABAg</a> |  |  |  |
| youtube | en | Manish or vishal  |  | <a href="https://www.youtube.com/watch?v=bH6JBHkLZK0&amp;lc=UgxYRuxEJ9iB4itCgFh4AaABAg">https://www.youtube.com/watch?v=bH6JBHkLZK0&amp;lc=UgxYRuxEJ9iB4itCgFh4AaABAg</a> |  |  |  |
| youtube |    | Deepika   |  | <a href="https://www.youtube.com/watch?v=bH6JBHkLZK0&amp;lc=Ugyylz-X4MNKHspoAsd4AaABAg">https://www.youtube.com/watch?v=bH6JBHkLZK0&amp;lc=Ugyylz-X4MNKHspoAsd4AaABAg</a> |  |  |  |
| youtube |    | rose water??  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugyk9P1tNYz-GKAifIR4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugyk9P1tNYz-GKAifIR4AaABAg</a> |  |  |  |
| youtube | en | Brosebuds: "Bro, do you love me?" Brosemi: "Yeah Bro." Brosebuds: "Tell the world Bro." Brosemi: *whispering* "I love you Bro." Brosebuds: "Why do you only tell me Bro?" Brosemi: "Because you're my world Bro." Brosebuds: "Bro..." |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwVBtnzTdN4X_g8WRt4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwVBtnzTdN4X_g8WRt4AaABAg</a> |  |  |  |
| youtube | en | Now I'm motivated - Some white haired power hungry man  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugyzx6SgKnpJspj6T14AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugyzx6SgKnpJspj6T14AaABAg</a>   |  |  |  |
| youtube | en | the BGM completes this  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyY1nYQSnw1AmkdLgV4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyY1nYQSnw1AmkdLgV4AaABAg</a> |  |  |  |
| youtube | en | What's the point if you're vaccinated and can still get and spread COVID-19 😔   |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgzPmaGiodXckJh3F6Z4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgzPmaGiodXckJh3F6Z4AaABAg</a> |  |  |  |
| youtube | en | Another blow to the small business owners .   |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgyGFMSYohfACG-ChFn4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgyGFMSYohfACG-ChFn4AaABAg</a> |  |  |  |
| youtube | en | So what happens if you get a fake card are the police are going to check . Hitler did this .  |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgwYDcilyuQwaSyzohV4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgwYDcilyuQwaSyzohV4AaABAg</a> |  |  |  |
| youtube | en | Good and healthy live you want!! Remove crime from the streets!!  |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgwBP4p1VHACKo48Pl4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgwBP4p1VHACKo48Pl4AaABAg</a>   |  |  |  |
| youtube | en | Well. There goes my new bar job.  |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgwBQfgIKfkHoYtdf4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgwBQfgIKfkHoYtdf4AaABAg</a>     |  |  |  |
| youtube | en | BRO WHAT THEHELL  |  | <a href="https://www.youtube.com/watch?v=mlo7Inokf0U&amp;lc=Ugz49eoqInkfsuhH-GI4AaABAg">https://www.youtube.com/watch?v=mlo7Inokf0U&amp;lc=Ugz49eoqInkfsuhH-GI4AaABAg</a> |  |  |  |
| youtube | en | Now shmkess has sister  |  | <a href="https://www.youtube.com/watch?v=mlo7Inokf0U&amp;lc=UgyjjWrNL3QheY0TRNV4AaABAg">https://www.youtube.com/watch?v=mlo7Inokf0U&amp;lc=UgyjjWrNL3QheY0TRNV4AaABAg</a> |  |  |  |
| youtube |    | Kings   |  | <a href="https://www.youtube.com/watch?v=3bzn-OGXOrI&amp;lc=UgwJu0J2wRWEDTFmeqB4AaABAg">https://www.youtube.com/watch?v=3bzn-OGXOrI&amp;lc=UgwJu0J2wRWEDTFmeqB4AaABAg</a> |  |  |  |
| youtube | en | y'all are the reason i started man ily guysmy start date: feb 1st 2020can't wait to get fit and make you guys proud.  |  | <a href="https://www.youtube.com/watch?v=3bzn-OGXOrI&amp;lc=Ugzj6lu5jAEFKfkB54AaABAg">https://www.youtube.com/watch?v=3bzn-OGXOrI&amp;lc=Ugzj6lu5jAEFKfkB54AaABAg</a>     |  |  |  |
| youtube | en | Excellent initiative, keep at it... Many more success stories ahead lads !!!  |  | <a href="https://www.youtube.com/watch?v=3bzn-OGXOrI&amp;lc=Ugy47Mr4wZG-SxNEV1t4AaABAg">https://www.youtube.com/watch?v=3bzn-OGXOrI&amp;lc=Ugy47Mr4wZG-SxNEV1t4AaABAg</a> |  |  |  |
| youtube | en | Beautiful 💁 Can't wait for the next videooo   |  | <a href="https://www.youtube.com/watch?v=3bzn-OGXOrI&amp;lc=UgwjzAWUND7gcxzAFnd4AaABAg">https://www.youtube.com/watch?v=3bzn-OGXOrI&amp;lc=UgwjzAWUND7gcxzAFnd4AaABAg</a> |  |  |  |
| youtube | en | Really inspiring! 💪 more power to you both  |  | <a href="https://www.youtube.com/watch?v=3bzn-OGXOrI&amp;lc=UgwRjpWOnDsnb5Tnstp4AaABAg">https://www.youtube.com/watch?v=3bzn-OGXOrI&amp;lc=UgwRjpWOnDsnb5Tnstp4AaABAg</a> |  |  |  |

|         |    |   |  |   |  |  |  |
|---------|----|---|--|---|--|--|--|
| youtube |    | Inspiring <3  |  | <a href="https://www.youtube.com/watch?v=3bzn-OGXOrI&amp;lc=UgwyqeWOpSQtMtfMngl4AaABAg">https://www.youtube.com/watch?v=3bzn-OGXOrI&amp;lc=UgwyqeWOpSQtMtfMngl4AaABAg</a> |  |  |  |
| youtube | en | bhai too good, looking forward for what's in the store  |  | <a href="https://www.youtube.com/watch?v=3bzn-OGXOrI&amp;lc=UgxmspZmlIJ9TuMIOct4AaABAg">https://www.youtube.com/watch?v=3bzn-OGXOrI&amp;lc=UgxmspZmlIJ9TuMIOct4AaABAg</a> |  |  |  |
| youtube |    | Too good 🎉  |  | <a href="https://www.youtube.com/watch?v=3bzn-OGXOrI&amp;lc=UgxCHLbZCDn-vNIW0t4AaABAg">https://www.youtube.com/watch?v=3bzn-OGXOrI&amp;lc=UgxCHLbZCDn-vNIW0t4AaABAg</a>   |  |  |  |
| youtube | om | Bhai Sabi ke abs achaa hh   |  | <a href="https://www.youtube.com/watch?v=bH6JBHKLZK0&amp;lc=UgwNhpYC6g3T1Y8rL94AaABAg">https://www.youtube.com/watch?v=bH6JBHKLZK0&amp;lc=UgwNhpYC6g3T1Y8rL94AaABAg</a>   |  |  |  |
| youtube |    | Vishal ke   |  | <a href="https://www.youtube.com/watch?v=bH6JBHKLZK0&amp;lc=UgwhxiHtLOlvSQeJF314AaABAg">https://www.youtube.com/watch?v=bH6JBHKLZK0&amp;lc=UgwhxiHtLOlvSQeJF314AaABAg</a> |  |  |  |
| youtube |    | Nishant   |  | <a href="https://www.youtube.com/watch?v=bH6JBHKLZK0&amp;lc=UgxIM-qst5HjMoWEPM54AaABAg">https://www.youtube.com/watch?v=bH6JBHKLZK0&amp;lc=UgxIM-qst5HjMoWEPM54AaABAg</a> |  |  |  |
| youtube |    | Vishal 🍀  |  | <a href="https://www.youtube.com/watch?v=bH6JBHKLZK0&amp;lc=UgyHm8aPrpmdMlbe2oN4AaABAg">https://www.youtube.com/watch?v=bH6JBHKLZK0&amp;lc=UgyHm8aPrpmdMlbe2oN4AaABAg</a> |  |  |  |
| youtube |    | Hame to mayank ki acchi lagti   |  | <a href="https://www.youtube.com/watch?v=bH6JBHKLZK0&amp;lc=Ugyz10SBkd1g-Obp5bh4AaABAg">https://www.youtube.com/watch?v=bH6JBHKLZK0&amp;lc=Ugyz10SBkd1g-Obp5bh4AaABAg</a> |  |  |  |
| youtube | en | Bhai apna m.no.send mi  |  | <a href="https://www.youtube.com/watch?v=bH6JBHKLZK0&amp;lc=UgzPn6UjiQd60f11px4AaABAg">https://www.youtube.com/watch?v=bH6JBHKLZK0&amp;lc=UgzPn6UjiQd60f11px4AaABAg</a>   |  |  |  |
| youtube | en | Lage raho anil bhai ek din apkoo bhi bahut success milEGA. Great heart from Agra Uttar Pradesh ❤️ thanks you Shivam Chaudhary |  | <a href="https://www.youtube.com/watch?v=bH6JBHKLZK0&amp;lc=UgzRMQb4n4Q4KIEcrB94AaABAg">https://www.youtube.com/watch?v=bH6JBHKLZK0&amp;lc=UgzRMQb4n4Q4KIEcrB94AaABAg</a> |  |  |  |
| youtube |    | MAYANK  |  | <a href="https://www.youtube.com/watch?v=bH6JBHKLZK0&amp;lc=UgxseUjx_QlfhjgoOR4AaABAg">https://www.youtube.com/watch?v=bH6JBHKLZK0&amp;lc=UgxseUjx_QlfhjgoOR4AaABAg</a>   |  |  |  |
| youtube |    | První :D  |  | <a href="https://www.youtube.com/watch?v=WvjQVssd2Q&amp;lc=UgygZJCTmdRLeMoqPTR4AaABAg">https://www.youtube.com/watch?v=WvjQVssd2Q&amp;lc=UgygZJCTmdRLeMoqPTR4AaABAg</a>   |  |  |  |
| youtube |    | prvi  |  | <a href="https://www.youtube.com/watch?v=WvjQVssd2Q&amp;lc=Ugz-4DqC642ly13j-h4AaABAg">https://www.youtube.com/watch?v=WvjQVssd2Q&amp;lc=Ugz-4DqC642ly13j-h4AaABAg</a>     |  |  |  |
| youtube | en | buba is the best  |  | <a href="https://www.youtube.com/watch?v=WvjQVssd2Q&amp;lc=UgynjOLECGQ6y1R7Y8Z4AaABAg">https://www.youtube.com/watch?v=WvjQVssd2Q&amp;lc=UgynjOLECGQ6y1R7Y8Z4AaABAg</a>   |  |  |  |
| youtube |    | Lets gooo   |  | <a href="https://www.youtube.com/watch?v=WvjQVssd2Q&amp;lc=UgwnimJSx0JitTISUp4AaABAg">https://www.youtube.com/watch?v=WvjQVssd2Q&amp;lc=UgwnimJSx0JitTISUp4AaABAg</a>     |  |  |  |
| youtube |    | Gut video   |  | <a href="https://www.youtube.com/watch?v=WvjQVssd2Q&amp;lc=Ugx91s_oATGTTns9T6x4AaABAg">https://www.youtube.com/watch?v=WvjQVssd2Q&amp;lc=Ugx91s_oATGTTns9T6x4AaABAg</a>   |  |  |  |
| youtube |    | Super video 🖌️🎬 😊   |  | <a href="https://www.youtube.com/watch?v=WvjQVssd2Q&amp;lc=UgxASvxd_ia8_u44AyB4AaABAg">https://www.youtube.com/watch?v=WvjQVssd2Q&amp;lc=UgxASvxd_ia8_u44AyB4AaABAg</a>   |  |  |  |
| youtube | en | Úžasne video 😊✍️❤️  |  | <a href="https://www.youtube.com/watch?v=WvjQVssd2Q&amp;lc=Ugwe-43Yl55s40k-BwB4AaABAg">https://www.youtube.com/watch?v=WvjQVssd2Q&amp;lc=Ugwe-43Yl55s40k-BwB4AaABAg</a>   |  |  |  |

|         |    |  |  |   |  |  |  |
|---------|----|--|--|---|--|--|--|
| youtube | en | <p>Show Notes: Receive a \$600 discount off your Powerplate at: <a href="https://getpowerplate.com/panacea">https://getpowerplate.com/panacea</a></p> <p>How to reduce and eliminate chronic pain in your back and joints by whole body vibration technology 5 minutes a day</p> <p>Why whole body vibration can help the body improve physical function and heal from chronic health conditions like cancer</p> <p>The #1 essential component of physiology that leads to your body healing itself from cancer</p> <p>How to feel better immediately by standing on this device in your own home</p> <p>Improving your physical abilities through vibrational technology no matter what kind of health challenge you have</p> <p>Why every single person needs these 4 components of physical health: Cardiovascular, strength, flexibility and balance</p> <p>How to unlock your hips, eliminate back pain, stop feet swelling, improve balance and flexibility and overcome cramping in just minutes a day</p> <p>Dr. Conviser is a leading expert in metabolic assessment and exercise prescription for special need populations. He is a Fellow of American College of Sports Medicine and fellow of the Medical Fitness Association. He is also one of the leading experts in fitness assessment and exercise prescription for special need populations. Dr. Conviser is best known for his work with patients dealing with metabolic syndrome, obesity, and providing exercise strategies for those who are struggling with health. He is the author of eight books and an invited speaker to 38 international conferences. He was a past consultant and exercise physiologist to the Duchess of York, Sarah Ferguson. Dr. Conviser currently directs 3 clinics in the USA working with patients helping them take back their health through the use of vibrational technology. Books are available</p> |  | <a href="https://www.youtube.com/watch?v=j_ku-JoNBWU">https://www.youtube.com/watch?v=j_ku-JoNBWU</a>   |  |  |  |
| youtube | en | <p>Oba borci do toho dali srdíčko, vítěz ale mohl být jenom jeden.</p> <p>Poražený šel za trest do ledové vody! ☺ ► Sledujte nás:</p> <ul style="list-style-type: none"> <li>Web: <a href="http://www.teamsampi.com">http://www.teamsampi.com</a></li> <li>Facebook: <a href="https://www.facebook.com/teamsampi">https://www.facebook.com/teamsampi</a></li> <li>Instagram: <a href="https://www.instagram.com/teamsampi">https://www.instagram.com/teamsampi</a></li> <li>Twitter: <a href="https://www.twitter.com/teamsampi">https://www.twitter.com/teamsampi</a></li> <li>Twitch: <a href="https://www.twitch.tv/sampistream">#SMPWIN #SampiTipsport #Buba #Koozy #FitnessChallenge</a></li> </ul>   |  | <a href="https://www.youtube.com/watch?v=WvvjQVssd2Q">https://www.youtube.com/watch?v=WvvjQVssd2Q</a>   |  |  |  |
| youtube | en | <p>It's the "boiling frog idea" in full effect... This is the beginning stages of a dictatorship as having "paper proof" just to live everyday life is what Hitler did in the 1930s</p>  |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgyyQvEsOjdYTxPRcw94AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgyyQvEsOjdYTxPRcw94AaABAg</a> |  |  |  |
| youtube | en | <p>Democrats and democratic shill news outlets are cowardly vaccination authoritarians.</p>  |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugy1oNcW_Lk7CEl6ih4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugy1oNcW_Lk7CEl6ih4AaABAg</a>   |  |  |  |
| youtube |    | <p>Show me your papers .....</p>   |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgyLtzqdOAtkfrnkeS54AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgyLtzqdOAtkfrnkeS54AaABAg</a> |  |  |  |
| youtube | en | <p>You can not forced people to take the vaccine</p>   |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgwleVzf-LFG3U83apt4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgwleVzf-LFG3U83apt4AaABAg</a> |  |  |  |
| youtube | en | <p>I hope their so called covid wipes them all out..I pray to god</p>  |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugy68BOVT2_QZk_pd5B4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugy68BOVT2_QZk_pd5B4AaABAg</a> |  |  |  |
| youtube | en | <p>Yes. I'm INSPIRED, HOMIE. LET'S FRICKING GOOO -NICE muscles bTW. xD</p>   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxwKgPLm0JtFkpX6_p4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxwKgPLm0JtFkpX6_p4AaABAg</a> |  |  |  |
| youtube | en | <p>Yo Brosemi, what's up?!</p>   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugwk9-QgePGT78CZm94AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugwk9-QgePGT78CZm94AaABAg</a>   |  |  |  |
| youtube | en | <p>thanks brosemi</p>  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugz4dVsqr3gfOJ3mdh4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugz4dVsqr3gfOJ3mdh4AaABAg</a>   |  |  |  |
| youtube |    | <p>♣ ♡</p>   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugh7eLZX7wKeqvnTmd4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugh7eLZX7wKeqvnTmd4AaABAg</a>   |  |  |  |

|         |    |  |  |   |  |  |  |
|---------|----|--|--|---|--|--|--|
| youtube | en | "Yeaahh Buddy!!! Lightweight!! Ain't nothing but a peanut!!"   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugyuh1xT6H6YDsx5aZ4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugyuh1xT6H6YDsx5aZ4AaABAg</a>   |  |  |  |
| youtube |    | Bruh   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IUY&amp;lc=Ugznlf3BxJtG8VehGG14AaABAg">https://www.youtube.com/watch?v=wCldQw95IUY&amp;lc=Ugznlf3BxJtG8VehGG14AaABAg</a> |  |  |  |
| youtube | en | Brosemi was one of the best ideas ever xD  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxtSgj2KSbShSy7Ul94AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxtSgj2KSbShSy7Ul94AaABAg</a> |  |  |  |
| youtube | en | damn, sandwich me with those biceps  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyGCwquQ2Ajrrj729B4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyGCwquQ2Ajrrj729B4AaABAg</a> |  |  |  |
| youtube |    | Brosemi Deathlock  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugw6HoCDsBY5r6PbTx4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugw6HoCDsBY5r6PbTx4AaABAg</a>   |  |  |  |
| youtube | en | Alright gotta go throw iron around the gym again I guess.  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyAoL-wEx56TZIPfd4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyAoL-wEx56TZIPfd4AaABAg</a>   |  |  |  |
| youtube | en | I live in the bx and there's soooo many people who are vaccinated and have caught covid again  |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgwSJ1Zwd2Qde-YTGCZ4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgwSJ1Zwd2Qde-YTGCZ4AaABAg</a> |  |  |  |
| youtube | en | Looks like Mr. Hanky is now in human form. Did nyc time warp to 1930's germany?  |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgwEo4J-xyn7285WzNV4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgwEo4J-xyn7285WzNV4AaABAg</a> |  |  |  |
| youtube | en | When can We Vote Him Out ??? Time To Go . All those Who Attack Our Children Will See The Swift Hand Of God   |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgzilEBbx2MZNsf-xN94AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgzilEBbx2MZNsf-xN94AaABAg</a> |  |  |  |
| youtube | en | Ppl keep bringing up the yellow immunization cards but last I checked.... I've never had to show my immunization card to go out to eat or had an employer ask for it. So I'm not understanding why everyone is okay with this. It's somewhat understandable for school, employment, and traveling but to got to the fuckin gym? Get tf outta here. It's getting scary now. |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgyUc0_MT3pU0CdSgY4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgyUc0_MT3pU0CdSgY4AaABAg</a>   |  |  |  |
| youtube |    | Love♥♥♥♥♥♥♥  |  | <a href="https://www.youtube.com/watch?v=mlo7Inokf0U&amp;lc=UgzcgpuedFYubd8XnV4AaABAg">https://www.youtube.com/watch?v=mlo7Inokf0U&amp;lc=UgzcgpuedFYubd8XnV4AaABAg</a>   |  |  |  |
| youtube | en | Beautiful  |  | <a href="https://www.youtube.com/watch?v=mlo7Inokf0U&amp;lc=UgyRFgn7AGGFgeq7UR4AaABAg">https://www.youtube.com/watch?v=mlo7Inokf0U&amp;lc=UgyRFgn7AGGFgeq7UR4AaABAg</a>   |  |  |  |
| youtube |    | Wooooow BB😊😊😊😊😊😊   |  | <a href="https://www.youtube.com/watch?v=mlo7Inokf0U&amp;lc=Ugw2z4CNU2lvrKcRsiB4AaABAg">https://www.youtube.com/watch?v=mlo7Inokf0U&amp;lc=Ugw2z4CNU2lvrKcRsiB4AaABAg</a> |  |  |  |
| youtube | ro | Capul sus și pieptu-n fată! Salut ne potji da mai multe detalii despre a doua plajă unde ați fost, zonă locație gen?   |  | <a href="https://www.youtube.com/watch?v=TfbViEIjqnA&amp;lc=UgxVFFAwLxzLGwFTQyV4AaABAg">https://www.youtube.com/watch?v=TfbViEIjqnA&amp;lc=UgxVFFAwLxzLGwFTQyV4AaABAg</a> |  |  |  |
| youtube | en | Keep it up guys!!Really looking forward for the content ❤  |  | <a href="https://www.youtube.com/watch?v=3bzn-OGXOrI&amp;lc=UgynNAnH_fdlbjdoqsN4AaABAg">https://www.youtube.com/watch?v=3bzn-OGXOrI&amp;lc=UgynNAnH_fdlbjdoqsN4AaABAg</a> |  |  |  |
| youtube | en | on the edge of my seat waiting for the first vlog!   |  | <a href="https://www.youtube.com/watch?v=3bzn-OGXOrI&amp;lc=UgyspBukZJuNnbuogg14AaABAg">https://www.youtube.com/watch?v=3bzn-OGXOrI&amp;lc=UgyspBukZJuNnbuogg14AaABAg</a> |  |  |  |
| youtube | en | Wowow buddy keep it up 💪   |  | <a href="https://www.youtube.com/watch?v=3bzn-OGXOrI&amp;lc=UgzOGCFReqe_2VnGG4B4AaABAg">https://www.youtube.com/watch?v=3bzn-OGXOrI&amp;lc=UgzOGCFReqe_2VnGG4B4AaABAg</a> |  |  |  |
| youtube | en | Comment how many times Negi said "Obviously" 😊😊😊   |  | <a href="https://www.youtube.com/watch?v=3bzn-OGXOrI&amp;lc=Ugy8zOZLY7USxyWpmZ4AaABAg">https://www.youtube.com/watch?v=3bzn-OGXOrI&amp;lc=Ugy8zOZLY7USxyWpmZ4AaABAg</a>   |  |  |  |
| youtube | en | Wow! Can't wait to see your journey ahead 💪💪   |  | <a href="https://www.youtube.com/watch?v=3bzn-OGXOrI&amp;lc=UgwzdkBH2PBM1pj6np14AaABAg">https://www.youtube.com/watch?v=3bzn-OGXOrI&amp;lc=UgwzdkBH2PBM1pj6np14AaABAg</a> |  |  |  |
| youtube | en | Great stuff Ayush Babu,,, Both you are cool,,, ❤ Raja Rocksss  |  | <a href="https://www.youtube.com/watch?v=3bzn-OGXOrI&amp;lc=UgxhlJMHK15saAtE25p4AaABAg">https://www.youtube.com/watch?v=3bzn-OGXOrI&amp;lc=UgxhlJMHK15saAtE25p4AaABAg</a> |  |  |  |
| youtube | en | Next one gonna be a banger !   |  | <a href="https://www.youtube.com/watch?v=3bzn-OGXOrI&amp;lc=UgxL3rMYa97WSdkCyFd4AaABAg">https://www.youtube.com/watch?v=3bzn-OGXOrI&amp;lc=UgxL3rMYa97WSdkCyFd4AaABAg</a> |  |  |  |
| youtube | en | So proud of you both!  |  | <a href="https://www.youtube.com/watch?v=3bzn-OGXOrI&amp;lc=UgxRb4_h2GXIOaGk3m14AaABAg">https://www.youtube.com/watch?v=3bzn-OGXOrI&amp;lc=UgxRb4_h2GXIOaGk3m14AaABAg</a> |  |  |  |
| youtube | en | Really looking forward to more content, this channel looks really promising!!!   |  | <a href="https://www.youtube.com/watch?v=3bzn-OGXOrI&amp;lc=UgzbDqt2goYgL6js_hv4AaABAg">https://www.youtube.com/watch?v=3bzn-OGXOrI&amp;lc=UgzbDqt2goYgL6js_hv4AaABAg</a> |  |  |  |
| youtube | en | Great stuff guys 💪   |  | <a href="https://www.youtube.com/watch?v=3bzn-OGXOrI&amp;lc=UgwiroXgvDYKxF10Ujt4AaABAg">https://www.youtube.com/watch?v=3bzn-OGXOrI&amp;lc=UgwiroXgvDYKxF10Ujt4AaABAg</a> |  |  |  |

|         |    |  |  |   |  |  |  |
|---------|----|--|--|---|--|--|--|
| youtube | en | Loved the video! Really excited for the upcoming content! ❤️   |  | <a href="https://www.youtube.com/watch?v=3bzn-OGXOrI&amp;lc=UgzdBizl2Dk_ePx3LW14AaABA">https://www.youtube.com/watch?v=3bzn-OGXOrI&amp;lc=UgzdBizl2Dk_ePx3LW14AaABA</a>   |  |  |  |
| youtube | en | <a href="https://youtube.com/channel/UCwwXk8DigTFpGgk9w4jPVwA">https://youtube.com/channel/UCwwXk8DigTFpGgk9w4jPVwA</a>  |  | <a href="https://www.youtube.com/watch?v=bH6JBHkLZK0&amp;lc=UgxYp6IKdWRHncKzkV4AaABA">https://www.youtube.com/watch?v=bH6JBHkLZK0&amp;lc=UgxYp6IKdWRHncKzkV4AaABA</a>     |  |  |  |
| youtube | da | Bhai kasai ho  |  | <a href="https://www.youtube.com/watch?v=bH6JBHkLZK0&amp;lc=Ugw3XMoTVso3uRPs214AaABA">https://www.youtube.com/watch?v=bH6JBHkLZK0&amp;lc=Ugw3XMoTVso3uRPs214AaABA</a>     |  |  |  |
| youtube | mg | Nishant lohat  |  | <a href="https://www.youtube.com/watch?v=bH6JBHkLZK0&amp;lc=Ugxuc9CW4F9F377ibv94AaABA">https://www.youtube.com/watch?v=bH6JBHkLZK0&amp;lc=Ugxuc9CW4F9F377ibv94AaABA</a>   |  |  |  |
| youtube |    | Meri   |  | <a href="https://www.youtube.com/watch?v=bH6JBHkLZK0&amp;lc=UgwEZsud7ygxWi31hXV4AaABA">https://www.youtube.com/watch?v=bH6JBHkLZK0&amp;lc=UgwEZsud7ygxWi31hXV4AaABA</a>   |  |  |  |
| youtube | en | Insab se ache to mere hai jao channel pe dekh lo <a href="https://youtube.com/channel/UCOKz3bSmD9_pT9gs_oZxXw">https://youtube.com/channel/UCOKz3bSmD9_pT9gs_oZxXw</a>   |  | <a href="https://www.youtube.com/watch?v=bH6JBHkLZK0&amp;lc=UgyVPk0S1de6FAYX014AaABA">https://www.youtube.com/watch?v=bH6JBHkLZK0&amp;lc=UgyVPk0S1de6FAYX014AaABA</a>     |  |  |  |
| youtube | en | Bhai Manish ke   |  | <a href="https://www.youtube.com/watch?v=bH6JBHkLZK0&amp;lc=UgwsAiSAFY_LURN_lx4AaABA">https://www.youtube.com/watch?v=bH6JBHkLZK0&amp;lc=UgwsAiSAFY_LURN_lx4AaABA</a>     |  |  |  |
| youtube |    | mayank ki  |  | <a href="https://www.youtube.com/watch?v=bH6JBHkLZK0&amp;lc=Ugx52rLUIMDiQ6u-YvB4AaABA">https://www.youtube.com/watch?v=bH6JBHkLZK0&amp;lc=Ugx52rLUIMDiQ6u-YvB4AaABA</a>   |  |  |  |
| youtube | en | The two of us have had our share of obstacles in our respective transformations, however, we were determined to set off on a fitness journey, which eventually became our lifestyle! Until now, our progress has been great, but this is just the beginning of things to come and we will keep testing our limits and pushing ourselves! At the same time, we hope to motivate you all, so that we can all transform into a fitter and healthier community together! Stay tuned for our first vlog!! Ayush's Instagram-<br><a href="https://www.instagram.com/invites/contact/?i=ucig2x8luu3v&amp;utm_content=1g6hxifNegr">https://www.instagram.com/invites/contact/?i=ucig2x8luu3v&amp;utm_content=1g6hxifNegr</a> 's Instagram-<br><a href="https://www.instagram.com/invites/contact/?i=tez8wr6eltzx&amp;utm_content=275zsmf">#Fitness #motivation #transformation</a> |  | <a href="https://www.youtube.com/watch?v=3bzn-OGXOrI">https://www.youtube.com/watch?v=3bzn-OGXOrI</a>   |  |  |  |
| youtube | en |  |  | <a href="https://www.youtube.com/watch?v=bH6JBHkLZK">https://www.youtube.com/watch?v=bH6JBHkLZK</a>   |  |  |  |
| youtube |    | Hahahaha   |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugx-OH3AHHUISPRTQp4AaABA">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugx-OH3AHHUISPRTQp4AaABA</a>     |  |  |  |
| youtube |    | RIP new york   |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UwgzgmRpIvpJpZANMfcP4AaABA">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UwgzgmRpIvpJpZANMfcP4AaABA</a> |  |  |  |
| youtube | en | Is it true that they will also make available the vaccination pass in the form of a gold star patch which you can wear everywhere you go so people know you belong to the vaccinated clan? I just want to double check since I heard the rumor and don't want to be misinformed. Thanks!!  |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugwrq4PI4J6pG_K3Tm14AaABA">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugwrq4PI4J6pG_K3Tm14AaABA</a>   |  |  |  |
| youtube | en | Do you mean we can go places where rude, selfish, ignorant traitors are not allowed to go? THANK YOU NEW YORK! You will be the tourist hotspot for all of the civil and honorable people of the world! Smart move!   |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugy9LqE03eJYEiuDyVZ4AaABA">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugy9LqE03eJYEiuDyVZ4AaABA</a>   |  |  |  |
| youtube | en | There's only so much ppl will take before they fight back and this is the moment. 🤪🤪🤪  |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgwZk8obQNBn-rl0rB4AaABA">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgwZk8obQNBn-rl0rB4AaABA</a>     |  |  |  |
| youtube | en | Are bars included?   |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgwK3K8mMPCi5ajGv_x4AaABA">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgwK3K8mMPCi5ajGv_x4AaABA</a>   |  |  |  |
| youtube | en | Look at the little sheep reporter getting excited about showing her vaccine card like it's an accessory.   |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugz0az-OSOlqwoxFyp4AaABA">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugz0az-OSOlqwoxFyp4AaABA</a>     |  |  |  |
| youtube | en | ♥️ I like that new rule it will keep ppl safe. 📲 ↗   |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgytbJBHuys7j5WoJN4AaABA">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgytbJBHuys7j5WoJN4AaABA</a>     |  |  |  |

|         |    |   |  |   |  |  |  |
|---------|----|---|--|---|--|--|--|
| youtube | en | These ladies are giggling over the desecration of are constitutional rights, disgusting   |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugz2_RigOZrpFjGkXnF4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugz2_RigOZrpFjGkXnF4AaABAg</a>   |  |  |  |
| youtube | en | This is just the beginning trust me.  |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugx2oBGHl7w6NJaKt4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugx2oBGHl7w6NJaKt4AaABAg</a>       |  |  |  |
| youtube | en | YO come to Texas  |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugx_aaAU8f5PqEkHqxF4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugx_aaAU8f5PqEkHqxF4AaABAg</a>   |  |  |  |
| youtube | en | aight bros headed to the gym  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwgzzPdtCRYzjSpw4B4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwgzzPdtCRYzjSpw4B4AaABAg</a>   |  |  |  |
| youtube | en | I have found the perfect life coach    |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugw6UBrMHY3Jc6nSmnB4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugw6UBrMHY3Jc6nSmnB4AaABAg</a>   |  |  |  |
| youtube |    | Bro...  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugzoa8x1yxd7xMBeKK14AaA8Ag">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugzoa8x1yxd7xMBeKK14AaA8Ag</a>   |  |  |  |
| youtube | en | THANKS BRO  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxGmL5xDxk3agHPXKt4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxGmL5xDxk3agHPXKt4AaABAg</a>   |  |  |  |
| youtube | en | Brosemi is the bro we needed but didn't deserve xD* "Hello, bros, look at your bro, now back to me, now back at your bro, now back to me. Sadly, he isn't me" *_ -Rosemi, probably_                             |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugw1am5P96elw9tNBch4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugw1am5P96elw9tNBch4AaABAg</a>   |  |  |  |
| youtube | en | Now THIS is the inspiration I needed  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyEPVjhXahMghDWPBJ4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyEPVjhXahMghDWPBJ4AaABAg</a>   |  |  |  |
| youtube |    | Holy..... ☆.☆   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyvMbbnPig_pS28sRd4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyvMbbnPig_pS28sRd4AaABAg</a>   |  |  |  |
| youtube | en | Can I be like you, Brosemi?   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugy9wgI67oD9oCVv7n54AaA8Ag">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugy9wgI67oD9oCVv7n54AaA8Ag</a>   |  |  |  |
| youtube | en | She's so ripped she can drink without using those flexed arms.Lovelock gym teaches you how to use the force to get GAINS.   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgydR4JT5IBjApqXOBF4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgydR4JT5IBjApqXOBF4AaABAg</a>   |  |  |  |
| youtube | en | thank you bro   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzDpL3OmAmrGGzckyx4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzDpL3OmAmrGGzckyx4AaABAg</a>   |  |  |  |
| youtube | en | Thank you Brosemi Bruvlock, now I'm MOTIVATED.  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxZY5XAwYUBnuiQ97l4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxZY5XAwYUBnuiQ97l4AaABAg</a>   |  |  |  |
| youtube |    | BRO    |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyJuv1KYkqTfogsS54AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyJuv1KYkqTfogsS54AaABAg</a>     |  |  |  |
| youtube | en | Always kiss your homies goodnight after a long and hard workout with your bros  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugxsr065DLUqtDjY1dZ4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugxsr065DLUqtDjY1dZ4AaABAg</a>   |  |  |  |
| youtube | en | Where can I get one of those Rose Water?  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxDZMhGTZLsfcLJUtB4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxDZMhGTZLsfcLJUtB4AaABAg</a>   |  |  |  |
| youtube | en | I ain't even want muscles but I wanted to start working out and Ill play this when I do it  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwBMlUu6CCbgZfQEw14AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwBMlUu6CCbgZfQEw14AaABAg</a>   |  |  |  |
| youtube | br | Bro, fist bump bro.....   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugwf9Lsos_4DRsElzdF4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugwf9Lsos_4DRsElzdF4AaABAg</a>   |  |  |  |
| youtube | en | That time where Satan helped me work on my gains.   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxKfwIP-UwaBUn33Kh4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxKfwIP-UwaBUn33Kh4AaABAg</a>   |  |  |  |
| youtube |    | WORKOUT ASMR :D   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgZ4x8t9N3PMweGami4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgZ4x8t9N3PMweGami4AaABAg</a>     |  |  |  |
| youtube | en | thanks, I became 10 times more jacked now   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxWl8MntEvshCejZTF4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxWl8MntEvshCejZTF4AaABAg</a>   |  |  |  |
| youtube | en | Wait what, how did you know?!   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugw4zF8gCxld8gBslud4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugw4zF8gCxld8gBslud4AaABAg</a>   |  |  |  |
| youtube | en | Leadership & Science: All Vaccinated People Can Take Their Mask OffVaccinated People: Hey Were Getting Covid This Vaccine Didn't WorkLeadership & Science:: Not Our Fault It's The Un-Vaccinated People's Fault |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgzwEZO_MAwrFRg9NS154AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgzwEZO_MAwrFRg9NS154AaABAg</a> |  |  |  |
| youtube | en | He has been the path to an unhealthy New York   |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgyNQl0Z5tMleqHvNsR4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgyNQl0Z5tMleqHvNsR4AaABAg</a>   |  |  |  |

|         |    |  |    |   |   |  |   |
|---------|----|--|----|---|---|--|---|
| youtube | en | it is very foolish of him to make this mandatory proof of vaccination. I know that the mayor of Moscow in Russia has already tried to use QR codes in order to speed up the process in restaurants to confirm vaccinations, but after a few weeks, the mayor reversed his decision. The restaurant business cannot waste time checking everyone, otherwise, they will lose business.   |    | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgwuUwK5x6F7z28W4994AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgwuUwK5x6F7z28W4994AaABAg</a> |   |  |   |
| youtube | en | This is the Bible- the true spoken word of God Almighty coming to pass. We are in the end days and the Lord is revealing truth to many who are willing to see- proving His prophecy in current events foretold long ago. Turn to Christ! Confess your sins with a broken heart. Repent and turn away from the sins that bind you. Find freedom and hope in the Lord. Follow Jesus with all your heart- there is an eternal life to come...will you be with Christ or will you choose to reject over and over? Hell is real and Christ died on the cross for your sins so you would never have to end up there for eternity. Turn to Him today! He is calling you! Answer His call. |    | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgxokqjNLRTTRQBMVyp4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgxokqjNLRTTRQBMVyp4AaABAg</a> |   |  |   |
| youtube | en | And, goodbye New York City. Even though I am vaccinated, this is wrong and I do not support this discrimination. Im moving out and not looking back.   |    | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=Ugw7Qel7o_HkWMGAsyV4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=Ugw7Qel7o_HkWMGAsyV4AaABAg</a> |   |  |   |
| youtube | en | Get it for a free "meal" at macdeees! You know they care about your health!  |    | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgwOq5p7LaYJ2fSPB4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgwOq5p7LaYJ2fSPB4AaABAg</a>     |   |  |   |
| youtube |    | Camet one  |    | <a href="https://www.youtube.com/watch?v=mlo7Inokf0U&amp;lc=UgwmmdSSCUnUriEuxt4AaABAg">https://www.youtube.com/watch?v=mlo7Inokf0U&amp;lc=UgwmmdSSCUnUriEuxt4AaABAg</a>   |   |  |   |
| youtube |    | Haaaaa   |    | <a href="https://www.youtube.com/watch?v=mlo7Inokf0U&amp;lc=UgbzWxigh0Jhqz4m-yV4AaABAg">https://www.youtube.com/watch?v=mlo7Inokf0U&amp;lc=UgbzWxigh0Jhqz4m-yV4AaABAg</a> |   |  |   |
| youtube |    | Oh number one me yess  |    | <a href="https://www.youtube.com/watch?v=mlo7Inokf0U&amp;lc=UgyIECEfibcyhNgD14AaABAg">https://www.youtube.com/watch?v=mlo7Inokf0U&amp;lc=UgyIECEfibcyhNgD14AaABAg</a>     |   |  |   |
| youtube |    | Omg 😊😊 so much 😊   |    | <a href="https://www.youtube.com/watch?v=mlo7Inokf0U&amp;lc=UgwbROLijz0yOb_KP1h4AaABAg">https://www.youtube.com/watch?v=mlo7Inokf0U&amp;lc=UgwbROLijz0yOb_KP1h4AaABAg</a> |   |  |   |
| youtube |    | Ok   |    | <a href="https://www.youtube.com/watch?v=mlo7Inokf0U&amp;lc=UgxMnsX0hhs1mdx48L14AaABAg">https://www.youtube.com/watch?v=mlo7Inokf0U&amp;lc=UgxMnsX0hhs1mdx48L14AaABAg</a> |   |  |   |
| youtube |    | Nice😊  |    | <a href="https://www.youtube.com/watch?v=mlo7Inokf0U&amp;lc=UgwOn46sIGCNkmMhH-14AaABAg">https://www.youtube.com/watch?v=mlo7Inokf0U&amp;lc=UgwOn46sIGCNkmMhH-14AaABAg</a> |   |  |   |
| youtube |    | He gay 😊▶  |    | <a href="https://www.youtube.com/watch?v=mlo7Inokf0U&amp;lc=UgwkdrVq5GY6Z3PpeIR4AaABAg">https://www.youtube.com/watch?v=mlo7Inokf0U&amp;lc=UgwkdrVq5GY6Z3PpeIR4AaABAg</a> |   |  |   |
| youtube |    | ☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺♥♥♥♥   |    | <a href="https://www.youtube.com/watch?v=mlo7Inokf0U&amp;lc=UgwtBfjFEPoOaOMSJ614AaABAg">https://www.youtube.com/watch?v=mlo7Inokf0U&amp;lc=UgwtBfjFEPoOaOMSJ614AaABAg</a> |   |  |   |
| youtube | en | Instagramul meu: <a href="https://www.instagram.com/toma.stoleruSite:https://aratabine.ro/Muzică:Track: Hoover - Higher (feat. Vanessa Campagna) [NCS Release]Music provided by NoCopyrightSounds.Watch: https://youtu.be/RBPuDwZUiAFree Download / Stream: http://ncs.io/HHigher">https://www.instagram.com/toma.stoleruSite:https://aratabine.ro/Muzică:Track: Hoover - Higher (feat. Vanessa Campagna) [NCS Release]Music provided by NoCopyrightSounds.Watch: https://youtu.be/RBPuDwZUiAFree Download / Stream: http://ncs.io/HHigher</a>   | RO | <a href="https://www.youtube.com/watch?v=TfbViElJqnA">https://www.youtube.com/watch?v=TfbViElJqnA</a>   | x |  | The vlogger is a physical trainer and a motivational coach, who wants to emphasize the idea that even on a weekend or a vacation day, we can continue to train and stay fit and healthy. Thus, he showed that he could exercise even on the beach and that he could maintain a diet based on fruits and fish on a relaxing and fun day. |
| web     | en |  | RO | <a href="https://eurogsm.ro/bratara-fitness-huawei-band-4-pro-black.html">https://eurogsm.ro/bratara-fitness-huawei-band-4-pro-black.html</a>                             |   |  |   |
| web     | en |  | RO | <a href="https://eurogsm.ro/bratara-fitness-huawei-honor-band-5.html">https://eurogsm.ro/bratara-fitness-huawei-honor-band-5.html</a>                                     |   |  |   |
| web     | ro |  | RO | <a href="https://eurogsm.ro/gadgeturi/bratari-si-accesorii-fitness.html">https://eurogsm.ro/gadgeturi/bratari-si-accesorii-fitness.html</a>                               |   |  |   |

|     |    |   |    |   |  |  |  |
|-----|----|---|----|---|--|--|--|
| web | ro |   | RO | <a href="https://eurogsm.ro/gadgeturi/accesorii-bratari-fitness-si-smartwatch.html">https://eurogsm.ro/gadgeturi/accesorii-bratari-fitness-si-smartwatch.html</a>   |  |  |  |
| web | en | Other than that it was a good performance from the boys before that, we gave a good account of ourselves, good fitness. 'But importantly, we came into the  |    | <a href="https://www.motordecautare.ro/wesley-fofana-provides-update-on-horific-injury-he-sustained-in-leicester-s-pre-season-clash-with-villarreal-">https://www.motordecautare.ro/wesley-fofana-provides-update-on-horific-injury-he-sustained-in-leicester-s-pre-season-clash-with-villarreal-</a>   |  |  |  |
| web | en | acilitățile de la Sea Life Family Resort includ sălă de fitness, teren de tenis și business centre. Pentru petrecerea timpului liber oaspeții au la         |    | <a href="https://www.centraltravel.ro/vacante/family-life-resort-sea-5-stars-antalya-sigacik/din-cluj-napoca/">https://www.centraltravel.ro/vacante/family-life-resort-sea-5-stars-antalya-sigacik/din-cluj-napoca/</a>   |  |  |  |
| web | ro | alvin Klein - Colanti la prețuri decente. Compara sute de Colanti de la zeci de magazine online. Colanti cu banda cu logo in talie pentru fitness. detaliu. |    | <a href="https://manp.ro/brand/colanti+calvin-klein">https://manp.ro/brand/colanti+calvin-klein</a>   |  |  |  |
| web | ro | acilitățile de la Hawaii Caesar Palace & Aquapark includ sălă de fitness și teren de tenis. Pentru petrecerea timpului liber oaspeții au la dispoziție      |    | <a href="https://www.elginitour.ro/vacante/aquapark-caesar-hawaii-palace-5-stars-hurghada-el-gouna/din-oradea/">https://www.elginitour.ro/vacante/aquapark-caesar-hawaii-palace-5-stars-hurghada-el-gouna/din-oradea/</a>   |  |  |  |
| web | tr | ocuk oyun grupları ile genç ve yetişkinlerimiz için üst düzey kalitede fitness aletleri ile sağlık uzmanlarının tavsiyeleri doğrultusunda siz               |    | <a href="http://www.izmanpeyzaj.com/services_group/peyzaj-tasarim/">http://www.izmanpeyzaj.com/services_group/peyzaj-tasarim/</a>   |  |  |  |
| web | en | apca ajutabila pentru fitness Blitzing • Under Armour • Fashiondays. Sapca baseball cu logo brodat Blitzing 3 0 Under Armour Fashiondays. detaliu.          |    | <a href="https://mahalo.ro/sapca-blitzing">https://mahalo.ro/sapca-blitzing</a>   |  |  |  |
| web | ro | oroscop 5 august 2021. Gemeni. Puteti găsi o îmbunătățire drastică a sănătății dvs. doar prin inițierea unui regim de fitness. Veti reuși să liniștiți un   | RO | <a href="https://redactia.ro/oroscop-5-august-2021-leii-au-noroc-in-dragoste-135321">https://redactia.ro/oroscop-5-august-2021-leii-au-noroc-in-dragoste-135321</a>   |  |  |  |
| web | ro | orj: Căruțăș rănit într-un accident la Cătunele · Eugen MĂRUTĂ - 4 august 2021. Sănătate · ToateDiete si fitnessMama si copilulMedicinaViata sanatoasa.     | RO | <a href="https://www.gds.ro/tag/merg/">https://www.gds.ro/tag/merg/</a>   |  |  |  |
| web | ro | otelul dispune si de sauna si centru de fitness. Este recomandat pentru servicii excelente. Localizare: este situat la doar 200m de plaja Ornos,            |    | <a href="https://www.maniatravel.ro/vacante/iyannaki-4-stars-mykonos-grecia/din-bucuresti/">https://www.maniatravel.ro/vacante/iyannaki-4-stars-mykonos-grecia/din-bucuresti/</a>   |  |  |  |
| web | en | mong all her fans, her new bestie Anushka also commented on the picture and wrote, "You're really stepping up on your fitness goals in the last leg."       |    | <a href="https://newsfunnel.live/entertainment/athiya-shetty-shares-post-on-monday-blues-new-bff-anushka-sharma-reacts-people-news/">https://newsfunnel.live/entertainment/athiya-shetty-shares-post-on-monday-blues-new-bff-anushka-sharma-reacts-people-news/</a>   |  |  |  |
| web | ro | ingouri de aur, acces gratuit la plajă, ouă și pui, vacanțe, băuturi, bonusuri la salarii, pachete de fitness și chiar canabis, acestea sunt câteva (...)   | RO | <a href="https://www.ziar.com/news=13723737">https://www.ziar.com/news=13723737</a>   |  |  |  |
| web | ro | unteți aici: Acasa1 / Magazin2 / Echipamente si accesorii fitness3 / Costume de baie femei4 / Costum de baie „COCONUT” Black                                |    | <a href="https://www.fitmall.ro/produs/costum-de-baie-coconut-black/">https://www.fitmall.ro/produs/costum-de-baie-coconut-black/</a>   |  |  |  |
| web | ro | roducătorul Barbie, Mattel, a creat o păpușă după prof. Sarah Gilbert, dezvoltatoarea a vaccinului anti-Covid de la Oxford/AstraZeneca.                     | RO | <a href="https://www.smarradio.ro/barbie-lanseaza-o-papusa-care-o-intruchipeaza-pe-dezvoltatoarea-vaccinului-anti-covid-de-la-oxford-astrazeneca/">https://www.smarradio.ro/barbie-lanseaza-o-papusa-care-o-intruchipeaza-pe-dezvoltatoarea-vaccinului-anti-covid-de-la-oxford-astrazeneca/</a>   |  |  |  |
| web | ro | Adaptoare Baterii Externe Boxe Portabile Bratari Fitness Cabluri Audio Cabluri telefoane mobile Cantare Personale Casti Casti Bluetooth Casti telefoane     | RO | <a href="https://www.domo.ro/huawei-z">https://www.domo.ro/huawei-z</a>   |  |  |  |
| web | ro | iscină; Piscină pentru copii; Saună; Jacuzzi; Sală de fitness; Vouchere / Tichete / Card vacanță. Anulare gratuită până la data sosirii                     | RO | <a href="https://travelminit.ro/ro/cazare/palazu-mare?cat=BALNEO">https://travelminit.ro/ro/cazare/palazu-mare?cat=BALNEO</a>   |  |  |  |
| web | en | ews; Fashion. New Look 2015 · Street Fashion · Style Hunter · Vogue. Gadgets; Lifestyle. Business · Health & Fitness · Recipes · Travel. Video; Homepages.  |    | <a href="https://munich.ro/">https://munich.ro/</a>   |  |  |  |
| web | ro | onusuri la salarii, concedii, pachete de fitness, vouchere, gustări tipic locale, pui de casă, acces gratuit la plajă – acestea sunt câteva din soluțiile.  | RO | <a href="https://www.g4media.ro/lingouri-de-aur-acces-gratuit-la-plaja-ouă-si-pui-vacante-bauturi-si-chiar-canabis-ce-stimulente-folosesc-autoritatile-din-toata-lumea-pentru-a-stimula-vaccinarea.html">https://www.g4media.ro/lingouri-de-aur-acces-gratuit-la-plaja-ouă-si-pui-vacante-bauturi-si-chiar-canabis-ce-stimulente-folosesc-autoritatile-din-toata-lumea-pentru-a-stimula-vaccinarea.html</a> |  |  |  |

|     |    |  |    |   |   |  |   |
|-----|----|--|----|---|---|--|---|
| web | ro | razilianca e invitată de onoare a Campionatului Național de Culturism și Fitness al Seniorilor. Renașterea băneșteană - 27 august 2018.  | RO | <a href="https://renasterea.ro/tag/culturism/">https://renasterea.ro/tag/culturism/</a>   |   |  |   |
| web | ro | ocmai din acest motiv, în rutina zilnică de fitness, alternează exercițiile clasice (pentru abdomen, picioare și umeri) cu sesiuni de zumba care includ  | RO | <a href="https://www.mediafax.ro/life-inedit/ricky-martin-consuma-in-fiecare-dimineata-o-bautura-cu-usturoi-20217232">https://www.mediafax.ro/life-inedit/ricky-martin-consuma-in-fiecare-dimineata-o-bautura-cu-usturoi-20217232</a>   | x |  | The article talks about the morning fitness and nutrition ritual of ricky Martin, describing what he prefers to eat and drink in order to stay fit.   |
| web |    | otto VABENE W II TEE PL. Tricou fitness de damă. 1. 2. 3. Tricou fitness de damă.  |    | <a href="https://www.sportisimo.ro/galerie-produse/?produs=279381&amp;imagine=1003015">https://www.sportisimo.ro/galerie-produse/?produs=279381&amp;imagine=1003015</a>   |   |  |   |
| web | ro | rotineta și Bicicleta 2 in 1 Scoobik Pink copii 3-5 ani. Sigilată! Biciclete – Fitness - Suplimente » Biciclete copii. 379 lei. Negociabil.  | RO | <a href="https://www.olx.ro/hobby-sport-turism/biciclete-fitness/q-biciclete-copii-3-ani/">https://www.olx.ro/hobby-sport-turism/biciclete-fitness/q-biciclete-copii-3-ani/</a>   |   |  |   |
| web | ro | ai mult decât o sală de fitness. Nu mai ai nicio scuză să spui pas antrenamentelor. Descoperă avantajele Devino membru   |    | <a href="https://smart-fit.ro/">https://smart-fit.ro/</a>   |   |  |   |
| web | en | Global Fitness Trackers and Watches Market 2021 Leading Competitors – Fitbit, Samsung, XiaoMi, Garmin, Jabra, Atlas Wearables, Moov, MyZone, Wahoo, Gymwatch – Byron Review;&ampnbsp&ampnbsp&nbsp;Byron Review |    | <a href="https://communitynewscorp.com/global-fitness-trackers-and-watches-market-2021-leading-competitors-fitbit-samsung-xiaomi-garmin-jabra-atlas-wearables-moov-myzone-wahoo-gymwatch/">https://communitynewscorp.com/global-fitness-trackers-and-watches-market-2021-leading-competitors-fitbit-samsung-xiaomi-garmin-jabra-atlas-wearables-moov-myzone-wahoo-gymwatch/</a> |   |  |   |
| web | en | Get your swim on; Las Cruces expanding aquatic fitness classes&ampnbsp&nbsp;&nbsp;KTSM 9 News  |    | <a href="https://www.ktsm.com/news/get-your-swim-on-las-cruces-expanding-aquatic-fitness-classes/">https://www.ktsm.com/news/get-your-swim-on-las-cruces-expanding-aquatic-fitness-classes/</a>   |   |  |   |
| web | ro | acilitățile de la Armas Regency includ și sală de fitness. Pentru petrecerea timpului liber oaspeții au la dispoziție activități de agrement pe timpul   |    | <a href="https://www.alfastartravel.ro/vacante/armas-ex-maritim-regency-saray-5-stars-side-incekum/">https://www.alfastartravel.ro/vacante/armas-ex-maritim-regency-saray-5-stars-side-incekum/</a>   |   |  |   |
| web | ro | snorkelling, parasailing și excursii cu barca, parcare, sala de jocuri, spa și centru de wellness, sală de fitness, acces imediat la plaja, curatorie,   |    | <a href="https://www.maniatravel.ro/vacante/hurghada-mercurie-4-stars-toate-locatiile-egipt/din-bucuresti/">https://www.maniatravel.ro/vacante/hurghada-mercurie-4-stars-toate-locatiile-egipt/din-bucuresti/</a>   |   |  |   |
| web |    | itness personal trainer photography. fitness personal trainer photography 925 vizite. Daca apreciati fotografia va invitam s-o promovati in pagina   |    | <a href="https://www.photomaniacs.ro/galerie_foto_detalii.php?id_poza=10163&amp;pozitie=34&amp;pagina_select=1&amp;id_categorie=0&amp;radio_sortare=1">https://www.photomaniacs.ro/galerie_foto_detalii.php?id_poza=10163&amp;pozitie=34&amp;pagina_select=1&amp;id_categorie=0&amp;radio_sortare=1</a>   |   |  |   |
| web | ro | xista posibilitatea sa te simti obligat sa iti schimbi astazi rutina legata de fitness. Daca aceeasi dieta veche si planul de exercitii fizice si-au pierd.  |    | <a href="https://www.horoscop.ro/horoscop-berbec-06-08-2021/">https://www.horoscop.ro/horoscop-berbec-06-08-2021/</a>   |   |  |   |
| web | ro | uloare solidă Vitale fără Sudură Yoga Tricou Femei Fitness Short Sleeve Top de Cultură Antrenament Topuri Sport Haine Sport de Funcționare T-shirt.  |    | <a href="https://www.primaria-urzicuta.ro/Department/stock-137815/">https://www.primaria-urzicuta.ro/Department/stock-137815/</a>   |   |  |   |
| web |    | eas Sport Fitness Tracker Smartwatch KW10 CP9992007RE · Adauga in cos. In stoc partener. Vandut de partener domo.ro.   | RO | <a href="https://www.domo.ro/cauta/ceas+smartwatch+ai+pket+x6+pro/">https://www.domo.ro/cauta/ceas+smartwatch+ai+pket+x6+pro/</a>   |   |  |   |
| web | en | No information is available for this page.Learn why  | RO | <a href="https://adevarul.ro/sanatate/dieta-fitness/alimentele-lupta-ridurilor-">https://adevarul.ro/sanatate/dieta-fitness/alimentele-lupta-ridurilor-</a>   |   |  |   |
| web | ro | atorită rezultatelor excelente pe care le are în calitate de kinetoterapeut, preparator fizic și antrenor personal de fitness, Cristian a început ...  |    | <a href="https://www.newsvaslui.ro/category/sport/">https://www.newsvaslui.ro/category/sport/</a>   | x |  | In this article, the fitness trainer stipulates the benefits that appear even after a simpler form of physical activity, emphasizing the importance of patience and commitment to sports in order to obtain a healthy body. |
| web | ro | dmin 15 ianuarie 2020. Tipul serviciilor Sală de Fitness. Avantaje pentru membrii Pro Lex Reducere 30% Fitness + Bandă de Alergare;.   |    | <a href="https://prolexiasi-politialocala.eu/tag/iasi/">https://prolexiasi-politialocala.eu/tag/iasi/</a>   |   |  |   |
| web | ro | n dispozitiv modern de fitness doar pentru tine. Acces gratuit la aplicații de antrenament atractive. Funcționare fiabilă și fără probleme.  |    | <a href="https://www.melarox.ro/aparat-fitness-pentru-vaslit-zipro-nix-magnetica-greutate-maxima-admisa-100kg">https://www.melarox.ro/aparat-fitness-pentru-vaslit-zipro-nix-magnetica-greutate-maxima-admisa-100kg</a>   |   |  |   |
| web | en | olanți Fitness No Limits. 89 lei 59 lei. -45%. Add to wishlist · +. Quick View. Colanți fitness. Colanți Fitness cu buline. 89 lei 49 lei.   |    | <a href="https://posh4u.ro/categories/produs/sport/colanti-fitness/">https://posh4u.ro/categories/produs/sport/colanti-fitness/</a>   |   |  |   |

|     |    |   |    |   |  |  |  |
|-----|----|---|----|---|--|--|--|
| web | ro | odelatoare de corp. Prima pagină / Modelatoare de corp. Categorii produse. Sustine (1) · SETURI MODELATOARE (21) · Pantaloni modelatori (9)                                 |    | <a href="https://onlyou.ro/categorie-produs/modelatoare-de-corp/">https://onlyou.ro/categorie-produs/modelatoare-de-corp/</a>   |  |  |  |
| web | ro | e peste 15 ani ne ocupam cu comercializarea aparatelor de fitness profesionale noi si second hand.  | RO | <a href="https://tanaco.olx.ro/">https://tanaco.olx.ro/</a>   |  |  |  |
| web | en | ews; Fashion. New Look 2015 · Street Fashion · Style Hunter · Vogue. Gadgets; Lifestyle. Business · Health & Fitness · Recipes · Travel. Video; Homepages.                  |    | <a href="https://banjul.ro/">https://banjul.ro/</a>   |  |  |  |
| web | ro | ubitorii de fitness față în față cu o nouă provocare: week-end exploziv la Romexpo!   | RO | <a href="https://www.gsp.ro/timp-liber/dieta-fitness/iubitorii-de-fitness-fa-n-a-cu-o-noua-provocare-week-end-explosiv-la-romexpo-">https://www.gsp.ro/timp-liber/dieta-fitness/iubitorii-de-fitness-fa-n-a-cu-o-noua-provocare-week-end-explosiv-la-romexpo-</a>   |  |  |  |
| web | ro | a exercitii fizice in timp ce mergi! Adidas Fitness Perfect Steps, doar 133 RON in loc de 299 RON   Oferte Teamdeals.ro.  | RO | <a href="https://teamdeals.ro/fa-exercitii-fizice-in-timp-ce-mergi-adidas-fitness-perfect-steps-doar-133-ron-in-loc-de-299-ron/p/2">https://teamdeals.ro/fa-exercitii-fizice-in-timp-ce-mergi-adidas-fitness-perfect-steps-doar-133-ron-in-loc-de-299-ron/p/2</a>   |  |  |  |
| web | en | his monthly forum by Herbalife Philippines aims to promote nutrition education by inviting experts from the fields of science, nutrition, health, and fitness               |    | <a href="https://newskingpin.com/world/minimize-stress-with-mindful-eating-exercise-positive-vibes/">https://newskingpin.com/world/minimize-stress-with-mindful-eating-exercise-positive-vibes/</a>   |  |  |  |
| web | ro | edeta a reușit acum să slăbească 40 de kg și să ajungă să cântărească doar 57 de kg, astă cu ajutorul soțului ei, Cătălin, care este instructor de fitness                  |    | <a href="https://www.spectacola.ro/oana-radu-va-ajunge-pe-mana-medicilor-esteticieni-dupa-ce-a-sabit-peste-40-de-kilograme-acum-sunt-cea-mai-slaba-din-viata-mea_10120.html">https://www.spectacola.ro/oana-radu-va-ajunge-pe-mana-medicilor-esteticieni-dupa-ce-a-sabit-peste-40-de-kilograme-acum-sunt-cea-mai-slaba-din-viata-mea_10120.html</a>   |  |  |  |
| web | ro | ai multe emisiuni ale televiziunilor de stat din Rusia tratează problema participării sportivilor gay sau transgender la Jocurile Olimpice de la Tokyo,                     | RO | <a href="https://www.smarradio.ro/jo-tokyo-2020-sportivii-lgbt-batjocoriti-de-televiziunile-de-stat-din-rusia-orori-ale-naturii-psihopati/">https://www.smarradio.ro/jo-tokyo-2020-sportivii-lgbt-batjocoriti-de-televiziunile-de-stat-din-rusia-orori-ale-naturii-psihopati/</a>   |  |  |  |
| web | ro | randuri de fitness și modă de primă clasă. TOTUL ÎNTR-UN LOC. LOC Orice pentru fitness-ul și garderoaba dvs. puteți găsi la noi. SUPORT TELEFONIC.RON 160.00 · Out of stock |    | <a href="https://gorillas.ro/dodavatelia-sport-5/dodavatelia-ciclism-9/dodavatelia-echipament-de-protectie%C8%9Bie-manu%C8%99i-ca%C8%99ti-6/city-casca-de-ciclism-pentru-adul%C8%9B-%C8%99i-juniori-in-mold-55-61-cm-negru-">https://gorillas.ro/dodavatelia-sport-5/dodavatelia-ciclism-9/dodavatelia-echipament-de-protectie%C8%9Bie-manu%C8%99i-ca%C8%99ti-6/city-casca-de-ciclism-pentru-adul%C8%9B-%C8%99i-juniori-in-mold-55-61-cm-negru-</a> |  |  |  |
| web | ro | onsilierii locali vor dezbatе astăzi un proiect de hotărâre ce prevedе aprobarea documentației tehnice și a indicatorilor tehnico-economici prientru                        | RO | <a href="http://www.monitorulcj.ro/monitorul-cartierelor/92193-o-noua-cresa-si-gradinita-in-cartierul-iris-costa-10-milioane-de-lei-si-">http://www.monitorulcj.ro/monitorul-cartierelor/92193-o-noua-cresa-si-gradinita-in-cartierul-iris-costa-10-milioane-de-lei-si-</a>   |  |  |  |
| web | ro | Noi numim platforma noastră o sală de fitness mintal, pentru că aici găsești aparate – exerciții psihologice care antreneză fașii ale diverselor aspecte                    | RO | <a href="https://www.protv.ro/exclusiv/cum-functioneaza-platforma-online-care-ii-invata-pe-copii-cum-sa-devina-eficienti-la-scoala.html">https://www.protv.ro/exclusiv/cum-functioneaza-platforma-online-care-ii-invata-pe-copii-cum-sa-devina-eficienti-la-scoala.html</a>   |  |  |  |
| web | ro | n Sicilia, vaccinații primesc abonament gratuit la fitness sau piscină. Bere, popcorn, jocuri video, reduceri la restaurante, bilete la meciuri de baseball                 | RO | <a href="https://www.antena3.ro/externe/guverne-recompense-vaccin-609983.html">https://www.antena3.ro/externe/guverne-recompense-vaccin-609983.html</a>   |  |  |  |
| web | ro | precum restaurante, salaune de înfrumusețare, săli de fitness precum și la activități precum lasertag sau karting estimatează că ar putea ajunge până la                    | RO | <a href="https://www.zf.ro/zf-it-generation/zf-it-generation-start-up-pitch-oana-serban-isave-aplicatie-mobila-20214960">https://www.zf.ro/zf-it-generation/zf-it-generation-start-up-pitch-oana-serban-isave-aplicatie-mobila-20214960</a>   |  |  |  |
| web | ro | onusuri la salarii, concedii, pachete de fitness, vouchere, gustări tipic locale, pui de casă, acces gratuit la plajă – acestea sunt câteva din soluțiile.                  |    | <a href="https://economedia.ro/lingouri-de-aur-acces-gratuit-la-plaja-oua-si-pui-vacante-bauturi-si-chiar-canabis-ce-stimulente-folosesc-autoritatatile-din-toata-lumea-pentru-a-stimula-vaccinarea.html">https://economedia.ro/lingouri-de-aur-acces-gratuit-la-plaja-oua-si-pui-vacante-bauturi-si-chiar-canabis-ce-stimulente-folosesc-autoritatatile-din-toata-lumea-pentru-a-stimula-vaccinarea.html</a>                                       |  |  |  |
| web | en | her activism and philanthropy, Viomak has achieved a lot working single handedly and through working with others to achieve various... HEALTH · Fitness                     |    | <a href="https://zimbabweannewsplanet.com/">https://zimbabweannewsplanet.com/</a>   |  |  |  |
| web | en | ews; Fashion. New Look 2015 · Street Fashion · Style Hunter · Vogue. Gadgets; Lifestyle. Business · Health & Fitness · Recipes · Travel. Video; Homepages.                  |    | <a href="https://brescia.ro/">https://brescia.ro/</a>   |  |  |  |
| web | ro | ario Nicolae: "Doream să construim o sală nouă de fitness". Inclusiv o parte din mobilier este cumpărat pe banii celor din DDB Spania care au dorit să                      | RO | <a href="https://www.digisport.ro/fotbal/liga-1/cum-a-modernizat-dinamo-baza-de-la-saftica-clubul-nu-a-investit-acolo-niciun-leu-1214761">https://www.digisport.ro/fotbal/liga-1/cum-a-modernizat-dinamo-baza-de-la-saftica-clubul-nu-a-investit-acolo-niciun-leu-1214761</a>   |  |  |  |

|           |    |   |    |   |  |  |  |
|-----------|----|---|----|---|--|--|--|
| web       | ro | ingouri de aur, acces gratuit la plajă, ouă și pui, vacanțe, băuturi, bonusuri la salarii, pachete de fitness și chiar canabis, acestea sunt câteva din   | RO | <a href="https://adevarul.ro/economie/business-international/ce-bonusuri-acorda-autoritatile-lumea-stimula-vaccinarea-lingouri-aur-pui-oua-vacante-platite-">https://adevarul.ro/economie/business-international/ce-bonusuri-acorda-autoritatile-lumea-stimula-vaccinarea-lingouri-aur-pui-oua-vacante-platite-</a>   |  |  |  |
| web       | ro | entrul de Fitness si Sport al JCC Centrul de Fitness JCC este dotat cu o sala cu aparate, sala pentru exercitii de grup, sauna si grupuri sanitare.   |    | <a href="http://www.jcc.ro/shabat-la-tempul-coral-si-jcc-2">http://www.jcc.ro/shabat-la-tempul-coral-si-jcc-2</a>   |  |  |  |
| web       | ro | and Bicicleta fitness Domyos VM 200. Biciclete – Fitness - Suplimente » Fitness. 210 lei. Negociabil. Cluj-Napoca Azi 09:45   | RO | <a href="https://www.olx.ro/cluj-judet/q-bicicleta/">https://www.olx.ro/cluj-judet/q-bicicleta/</a>   |  |  |  |
| web       |    | anda de alergare magnetica TECHFIT MT40N, LCD, max 100 Kg Banda de alergare magnetica TECHFIT MT40N este destinata adolescentilor, persoanelor cu o statura ...In stock   |    | <a href="https://www.hobbymall.ro/activitati-indoor/fitness/benzi-de-alergare-fitness/336792-banda-de-alergare-magnetica-techfit-mt40n-lcd-max-100-kg.html">https://www.hobbymall.ro/activitati-indoor/fitness/benzi-de-alergare-fitness/336792-banda-de-alergare-magnetica-techfit-mt40n-lcd-max-100-kg.html</a>   |  |  |  |
| web       | ro | umpara Copii Alb Fitness cu preturi mici.   |    | <a href="https://www.newsport.biz/wilson-incaltaminte/copii?filter=1437/l/10096%7C11101">https://www.newsport.biz/wilson-incaltaminte/copii?filter=1437/l/10096%7C11101</a>   |  |  |  |
| web       | ro | ara Fitness Rovera 622A (Negru) (ID 3810723). 107,00 Lei - 17%mai ieftin cu 18,00 lei. 89,00 Lei. In stoc magazin · Trotineta electrica SPEEDXMAN Cyberbot,   | RO | <a href="https://www.evomag.ro/resigilate-produse-resigilate/">https://www.evomag.ro/resigilate-produse-resigilate/</a>   |  |  |  |
| web       | en | dauga in cos. Aparat de slabire Vacu... In stoc. Aparate Remodelare Corporala. Aparat de slabire Vacu Magic Open Clasic Colagen · Fitness Well.   |    | <a href="https://artromedicale.ro/manufacturer/fitness-well">https://artromedicale.ro/manufacturer/fitness-well</a>   |  |  |  |
| web       | en | ag: parc fitness. Video · Consilierul local USR Cătălin Iacob: „Regulamentul parcărilor va suferi modificări” · focuspress - 03/08/2021 0.  |    | <a href="https://focuspress.ro/tag/parc-fitness/">https://focuspress.ro/tag/parc-fitness/</a>   |  |  |  |
| web       | ro | e vinzare bicicletă fitness first bike cu 2 poziții de efectuat exerciții în sezut și în picioare. 8 trepte de putere, măsoară  | RO | <a href="https://www.publi24.ro/anunturi/timp-liber-sport/biciclete/mountain-bike/anunt/bicicleta-fitness-first-">https://www.publi24.ro/anunturi/timp-liber-sport/biciclete/mountain-bike/anunt/bicicleta-fitness-first-</a>   |  |  |  |
| web       | ro | Situat in noul complex Agora Center din Calea Floreasca, BEAT45 și-a deschis recent usile și aduce multe nouități in zona de fitness din Bucuresti.13 hours ago · Uploaded by Beat45 Fitness  | RO | <a href="https://ziare.com/viata-sanatoasa/fitness/un-nou-concept-de-boutique-fitness-ajunge-la-bucuresti-pe-calea-floreasca-si-ofera-o-experienta-unica-pe-piata-1538520">https://ziare.com/viata-sanatoasa/fitness/un-nou-concept-de-boutique-fitness-ajunge-la-bucuresti-pe-calea-floreasca-si-ofera-o-experienta-unica-pe-piata-1538520</a>                   |  |  |  |
| web       | en | Assessment of COVID-19's Effect on Outdoor Fitness Equipment Market 2021-2028   What Is Current Growth Status of Industry?   IndustryAndResearch – Byron Review&nbsp;&nbsp;Byron Review   |    | <a href="https://communitynewscorp.com/assessment-of-covid-19s-effect-on-outdoor-fitness-equipment-market-2021-2028-what-is-current-growth-status-of-industry-industryandresearch/">https://communitynewscorp.com/assessment-of-covid-19s-effect-on-outdoor-fitness-equipment-market-2021-2028-what-is-current-growth-status-of-industry-industryandresearch/</a> |  |  |  |
| web       | ro | in toamna acestui an ar urma să avem în Baia Mare primul loc de joacă dedicat copiilor cu dizabilități. Acesta va fi amenajat în Parcul Central din   | RO | <a href="https://ziarmm.ro/tag/aparate-fitness/">https://ziarmm.ro/tag/aparate-fitness/</a>   |  |  |  |
| instagram | en | Be fit be fantastic!Inspire 🌟#inspire #instamood #instagram #motivation #quotesaboutlife #muscle #comments #fat #quotes #positive #life #fit #mindset #feelings #passion #quotelove #workout #positivevibe #tagsforlikes #tflers #tweegram #quoteoftheday #weightloss #instagood #love #photooftheday #befitbefantastic #instagramhub #befit #fitness |    | <a href="https://www.instagram.com/p/CSH8LZKJE10">https://www.instagram.com/p/CSH8LZKJE10</a>   |  |  |  |

|           |    |   |    |   |  |  |  |
|-----------|----|---|----|---|--|--|--|
| instagram | en | Meatballs And Pasta ☺️This was needed after a busy day at work, going to have a relax now ready for love island later ☺️#healthyliving#slimmingworlduk#slimmingworld #sw #swuk #weightloss #healthy #slimmingworldfamily #slimmingworldmafia #weightlossjourney #slimmingworldjourney #healthyeating #diet #swfamily #fitness #swinsta #motivation #fitfam #caloriecounting #caloriecountinguk #weightlossinspiration #slimmingworldsupport #speed #lowsyn #slimmingworld   |    | <a href="https://www.instagram.com/p/CSHwWYnIXDT">https://www.instagram.com/p/CSHwWYnIXDT</a> |  |  |  |
| instagram | tr | Teşekkürler voleybol kadın milli takımımız. TR  |    | <a href="https://www.instagram.com/p/CSIxPgHVlf">https://www.instagram.com/p/CSIxPgHVlf</a>   |  |  |  |
| instagram | en | .....#amazing #style #100likes #nofilter #bestoftheday #50likes #life #instagram #swag #followforfollow #ig_today #fitness #4f #141 #beauty #pretty #music #taptags #tagstagramers #beach #sweet #lol #photo #cool #nice #party #night #girls #sunset #iphoneonly   |    | <a href="https://www.instagram.com/p/CSHGib4sKks">https://www.instagram.com/p/CSHGib4sKks</a> |  |  |  |
| instagram | en | The more I know my strength, the less I fear the obstacles in life. 💪 #strength .#mindfulness ...#fitgirl #itgirl #dailyovercoming #muscularity #fitnesswear #fitness #motivation #fitnessjourney #healthyfood #girlstyle #runninggirl #lifestyle #sportyclothes #sportygirl #worldoffitness #trend #ootd #girlswithmuscle #streetstyle #freestyle #summerstyle #stylish #style #outfit #urbanstyle   | PT | <a href="https://www.instagram.com/p/CSH-iQcMM9A">https://www.instagram.com/p/CSH-iQcMM9A</a> |  |  |  |
| instagram | en | ✿Throw me to the wolves & I'll come back leading the pack✿  |    | <a href="https://www.instagram.com/p/CSH_nH1IA5g">https://www.instagram.com/p/CSH_nH1IA5g</a> |  |  |  |
| instagram |    | . #chuva #curtidasporsociedades #seguidores #autolike #naesfollowtrain #followtrick #followers #sigodevolta #likes #likeforlikes #like4likes #likeforfollow #ganheseguidores #chuva #seguidores30k #chuva #seguidores #chuvalikes #chuvalikes30k #sdv #sdvtodos #mesegue#christianoronaldo #takipçikazan #fitness #chuva #curtidasporsociedades #seguidores #gainwiththy #autolike #naesfollowtrain #gaintrick #followtrick #followers #sigodevolta #likes #likeforlikes #like4likes #likeforfollow #sigaosbaloes #6ixgaintrain #neymar #ganheseguidores #chuva #seguidores30k #chuva #seguidores #chuvalikes #mgxmg #chuvalikes30k #amazonia #sdv #sdvtodos #mesegue |    | <a href="https://www.instagram.com/p/CSIDathnsgb">https://www.instagram.com/p/CSIDathnsgb</a> |  |  |  |
| instagram | pt | Se Renato Russo tivesse comido brownie, certamente a música teria sido escrita desse jeito! ☺️Mas brincadeiras a parte, nos inspiramos nele pra te dizer que logo mais tem fornada fresquinha de brownie fit saindo! Chama no direct ou no link que está na bio e faz tua encomenda! ☺️Lembrando que além de uma delícia, ele é feito com ingredientes super saudáveis, e intolerantes à glúten e lactose estão liberados pra come-lo sem medo!   |    | <a href="https://www.instagram.com/p/CSIN3IuLjoo">https://www.instagram.com/p/CSIN3IuLjoo</a> |  |  |  |

|           |    |  |  |   |  |  |  |
|-----------|----|--|--|---|--|--|--|
| instagram | en | 🏋️ Cандito Strength W1D2 🏋️BENCH SETS200 lbs x 6 /// RPE 8195 lbs x 8 /// RPE 8.5 175 lbs x 10 /// RPE 5Shoutout @stoicgear for having some dogshit wrist wraps that fall off mid set. Also, I moved my bench grip in about an inch  |  | <a href="https://www.instagram.com/p/CSIOI91LXNI">https://www.instagram.com/p/CSIOI91LXNI</a> |  |  |  |
| instagram | pt | Elimine toda gordurinha que te incomoda a partir de agora com um desafio de 30 dias. Digite "EU QUERO" para saber mais! ↗️   |  | <a href="https://www.instagram.com/p/CSIOMOYLVF">https://www.instagram.com/p/CSIOMOYLVF</a>   |  |  |  |
| instagram | en | Life is always about what you make of it Times can be tough, but you can always adapt and learn - how can you turn it into an opportunity?Lockdown has thrown a spanner in the works, but it will not hold this community back from moving together We had an epic turnout to our zoom session last night! Thank you to everyone that attended ↗️We have our leg focused session tonight at 6pm, it's going to be a goodie ↗️If you are wanting to move with a great team, send us a DM and we can get you started for your first online session ↗️#onlinesessions #workoutsfromhome #homeworkout #community #family   |  | <a href="https://www.instagram.com/p/CSIOQv6Bql-">https://www.instagram.com/p/CSIOQv6Bql-</a> |  |  |  |
| instagram | en | Transformation Tuesday: Gifted Barbell Club ↗️ — Progress by the numbers:December 2020 - Snatch 103kg, Clean 138kg, Front Squat 165kg, Back Squat 182kgJuly 2021 - Snatch 123kg, C+J 153kg, Front Squat 205kg, Back Squat 225kgGoals for December 2021 - Snatch 130kg, C+J 165kg, Front Squat 220kg, Back Squat 240kg — Tyler @southernrugger has been hard at work stacking PRs in his time away from the platform. Even with Coach @the_squatfather trying to be a bad influence pressuring Tyler to compete again sooner, the decision was made to take the year off and make a serious run at USAW nationals in 2022. A few blocks of squat and pull prioritization have Tyler or as he is more affectionately known, The Real Florida Man, enjoying exponential gains in his lifts. — Go ahead and make your way over to Google. Now type in "unlimited potential" and tell me what you see. It's Tyler's glorious face and magnanimous mustache? Yeah, that's what we thought. — #giftedperformance #staygifted #giftedbarbellclub #usaw #snatch #clean #squat |  | <a href="https://www.instagram.com/p/CSIOQ7nFcgk">https://www.instagram.com/p/CSIOQ7nFcgk</a> |  |  |  |
| instagram |    |  |  | <a href="https://www.instagram.com/p/CSIOURzjj70">https://www.instagram.com/p/CSIOURzjj70</a> |  |  |  |
| instagram | pt | Tudo é questão de prioridades e propósito de vida! Quem aí tb concorda ↗️...#fitness#instafit#fit#fitnesssjc#dietasaudável#dietaaprascascar#barrigatrincada#emformaoaos40#atletabikini#fisiculturista#dicasfitness#jacarei#sjc   |  | <a href="https://www.instagram.com/p/CSIOVMyrYSM">https://www.instagram.com/p/CSIOVMyrYSM</a> |  |  |  |
| instagram | en | BodySculpting ↗️ Encuentra los Mejores tratamientos para esculpir la Silueta Femenina ↗️! Procedimientos NO invasivos !!!#bodysculpting #bodysculptingsandiego #bodypositivity #bodycontouring #woodtherapy #fitness #fit #fitmotivation #sandiego   |  | <a href="https://www.instagram.com/p/CSIOVSKJBs0">https://www.instagram.com/p/CSIOVSKJBs0</a> |  |  |  |
| instagram | en | ↑ Sometimes all you need is sun, ocean and letting your thoughts run smoothly in random direction ☀️ ↗️  |  | <a href="https://www.instagram.com/p/CSIOVaJrwlc">https://www.instagram.com/p/CSIOVaJrwlc</a> |  |  |  |

|           |    |   |  |   |  |  |  |
|-----------|----|---|--|---|--|--|--|
| instagram |    | FINGERLESS GRIPS Material de cuero micro fibra 2.2 mm de grosor. Kill the WOD #teamatoforz #atoforzvenezuela #crossfit #functionaltraining #FuncionalFitness #caracas #ccs #Venezuela #fitness #workout #handrips   |  | <a href="https://www.instagram.com/p/CSIOWRXHcC5">https://www.instagram.com/p/CSIOWRXHcC5</a> |  |  |  |
| instagram | en | #morena #cachos #love #cacheadas #loira #cacheada #brasil #curlyhair #hair #brazil #instagood #photography #makeup #linda #juba #hairstyle #curly #beautiful #cabelo #fitness #cachosbra #model #fashion #morenailuminada #todecacho #tumblr #cabelos #photo #haircut #transicaocapilar   |  | <a href="https://www.instagram.com/p/CSIOWn6nOEK">https://www.instagram.com/p/CSIOWn6nOEK</a> |  |  |  |
| instagram | en | BECAUSE EASY DOESN'T CHANGE YOU. People fear change because they lose control over their role. The larger the change, the more they are going to feel like the change is being done to them. No one likes feeling powerless. During change, information is power. It will be hard and there will be times where you get tired and think you want to quit. But, when you get tired you just need to learn to REST and NOT QUIT. If you look at the big picture as a whole sometimes getting there can be an overwhelming thought. Right? So.. what can we do? We can break it up into steps and tick them off on your way to achieving the big picture or the big result. This way we focus on one thing at a time and ensure we are having mini successes along the way to increase dopamine, endorphins and all those other good chemicals we want in our bodies that makes us keep fighting for what we want. When you go through change, overcome obstacles, and deal with adversity, you're building up your sense of confidence. Understanding and learning from challenges and changes build the strength in your mind and allows you to feel more comfortable the next time you're in similar situations. It takes courage to let go of the familiar and embrace the new. #localfitnesstraining #health #fitness #macros #change #overcomingchange #settinggoals #endorphins #dopamine #naturalchemicals #coaching |  | <a href="https://www.instagram.com/p/CSIOW4Ghk5o">https://www.instagram.com/p/CSIOW4Ghk5o</a> |  |  |  |
| instagram | en | #red#fitness#lol#nature#tbt#igaddict#instalike#instafamous#selfie#black#fashion#photooftheday#ccw#androidography#instadaily   |  | <a href="https://www.instagram.com/p/CSIOXjejwUQ">https://www.instagram.com/p/CSIOXjejwUQ</a> |  |  |  |
| instagram | en | Love Simba ❤️ .. #thelionking .. #beginner #art #photography #love #artist #beginnerartist #drawing #follow #learning #fitness #artwork #artistsongram #sketch #music #instagram #nature #instagood #workout #like #practice #motivation #photo #photooftheday #painting #fun #makeup #digitalart #stayhome #bhfyg  |  | <a href="https://www.instagram.com/p/CSIOXTghmj5">https://www.instagram.com/p/CSIOXTghmj5</a> |  |  |  |
| instagram | en | All right now! Jumping back into my @fitbit #Fitbit. Do you like to run or walk? #run #walk #exercise #fit #fitness   |  | <a href="https://www.instagram.com/p/CSIOXg5n1zq">https://www.instagram.com/p/CSIOXg5n1zq</a> |  |  |  |

|           |    |   |    |   |  |  |  |
|-----------|----|---|----|---|--|--|--|
| instagram | pt | Lanchinho rápido, que não engorda e só te faz bem ☺☺♥♫ - MIX DE CASTANHAS E FRUTAS SECAS -.Contem:* Castanha de caju* Castanha do Pará* Nozes* Gojiberry inteiro* Cram berry inteiro* Drageado Cast. Pará com chocolate* Damasco .✓ Entregas: 985344456 - Whatsapp.....#citru... #citrusprodutosnaturais#mixdecastanhas#frutassecas#castanhas#fitness#saude#comidasaudavel  |    | <a href="https://www.instagram.com/p/CSIOYIKLRiv">https://www.instagram.com/p/CSIOYIKLRiv</a> |  |  |  |
| instagram | en | @shredded_to_the_bonee #bulgarianboy #fitnessmotivation #followforfollowback #fitness #hotbodies #cuteboy #hotboy #sexyboys #shirtlessboys  |    | <a href="https://www.instagram.com/p/CSIOYlyNdA9">https://www.instagram.com/p/CSIOYlyNdA9</a> |  |  |  |
| instagram | es | Tantos suplementos y vos todavía no probaste ninguno? ¿Qué estás esperando? ☑️↑ Podés conseguirlos en www.freyafitness.com.ar 🏋️♂️ O en nuestro local Sarandi 421 -Merlo.FREYA⚡ FITNESS...#fitness #suplementosdeportivos #suplementos #crossfit #crossfitargentina #funcionaltraining #fitnessmotivation   |    | <a href="https://www.instagram.com/p/CSIOYRmrtVI">https://www.instagram.com/p/CSIOYRmrtVI</a> |  |  |  |
| instagram | pt | ✓ SINEDROL 🔥 REDUZ O APETITE 🔥 QUEIMA GORDURA RAPIDAMENTE 🔥 ACELERA O METABOLISMO 🔥 REGULA O INTESTINO 🔥 CONTROLA A ANSIEDADE 🔥 AUMENTA A ENERGIA E DISPOSIÇÃO 🔥 DESTRÓI GORDURA LOCALIZADA 🔥 ACABA COM A RETENÇÃO DE LÍQUIDO 🔥 CONTROLA O COLESTEROL 🔥 AUMENTA A IMUNIDADE Agora com DESCONTO e FRETE GRÁTIS! clicando no link na descrição da Bio ou chama no direct ☎️ #sinedrolfunciona #sinedrolpreço #sinedrolsiteoficial #sinedrolfuncionamuito #academia #academiaemcasa #barriganegativaemcasa #barrigachapada #fitness #academiaemcasa #academia #sinedrolemagrecedor |    | <a href="https://www.instagram.com/p/CSIOYlrbQN">https://www.instagram.com/p/CSIOYlrbQN</a>   |  |  |  |
| instagram | en | Have you tried this series before! It focuses on lower back mobility and overhead strength ! It's important to move your body in all directions !! ♂ ♀ #sydney #physio #reformerpilates #physicaltherapy #pilates #health #fitness #wellness #wellbeing #reformer #motivation #fitnessmotivation #fitspo #sydney #northryde #freshwater #waverton #greenwich #northernbeaches #northsydney  |    | <a href="https://www.instagram.com/p/CSIOYrjBzVG">https://www.instagram.com/p/CSIOYrjBzVG</a> |  |  |  |
| instagram |    |   |    | <a href="https://www.instagram.com/p/CSHelu_BDwE">https://www.instagram.com/p/CSHelu_BDwE</a> |  |  |  |
| instagram |    | Quietness isn't my weakness ☺.....#marveluniverse #marveluniverse #marvelstudios #likeforlikes #likeforlikes #like4likes #likeforfollow #likes #gainwithmchina #gainwithbundi #gaintrick #gaintrain #gainwithspikes #gainwithmaaraw #gainwithxtiandela #gainfollowers #gainparty #gainpost #fitness #fitnessmotivation #fitnessjourney #fitfam #instagram #instagood #picoftheday #india #india #mallu #mallugram #kerala #indian   | IN | <a href="https://www.instagram.com/p/CSHguCrFxeo">https://www.instagram.com/p/CSHguCrFxeo</a> |  |  |  |

|           |    |   |    |   |  |  |  |
|-----------|----|---|----|---|--|--|--|
| instagram | az | 270 Azn(matras daxil)fabrik malidir yazılın qiymətdə verilir.Onlayn satış mövcuddur.Sifariş verə bilərsiniz.Rasmi iş yeriniz olmasa belə 6 aydan 18 aya qədər kredit alda edə bilərsiniz.Sadəcə tək şəxsiyyət vəsiqəsi.1 il zəmanətBakı metro ətrafi əraziyə qətdırılma pulsuzdur.Quraşdırılma pulsuzdur. #aztagram #aztagrambaku #aztagrampeople #aztagrambakupeople #aztagramazerbaijan #aztagramsöz #xeşteq #aztagramfilms #rossiya #azerbaydjan AZ #like #саранск #мордовия #европа #like4likes #likeforfollow #like #liketime #likeforlikes #followforfollowback #follow #followers #follow4followback #azerbaycanAZ #gandja #baku #fitness #fitnessmotivation #fitnessgirl #бакуазербайджан |    | <a href="https://www.instagram.com/p/CSHhj-rsiOf">https://www.instagram.com/p/CSHhj-rsiOf</a> |  |  |  |
| instagram | pt | A vida tem que ser assim as vezes estamos rodeados de pessoas aos montes mas poucas terá acesso a sua vida pois nem todos e para o seu convívio dia a dia.  |    | <a href="https://www.instagram.com/p/CSHiXMisiJ3">https://www.instagram.com/p/CSHiXMisiJ3</a> |  |  |  |
| instagram | en | NEW IN! 😊Passionfruit & Shea Hand Treatment...You could literally lick it off your hands it smells soooooo good 🍋Defo an all time fave! 💯   |    | <a href="https://www.instagram.com/p/CSHiXYkpUn">https://www.instagram.com/p/CSHiXYkpUn</a>   |  |  |  |
| instagram | en | Don't try this at home! Fit Founders Episode 3: Mark & Tom learn how to mountain bike with @baseykacso. How'd they do? Interested in living your fit with these two? Submit your fit ideas via DM for a chance to be featured in an upcoming episode!   |    | <a href="https://www.instagram.com/p/CSHiReeAwsI">https://www.instagram.com/p/CSHiReeAwsI</a> |  |  |  |
| instagram | en | We have a unique opportunity to take life on based off of the life we want. Settling for subpar standards just wasn't working for me. Living life with purpose on purpose just hits a little different. Something as simple as raising your standards and expectations of not only yourself but the people you keep close can drastically change your life.<br>#AllGasNoBrake#Turbo....#fitness##goals#healthy#lifestyle#levelup#mindsetchange#enovate#tatted   | US | <a href="https://www.instagram.com/p/CSHibJMnnlg">https://www.instagram.com/p/CSHibJMnnlg</a> |  |  |  |
| instagram | en | Every goal you accomplish is another opportunity to take another step on your ascent to greatness.  |    | <a href="https://www.instagram.com/p/CSHibJ7jYoG">https://www.instagram.com/p/CSHibJ7jYoG</a> |  |  |  |
| instagram | en | المقارنة هي أول أسلوب العادة ، أنت مميز بإنجازاتك الصغيرة ، أنت مميز بلا إنجازات حتى .<br>👉👉#love#instagood#photooftheday#fashion#beautiful#happy#cute#tbt#like4like#followme#picoftheday#follow#me#selfie#summer#art#instadaily#friends#repost#nature#girl#fun#style#smile#food#instalike#likeforlike#family#travel#fitness  |    | <a href="https://www.instagram.com/p/CSHibmnM9f3">https://www.instagram.com/p/CSHibmnM9f3</a> |  |  |  |

|           |    |   |  |   |  |  |  |
|-----------|----|---|--|---|--|--|--|
| instagram | en | Terry lost 25 pounds in 8 weeks! 💪💪That's without consistent workouts because he has a hernia. (He's scheduling to get it fixed real soon) He was still active but not nearly as much as he wanted to be... So he focused on eating really well. This is a testament to how powerful a healthy diet is! Congrats Terry!<br>Look forward to seeing you crush the next couple weeks!<br>#selflove #selfcare #self #motivation #inspiration #instagram #insta #fitnessmotivation #fitnessjourney #fitness #fitnessmodel #fitafter50 #fitafterfifty #dadbod #dadbods #mindfulness #mindful #mindfulliving #exercisemotivation #exercise #morphedmethod @morphedmethod #lifecoach #mindset #growthmindset #revivemindset @rachelsigl #revivemetabolicreset |  | <a href="https://www.instagram.com/p/CSHbt_FWcl">https://www.instagram.com/p/CSHbt_FWcl</a>   |  |  |  |
| instagram | en | On #vacation but still thinking of new ways to help my clients #achieve their #health #wellness #fitness and #athletic #aspirations! When you #love what you do you are constantly seeking to #improve #effectiveness. I love helping people! #fitpro #athleticperformancetraining #sportspecific #training #healthylifestyle #generalfitness #eiu #easternillinoisuniversity   |  | <a href="https://www.instagram.com/p/CSHicBVHrus">https://www.instagram.com/p/CSHicBVHrus</a> |  |  |  |
| instagram | de | Rezept der Woche ✅ Viel Spaß und guten Hunger ☺ #rezept #team #teamwork #zusammenhalt #mitglieder #kochen #wirsindfüreuchda #hunger #training #echtekurse #gruppenkurse ##neukurse #strong #zumba #health #rehabilitation #fitness #gesundheit #prävention #jetzt #vitalisgeorgsmarienhütte #vitalisgesundheitszentrum #georgsmarienhütte #instapic #balance #wohlbefinden #gleichgewicht #auspowern #zumba #lecker   |  | <a href="https://www.instagram.com/p/CSHib_GIGJx">https://www.instagram.com/p/CSHib_GIGJx</a> |  |  |  |
| instagram | en | Can't forget the spicy corn queso dip! #NadiVenVegan #plantbased #alkaline #vegan #vegetarian #fitness #facebook #foodporn #fitness #motivation #youtube #vlog #success #blackbusiness #blackowned #fitlife #vegan #smallbusiness #reels #impossible #beyondmeat  |  | <a href="https://www.instagram.com/p/CSHicUDr85k">https://www.instagram.com/p/CSHicUDr85k</a> |  |  |  |
| instagram | en | Gostou?? pega pra você Rs 😊😊Segue, Curti, Comenta e compartilha!.....#love #instagood #photooftheday #fashion #beautiful #like4like #picoftheday #art #happy #photography #instagram #followme #style #follow #instadaily #travel #life #cute #fitness #nature #beauty #girl #mulher #bundas #amazing #likeforlike #instalike #Selfie #smile #mulhergostosa   |  | <a href="https://www.instagram.com/p/CSHicTgBOkF">https://www.instagram.com/p/CSHicTgBOkF</a> |  |  |  |
| instagram | ru | Упражнение Румынская тяга Для красивой 🍑 и подтянутых ног !Делаем 3 подхода по 15 повторений !#fitness #trener #trenerpersonalny #fitnestrener #fitnessminsk #trenerminsk #sports #aesthetic #healthy #motivation #фитнес #фитнестренер #фитнестренерминск #спорт #спортминск   |  | <a href="https://www.instagram.com/p/CSHiKTIIUA">https://www.instagram.com/p/CSHiKTIIUA</a>   |  |  |  |
| instagram | en | ☀️ #earlymorning #sunrise #fitness #summervibes   |  | <a href="https://www.instagram.com/p/CSHicfGAp0V">https://www.instagram.com/p/CSHicfGAp0V</a> |  |  |  |

|           |    |   |    |   |  |  |  |
|-----------|----|---|----|---|--|--|--|
| instagram | pl | Kochana moja, jesteś GOTOWA ?? 🌟F E M A L E challenge startuje już jutro! Dokładnie o godz. 19:00 spotykamy się tutaj na instagramie na wspólnym treningu Booty Killer 😊 Niezależnie od tego gdzie teraz przebywasz, trochę ruchu i dobrej energii zawsze się przyda 😊 Organizuj kawałek wolnej przestrzeni, matę lub ręcznik, opaski Booty Killer i lecimy #wszystkiewjednymkierunku 😊Jeśli nie masz jeszcze opasek, możesz trenować bez !! A jeśli chcesz je nabyć to do rozpoczęcia wyzwania masz -20% na WSZYSTKIE produkty w sklepie !!! WSZYSTKIE bez wyjątku 😊Wpisz KOD: FEMALE a rabat się naliczy❤️ Pamiętaj, że promocja obowiązuje tylko do rozpoczęcia wyzwania, czyli co jutra do godz. 19:00 ❤️ KissxBella. #bootykiller #bootykillerprogram #workout #sale #salesalesale #summer #summertime #summervibes #training #motivation #motivations #sport #athlete #fitness #fit #shopping #shoppingonline | PL | <a href="https://www.instagram.com/p/CSHg-WPhr3b">https://www.instagram.com/p/CSHg-WPhr3b</a> |  |  |  |
| instagram | en | Thank you @wholefoods for supporting my love of @rxbarGreat price for Prime Members!#healthylifestyle #fitness #golfbagessential #rxbar #nobs   |    | <a href="https://www.instagram.com/p/CSHicrxFWxE">https://www.instagram.com/p/CSHicrxFWxE</a> |  |  |  |
| instagram | en | Day 1 on exanteI have had a chocolate orange crunch bar and a golden syrup porridge, healthy meal tonight,Not going to lie it's going to be tough I am child free till Thursday and I've got to stay away from the wine, takeaways and the fridge 🍫🏃‍♀️#1dayatatime #exante #caloriecounting #calories #countingcalories #countingcals #caloriecountinguk #caloriedeficitdiet #caloriesplus #caloriedeficit #caloriecountingjourney #caloriecountingjourneyuk #caloriesiniscaloriesout #caloriesmatter #calorie #weightloss #weightlossjourney #weightlossjourneyuk #fitness #health #motivation #inchloss #losingweight #healthyfood #keepsitsimple #consistencyiskey  |    | <a href="https://www.instagram.com/p/CSHic30IFIX">https://www.instagram.com/p/CSHic30IFIX</a> |  |  |  |
| instagram | en | Go for all or nothing...Dream big or go home.#motivation #hunger #delhi #fitness  |    | <a href="https://www.instagram.com/p/CSHidwaFWC5">https://www.instagram.com/p/CSHidwaFWC5</a> |  |  |  |
| instagram | en | #beauty #loveyourself #yourself #success #likeforlikes #positivevibes #selflove #girl #fun #goals #motivationalquotes #music #instalike #mindset #model #fitness #travel #likes #quoteoftheday #followforfollowback #insta #inspirationalquotes #positivity #quote #friends #poetry #thoughts #family #peace  |    | <a href="https://www.instagram.com/p/CSGvh15IS7j">https://www.instagram.com/p/CSGvh15IS7j</a> |  |  |  |
| instagram |    | Meglio un sano e moderato egocentrismo di un eccessivo e _Tessivo altruismo _ ***#ferie #mare #sea #relax #pugliese #bibione #yallersveneto #goodvibes #goodmorning #man #boy #likeforlikes #sole #mare #liker #fitness #summer #2021 #estate #socialtime #photography #tourist #fun #leggerezza #likesforlike #followforfollowback #instalike  |    | <a href="https://www.instagram.com/p/CSGx-E9tHTY">https://www.instagram.com/p/CSGx-E9tHTY</a> |  |  |  |
| instagram | en | Duo Day 2 Squat challenge 🤸‍♂️  |    | <a href="https://www.instagram.com/p/CSG41W6qalA">https://www.instagram.com/p/CSG41W6qalA</a> |  |  |  |

|           |    |   |  |   |  |  |  |
|-----------|----|---|--|---|--|--|--|
| instagram | en | Coming soon***✿ #amazing #style #100likes #nofilter<br>#bestoftheday #50likes #instacool #instafollow #swag<br>#followforfollow #ig_today #fitness #faf #l4l #beauty #pretty<br>#music #toptags #tagstagramers #beach #sweet #lol #photo<br>#cool #nice #party #night #girls #sunset  |  | <a href="https://www.instagram.com/p/CSG5NMRI1Lu">https://www.instagram.com/p/CSG5NMRI1Lu</a> |  |  |  |
| instagram | en | #newpost✿ #instagram #motivationalquotes #stayhome<br>#instapic #photography .....#fitness #lookdodia #love<br>#picoftheday #vegan #yummy #beautiful #brasil #beauty<br>#homedecor  |  | <a href="https://www.instagram.com/p/CSG5OKgsgA1">https://www.instagram.com/p/CSG5OKgsgA1</a> |  |  |  |
| instagram | en | ✿ Did you know that a Woman's Beauty is in her EYES and BODY ✿<br>and the Rest See my Profile link in the Bio,<br>follow me because I have much more to show you@ Fltness23<br>Follow → Follow → Follow → Follow →<br>Follow → @Fltness23 Follow → Reposted from @fltness23--<br>#geld#dinheiro#money#culturafitness94#princessfitness01#fltness23#fitness#homeschooltoday7@homeschooltoday7-My new suit .Model   |  | <a href="https://www.instagram.com/p/CSG5OQFMPM-">https://www.instagram.com/p/CSG5OQFMPM-</a> |  |  |  |
| instagram | en | After a week of cutting back my cals down to 1400 and I can already feel and notice a difference. 7 weeks until my holiday.....Feel starving all the time just now. But that's because my snacking was getting out of control.I know the longer I do the less cals the easier it will get#getfit2021 #mumof2 #getinshape #mfp #flatstomach #icandothis #caloriecount #exercise #calories #beginner #weightloss #mindset #fitness #fitnessmotivation #forme #support #fitbit #steps #motivation #mumma #losebabbelly #walking #getinshape #getmoving   |  | <a href="https://www.instagram.com/p/CSG5OUQoWPe">https://www.instagram.com/p/CSG5OUQoWPe</a> |  |  |  |
| instagram | en | ✿#love #fashion #instagood #style #photooftheday #beautiful #fitness #picoftheday #follow #beauty #like4like #art #ootd #model #cute #followme #repost #instadaily #happy #instagram #makeup #girl #amazing #photography #lifestyle   |  | <a href="https://www.instagram.com/p/CSG5ObfNOUM">https://www.instagram.com/p/CSG5ObfNOUM</a> |  |  |  |
| instagram | en | BMW LUXURY<br>CAR-----Rate it down<br>below 1-10 Tag someone below!***Do you want more content like this? Follow Now!<br>-----Follow us: @velocecarz Follow us: @velocecarz<br>-----⚠ This photo/video is for entertainment purposes only. If the owner would like the photo/video to be taken down or if the credit was not given please message us.<br>-----#cakedecorating<br>#bmw #bmwm4 #bmwm #memes #homedecor #rich #instagood #giveaway #mosman #dj #ahegao #dji #money #fastcar #blueface #blue #bluebmw #hotel #hot #soe #sex #gucci #actsofkindness #reels #cnc #fm #cmpunk #dmax #fitness |  | <a href="https://www.instagram.com/p/CSG5OiOBixB">https://www.instagram.com/p/CSG5OiOBixB</a> |  |  |  |

|           |    |   |  |   |  |  |  |
|-----------|----|---|--|---|--|--|--|
| instagram | de | <p>Das perfekte #mealprep #rezept Diesen Salat bereite ich meinem Freund und mir ganz oft für mehrere Tage zum Mitnehmen in die Arbeit vor. Eine super Mischung aus süß und salzig - yammii. Ihr braucht dazu: 200g Tomaten, 66g Feta, 160g weiße Rießenbohnen, 1EL Olivenöl, 1EL Agavendicksaft, 2EL Balsamico hell, Salz/Pfeffer/Chilliflocken/Salbei. Die Zubereitung ist quasi selbsterklärend... Tomaten &amp; Feta kleinschneiden und zusammen mit den Bohnen in eine Schüssel geben. Die Zutaten für das Dressing einfach direkt auf den Salat geben, Deckel drauf und gut schütteln. Einpacken und zur Mittagspause genießen.</p> <p>Nährstoff-Verteilung: (Insg. 523kcal) 38g KH, 23g Protein, 27g Fett</p> <p>#gesundessen #ernährungsberatung #ernährung #balance #lecker #fitness #pregnantbelly #healthy #healthyfood #abnehmen #abnehmen2021 #instafood #foodporn #foodblogger #foodbloggergermany #eatclean #eathealthy #fitfam #shape #getinshape</p>   |  | <a href="https://www.instagram.com/p/CSG5O93jsEA">https://www.instagram.com/p/CSG5O93jsEA</a> |  |  |  |
| instagram |    | <p>♥ @adishwar1 .....#trending #trend #modelface #ootd #foryou #ootdfashion #ollywood #chandigarh #fitness #keepgoing #fyp #share #instadaily</p>   |  | <a href="https://www.instagram.com/p/CSG5PYEnEVO">https://www.instagram.com/p/CSG5PYEnEVO</a> |  |  |  |
| instagram | en | <p>Definitely a big debate when it comes to exercise and sports performance is the topic of fasted versus fuelled exercise. Let's just state upfront that BOTH are beneficial. Neither should be neglected and the reasons are obvious. Fuelling a session will absolutely support way better pace and power numbers. It translates into faster training adaptations and of course it trains the gut to tolerate carbohydrate intake which is needed for competition. It also aids recovery. Fuelling during a session helps reduce immune system lowering which is a common side effect of continuous fasted training. When it comes to fasted training I am an advocate for reasons of improved fat oxidation and trying to get those upper zone fat burn efficiency numbers up more. It does however come with its pitfalls in that daily calorie intake is vitally important. Often fasted training lands up with excessive calorie deficits in endurance athletes and or garbage eating post exercise. Protein intakes will need to be elevated significantly as fasted training can often lead to nitrogen depletion and a catabolic state. If you want to be the best athlete you can then work both the fuelled and fasted languages with the body to reap the benefits of both worlds. Cycle the fasted or fuelled days around session needs ie: aerobic / recovery days versus high intensity or long hard sessions. Give the body what it needs when it needs it and train for the optimization of the energy system.</p> <p>#healthliving #healthylifestyle #nutrition #fastedcardio #fuelyourbody #nutritionboss #weightloss #fatloss #musclegains #performancegains #sportsnutrition #health #fitness #menshealth #womenshealth #mensfitness #womensfitness #longevity #protein #nutriantdense #fitforbreak #22G;</p> |  | <a href="https://www.instagram.com/p/CSG5PciKs4Z">https://www.instagram.com/p/CSG5PciKs4Z</a> |  |  |  |

|           |    |   |  |   |  |  |  |
|-----------|----|---|--|---|--|--|--|
| instagram | en | Follow for more@shoutout__hot_girls_In frame : @liyana.ll.....#shoutout #girl #instagram #follow #followforfollo wback #instagood #photooftheday #girl #cute #trending #hot #b eautiful #india #bangladesh #tiktokbangladesh #pretty #fitness # brown #fit #desibeauty #desi #eyes #black #eyes #hair #bdportraitstar #diva #skin #boobs #topless   |  | <a href="https://www.instagram.com/p/CSG5QCpBSRX">https://www.instagram.com/p/CSG5QCpBSRX</a> |  |  |  |
| instagram | de | Dass ich mein Powerfood mit Johannes schon seit er 8 Monate alt ist Teilen muss ist ja das eine - aber das Samuel mir das jetzt auch noch weg schnappen will?? Bald kann er auch zusätzlich etwas von Mamas Powerfood schlürfen . Ich freue mich ja über all die Nährstoffe für uns als Familie und dass ich so easy eine gesunde Lebensweise in unserem Alltag integrieren kann 🍔 also beschwere ich mich mal nicht und mach mir demnächst einfach eine größere Portion @..#powerfood #baby #newborn #mama #mamaleben #mamablogger #mamaliebe #mamasein #mamaalltag #leben #ebenmitkindern #jungsmama #greifen #gesundheit #healthyfood #gesundesessen #nährstoffe #gesundfürkinder #stillen #stillmama #fitmom #fitness #motivtion #teilen #lecker #yummy #shake #weightloss #gewichtsverlust |  | <a href="https://www.instagram.com/p/CSG5QFLs6uO">https://www.instagram.com/p/CSG5QFLs6uO</a> |  |  |  |
| instagram | en | #lycan #lycanlyfestyle #lycanthrope #wolf#wolfpack#wolflove#fitness#fitnessmotivation#fitnessjour ney#weightloss#weightlossmotivation#weightlossjourney#weigh tlosstransformation#strengthtraining#strength#gainz#gains#wor kout#workoutmotivation#comeatmebro#doyouevenlift#lightwei ght#bench#squat#deadlift#overheadpress#powerlifting#bodybu ilder#powerbuilder   |  | <a href="https://www.instagram.com/p/CSG5L4Kj6pw">https://www.instagram.com/p/CSG5L4Kj6pw</a> |  |  |  |
| instagram | en | Let's congratulate our Leading lady Mrs. Divya Angeline Rego for achieving Winfinithist in 10 days without moving out of the home. This is the power of our business. 🙌🙌This is beginning only, the actual success is knocking at the door. Let's target big and achieve more. Many many congratulations to you..👏👏 🙏🙏#winfinith_marketing_pvt_ltd #winfinithofficial #winfinithbusiness #healthcare#Health#Wellness#DirectSelling#BusinessPlan#Market ing#MLM#BestMLM#networkmarketing#BestNetworkMarketi nginIndia#WinfinithIndia#Ayurvedic#WomensEmpowerment#Fit ness#Diet#HealthyFood#WomenHealth#MarketingStrategy#Best MarketingPlan#KidsHealth#JointPain#MedicalBusiness#Ayurved a#Detox#Rejuvenation#DetoxandRejuvenate#Healthiswealth  |  | <a href="https://www.instagram.com/p/CSG5RKSF6Mj">https://www.instagram.com/p/CSG5RKSF6Mj</a> |  |  |  |

|           |    |  |  |   |  |  |  |
|-----------|----|--|--|---|--|--|--|
| instagram | en | We launched our Tiny Ten Nutrition Plan this time 2 years ago, so of course we had to give you Fans Of Plans a 33% off code as part of our 3rd Website Birthday celebrations ✨ The Tiny Ten Nutrition Plan is a signature plan, custom-designed to support people seeking to create a healthy, honed body. The only rule of the Tiny Ten Plan is that you eat ten times a day, ensuring that you are not hungry and leaving you feeling satisfied physically and mentally and ready to take on your personal challenges. Interested? Make sure to head over to our website to find out more and use code TINYTEN33 at the checkout to redeem this offer before it runs out. Offer ends 10/08/21#Nutrition #NutritionPlan #NutritionOffer #PlanOffer #OfferCode #PromotionCode #MoneyOff #Nutritionist #Tailormade #Health #Coaching #Healthy #Wellbeing #Fitness #Diet #Food #Snacks #Hungry #Meals #MealPlan #FoodPlan #PersonalisedPlan #Planning #MealPrep #Discount #DiscountCode #SmallBusiness #Cornwall |  | <a href="https://www.instagram.com/p/CSG5ROrLED1">https://www.instagram.com/p/CSG5ROrLED1</a> |  |  |  |
| instagram | en | 3 months of team sports challenges at Appstud, what does it look like? 🏀Yuyia Yatsko BY and Nathanaëlle Lestand FR, Human Resources Generalist at Appstud answer our questions about the effect of the Re/Sources sports programme on our teams. And you, do you carry out challenges within your company/agency? Tell us in comments!....#toulouse #minsk #montreal #bienetreavtrauvail #stratup #sportenéquipe #fitness #objectifsportif #challengesportif #confianceensoi #sport #mental #nutrition #programmedigital #objectifcollectif #cohesiondequipe #methodoresources #topdepart #cencem #ninas #hungrieshippos   |  | <a href="https://www.instagram.com/p/CSG5LiiDQzL">https://www.instagram.com/p/CSG5LiiDQzL</a> |  |  |  |
| instagram | en | I claimed him ✅ #fifamobile21 #fifa #fitness #fifamobilesquad #fifa21 #wedding #explore #easportsfifamobile #reels #repost #tbt #travel #galatasaray #muslera #turkey #süperlig #instagood #instamood #instagram #istanbul #picoftheday #photography #photo #art #style #drawing #happy #beautiful #love   |  | <a href="https://www.instagram.com/p/CSG5RY_I2p2">https://www.instagram.com/p/CSG5RY_I2p2</a> |  |  |  |
| instagram | pt | ✿✿✿ Viva no Espírito ✿✿✿ compartilhe✿✿✿ Salve Pra ver mais tarde✿...#crista #motivacional #paz #espiritual #deus #motivação #amor #jesus #motivacao #love #espiritualidade #brasil #lookdodia #sucesso #vida #fitness #evangelica #empreendedorismo #natureza #fé #determinação #gratidão  |  | <a href="https://www.instagram.com/p/CSG5Rh0LSL7">https://www.instagram.com/p/CSG5Rh0LSL7</a> |  |  |  |
| instagram | en | Bodyparade presents @nina.little.traveler#bodypositivity #body #beauty #bikini #bikinimodel #beauty #beachwear #teenmodel #swimwearforsale #healthybody #bikinis #fitness #model #bathingsuit #beauty #fashion #summer #swimwear   |  | <a href="https://www.instagram.com/p/CSG5SIKtUW3">https://www.instagram.com/p/CSG5SIKtUW3</a> |  |  |  |

|           |    |   |  |   |  |  |  |
|-----------|----|---|--|---|--|--|--|
| instagram | en | <p>Dear athletes everyone has received an email! Yesterday we received the news from the government regarding the events. The government has decided that one-day events may only take place if they are outdoors in the open air with a maximum of 750 people. We cannot meet these requirements and so this means that we go for Plan B. This means that all final athletes do the competition in their own box. If this is not possible in your box, take a look at our highlights for a box that opens up to other athletes. The entire box can also participate. There will be a FUNofficial leaderboard that EVERYONE can join for free. You can sign up for this via the link in bio. Keep an eye on your email. If you have any questions, please email us. Join. Compete. Win#season4 #tagjebuddy #areyouready #event2 #thenationalseu #thenationals #workout #training #competition #fitness #gorillagrip #nocobenelux #upspace #cibraces #leaderboard #wedontfearcompetition #motivation</p> |  | <a href="https://www.instagram.com/p/CSG5RI8Nf79">https://www.instagram.com/p/CSG5RI8Nf79</a> |  |  |  |
| instagram | es | <p>Uuuufff men esto se está poniendo bueno<br/> .....#ecuavoleymipasion#parati #ecuador #ecuavoley #tiktok #fyp #funny #quito #encasa #entrenamientoencasa #fit #fitness #instagood #instagram #love #fitnessmotivation #cuerosano #cuerpo #vida #cambio #amor #excercise #moda #motivation #ecuavoleymimundo #ecuadorec #ecuavoleyfemenino #ecuavoley #ecuavoleymipasion</p>  |  | <a href="https://www.instagram.com/p/CSGR2-Mjd_R">https://www.instagram.com/p/CSGR2-Mjd_R</a> |  |  |  |
| instagram | es | <p>Ven y participa en nuestra sesión de #baile #fitness con música folklórica, con todas las medidas de bioseguridad.#TUSUYEnFormaBolivia #HaciendoLaDiferencia #CuidaTuSalud #Salud #Bienestar #folkloreBolivia #bailefolkloricoBolivia #EjerciciosConBaileFolklorico</p>  |  | <a href="https://www.instagram.com/p/CSGR8UflPXX">https://www.instagram.com/p/CSGR8UflPXX</a> |  |  |  |
| instagram | en | <p>"My self-worth is not linked to your cruel words and actions. My self-esteem is not affected by your deliberate attempts to destroy my character. You have no power over me. You will not silence me." _ Marina Cohen#quote #quotes #love #quoteoftheday #motivation #life #inspiration #success # inspirationalquotes #instagood #quotestoliveby #entrepreneur # motivationalquotes #art #poetry #photography # photoofday #lifequotes #business #inspire #fitness #happy #quotestagram #lifestyle #depression #poem #travel #truth #lovequotes #anxiety</p>  |  | <a href="https://www.instagram.com/p/CSGR8YpBxG9">https://www.instagram.com/p/CSGR8YpBxG9</a> |  |  |  |
| instagram | es | <p>Cui cui Saludos #cuyosmexico #cuyos #cuyosidades #cuyosdelmundo #cobayasespaa #cobayaschile #cobayas #cobayaslover #cobayasgram #guineapiglife #guineapiglover #guineapigs #guineapigsofinstagram #guineedad #petlovers #photos #photography #photography #cute #cuteanimals #cutepets #foto #fotografia #fotolove #fitness #fitnessmodel #fitnessgirl #mexicomx #madrid #paris #healthylifestyle</p>  |  | <a href="https://www.instagram.com/p/CSGR8U_Aed3">https://www.instagram.com/p/CSGR8U_Aed3</a> |  |  |  |

|           |    |  |  |   |  |  |  |
|-----------|----|--|--|---|--|--|--|
| instagram | es | <p><input checked="" type="checkbox"/> Artículo exclusivo diseñado para ti. ....consulta disponibilidad. .... IMPORTADO Colección 2021 -----</p> <p>--Nuestros asesores te brindan información Chat Instagram o WhatsApp 3506421025 Pago Bancolombia daviplata efecty baloto neki----- No esperes más lleva el tuyo antes de que se agoten El uso adecuado del producto prolonga su duración gracias por confiar en nuestra compañía COMPAÑIA DE VENTAS EN LINEA COMPROMETIDA...#compras #colombianos #feliz #fashion #ropa #amor #belleza #mujer #cabello #vida #compra #caballero #fitness #glamur #modelos #moda #caballistas #lindas #fiestas #reunión #personalidad #bonitas</p>  |  | <a href="https://www.instagram.com/p/CSGR8Y1N8L7">https://www.instagram.com/p/CSGR8Y1N8L7</a> |  |  |  |
| instagram | en | <p>Ginger &amp; Blood Orange Infused Extra Virgin Olive OilWe have tried and shared this Saje 100% Organic Ginger &amp; Blood Orange Infused Extra Virgin Olive Oil on just fresh crusty French, or Italian or Sourdough bread. Delish! You can serve this as an easy, enjoyable appetizer while your guests watch you whip through the rest of the meal.We use this on everything that we roast as it pairs so well with each and every Saje Spice Blend. Remember that our blends are crafted with dried organic herbs and spices, so we use this oil to help rehydrate so that the freshness of the leaves and other ingredients can burst into life. Then we roast.Some of our favorite customers have returned to tell us how amazing this alone is with pasta. Of course we use it in our salads and with rice.Try it with scrambled eggs or a vegetable frittata which is what I highly recommend for the week – so easy and so nutritious!Get yours:<br/> <a href="https://bit.ly/3Iq3RaU">https://bit.ly/3Iq3RaU</a>Call Us: 1-866-591-3438 (DIET)whatsapp: +1 (804) 267-0379Direct <a href="https://bit.ly/2qK7q1V">https://bit.ly/2qK7q1V</a>#EatHealthy #Fitness #HealthyFood #HealthyLiving #Diet #Spices #Nutritiontips #PrecisePortions #health #nutrition #eatwell #healthychoices #nutriologist #PrecisePortionsKids #losingweight #portioncontrol #calories #weight #weightmanagement #eatinghabits #Organic #SaltFree</p> |  | <a href="https://www.instagram.com/p/CSGR9R6Mkkz">https://www.instagram.com/p/CSGR9R6Mkkz</a> |  |  |  |
| instagram | en | Mw with my morning heathdrink #fitnessmotivation #fitness #herbalife #herbalifenutrition #myself   |  | <a href="https://www.instagram.com/p/CSGR-r3JpIN">https://www.instagram.com/p/CSGR-r3JpIN</a> |  |  |  |
| instagram | en | OKC Thunder Star G Shai Gigeous-Alexander has agreed to a 5 year max extension to remain with the Thunder! (via @wojespn)  |  | <a href="https://www.instagram.com/p/CSGR_FLM0OM">https://www.instagram.com/p/CSGR_FLM0OM</a> |  |  |  |



|         |    |   |    |   |  |  |  |
|---------|----|---|----|---|--|--|--|
| youtube |    | Tmpo kmm krya krr ena ne roti ne deni tno   |    | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugyd9E3_rTvg_YdwBsR4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugyd9E3_rTvg_YdwBsR4AaABAg</a>   |  |  |  |
| youtube | en | Marrior nhi mirror  |    | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgxTQbcJrQtMKO_39a54AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgxTQbcJrQtMKO_39a54AaABAg</a>   |  |  |  |
| youtube | en | Bai backrownd song da ki nme a  |    | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgwrXCvP7YXGjGOKZht4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgwrXCvP7YXGjGOKZht4AaABAg</a>   |  |  |  |
| youtube |    | Mirror ya maarioor 😂  |    | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugz1RXarlIziVbk6YlF4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugz1RXarlIziVbk6YlF4AaABAg</a>   |  |  |  |
| youtube |    | Redydd 😂😂   |    | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgwsbCyb8JOodqXf5Td4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgwsbCyb8JOodqXf5Td4AaABAg</a>   |  |  |  |
| youtube |    | yr yr yr kida yr bai yr ki haal a yr  |    | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgzZXuCtn9VFAlgp4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgzZXuCtn9VFAlgp4AaABAg</a>         |  |  |  |
| youtube |    | 8or5ivum.fyi  |    | <a href="https://www.youtube.com/watch?v=Rq2Qolh8K1Q&amp;lc=Ugym63jtOq5mYoJ00_J4AaABAg">https://www.youtube.com/watch?v=Rq2Qolh8K1Q&amp;lc=Ugym63jtOq5mYoJ00_J4AaABAg</a>   |  |  |  |
| youtube | en | Great video!, want to be youtube friends?   |    | <a href="https://www.youtube.com/watch?v=Rq2Qolh8K1Q&amp;lc=UgyrQ-ryCmbgDUknK554AaABAg">https://www.youtube.com/watch?v=Rq2Qolh8K1Q&amp;lc=UgyrQ-ryCmbgDUknK554AaABAg</a>   |  |  |  |
| youtube |    | Nickel  |    | <a href="https://www.youtube.com/watch?v=Rq2Qolh8K1Q&amp;lc=UgzvHywxy2umn5f_B5d4AaABAg">https://www.youtube.com/watch?v=Rq2Qolh8K1Q&amp;lc=UgzvHywxy2umn5f_B5d4AaABAg</a>   |  |  |  |
| youtube | en | So, it begins.  |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgzCMHW5MpYxaLTHRv4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgzCMHW5MpYxaLTHRv4AaABAg</a>     |  |  |  |
| youtube | en | Soon trumpsters will be standing outside looking in. LOL!!!   |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgwS4ppcJCOnalSf1h54AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgwS4ppcJCOnalSf1h54AaABAg</a>   |  |  |  |
| youtube | en | I'm fully vaccinated for COVID-19. I was on a trip to Ohio, and didn't need to show my vaccine card to businesses since vaccine passports are banned in the state. But I took my vaccine card with me. I live in Florida, and the same story because vaccine passports are also banned there. |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgyFbEEMnKeDeWzYKhp4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgyFbEEMnKeDeWzYKhp4AaABAg</a>   |  |  |  |
| youtube | en | what a liar no bar asked her for a vaccinated card . oh boy fake news   |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgzCavHjBn0W3Ft3S84AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgzCavHjBn0W3Ft3S84AaABAg</a>     |  |  |  |
| youtube | en | Proof of vaccination for public places, but voter Id is racist  |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugzcr1c0L76KG_U540Z4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugzcr1c0L76KG_U540Z4AaABAg</a>   |  |  |  |
| youtube | en | Meanwhile obama can host a 400 plus birthday party, rules for thee but not for me   |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgxZbwIzkzA5pu4lFkN4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgxZbwIzkzA5pu4lFkN4AaABAg</a>   |  |  |  |
| youtube | en | 4th Amendment violation   |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgyL7kOavMPqoNJ_MzZ4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgyL7kOavMPqoNJ_MzZ4AaABAg</a>   |  |  |  |
| youtube | en | Ring around the roseys, pocket full of poses, ashes, ashes, we all fall down  |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgxZNpCasEV2sn3sEmp4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgxZNpCasEV2sn3sEmp4AaABAg</a>   |  |  |  |
| youtube | en | Watching blondie gleefully reporting modern-day segregation is sickening NBC News.  |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugx5CNfcldUtyyzKZsiB4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugx5CNfcldUtyyzKZsiB4AaABAg</a> |  |  |  |
| youtube | en | HERE COME the protest!!!! I will cheer them on!!!!!!!!!!!!!!  |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgwagDhN9z57GWzVB54AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgwagDhN9z57GWzVB54AaABAg</a>     |  |  |  |
| youtube | en | Wow this is crazy.  |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgzNVsLDWIGEKNjAnjd4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgzNVsLDWIGEKNjAnjd4AaABAg</a>   |  |  |  |
| youtube | en | The queen vladz trolling clown show continues to entertain Americans Working overtime for that extra ration of borscht and turnip soup Lmaoooooo Trolls are funny little komrades 😂📖🤣😊  |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugx22BT-Cs4C1CUZ8gp4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugx22BT-Cs4C1CUZ8gp4AaABAg</a>   |  |  |  |
| youtube | en | How about proof of citizenship when ridding the train.  |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugwz9_2dXp1EfLxK5SV4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugwz9_2dXp1EfLxK5SV4AaABAg</a>   |  |  |  |
| youtube | en | I knew this was commingls already on the other side of the planetWas only a matter of timeWow.....He sa d...If oy want ti participate in society, you got to get vaccinatedls this really happening   | US | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugzs_eAEaxFc7DX7WD54AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugzs_eAEaxFc7DX7WD54AaABAg</a>   |  |  |  |

|         |    |   |    |   |  |  |  |
|---------|----|---|----|---|--|--|--|
| youtube | en | I appreciate you, wannt be youtube friends?   |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgzKznzbPls55Uqf_QZ4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgzKznzbPls55Uqf_QZ4AaABAg</a> |  |  |  |
| youtube | en | Lets see how this gonna work in the ghettos of nycWowUnbelievable   | US | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgxAYB6LyhTox_GdIfb4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgxAYB6LyhTox_GdIfb4AaABAg</a> |  |  |  |
| youtube | en | What happened to my body my choice! Gotta love the hypocrisy of the left  |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgyuFeXiCy9DHATgYF4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgyuFeXiCy9DHATgYF4AaABAg</a>   |  |  |  |
| youtube | en | Roll up your sleeves, anti-vaxers!! The party is almost over for you. BWWWWWWAAAAAHAAAAAHAAAAHAAAAH!!!!   |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugwg1A_nQHivU0AaOtF4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugwg1A_nQHivU0AaOtF4AaABAg</a> |  |  |  |
| youtube | en | Put ALL of them super spreaders together and there won't be enough Greek alphabet to name the new variants.   |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgyRzorT7-GSLLyeA7d4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgyRzorT7-GSLLyeA7d4AaABAg</a> |  |  |  |
| youtube | en | Lol who wants to go inside a restaurant *that* badly  |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgxoTFmY6LER935FV0F4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgxoTFmY6LER935FV0F4AaABAg</a> |  |  |  |
| youtube | en | Oooook. Question my credentials ask me about my vaccine status please I can't wait  |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugw4EXAE8flZ0lWce9R4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugw4EXAE8flZ0lWce9R4AaABAg</a> |  |  |  |
| youtube | en | "NYC to require proof of vaccination for indoor dining, fitness, performances" thereby motivating us, the people of America, to redouble our efforts to rapidly find out at any given moment, including even while On-Line, who among us are unwittingly contagious (i.e. pre-symptomatic or asymptomatic) in order to #ConvinceItForward for them to call their doctor and to self-quarantine per CDC guidelines in hopes of stopping this pandemic instead of having more #MourningInAmerica. Thus, we're hoping for the best while preparing for the worse-case scenario of the Alpha lineage mutations and others like the Gamma, Beta, Epsilon, Iota, Lambda & Delta lineage mutations combining to form hybrids that render current COVID vaccines no longer effective. |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgzSO-JM7lio9a7ekNp4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgzSO-JM7lio9a7ekNp4AaABAg</a> |  |  |  |
| youtube | en | I remember when smoking was banned inside restaurants, and there was a lot of whining about how "Restaurants will lose business if people aren't allowed to smoke" when in reality: Business went up. The smokers failed to realize the majority of the population didn't go to restaurants in the first place because of them. This is exactly what I predict will happen now that unvaccinated people aren't allowed indoors. Those who have been putting off going to restaurants because of those selfish morons will now be able to go knowing that everyone is protected inside.  |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgzGQhkSjZTvr4bZDN4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgzGQhkSjZTvr4bZDN4AaABAg</a>   |  |  |  |
| youtube | en | Wow!!! That is total control and abuse of power by the government. Losing your rights in the so call free country. I will do no activities and restaurants will go under. My choice to get vaxed, not yours.  |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgyZU0fO_S3sa5KYwc54AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgyZU0fO_S3sa5KYwc54AaABAg</a> |  |  |  |
| youtube | en | Deblasio and Cuomo are enemies of freedom and enemies of the people!  |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgxEla0BjhNoHo7X9N54AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgxEla0BjhNoHo7X9N54AaABAg</a> |  |  |  |
| youtube | en | Foolishness at it's best,I will be staying home then  |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugw3RoUj2gt8Q3dGnKN4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugw3RoUj2gt8Q3dGnKN4AaABAg</a> |  |  |  |
| youtube | en | Kick the selfish out, why should those who have had the vaccine be put at more risk by the reckless and ignorant. This should be for the rest of the Country as well.   |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgxuRqvAilGAQbxgdzV4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgxuRqvAilGAQbxgdzV4AaABAg</a> |  |  |  |
| youtube | en | As a non religious person I never thought I would see this day and in fact I didn't believe it would happen ...   |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugz_gdoc5A6b_MMkEEF4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugz_gdoc5A6b_MMkEEF4AaABAg</a> |  |  |  |

|         |    |   |  |   |  |  |  |
|---------|----|---|--|---|--|--|--|
| youtube | en | Like there aren't enough reasons to give for people to leave NY.<br>Lol.  |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgzaXNFCng-M55K6vw94AaABA">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgzaXNFCng-M55K6vw94AaABA</a>   |  |  |  |
| youtube | en | Fewer and fewer people going out to these places and they will see the impact   |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugz_66wq6OmIJGYiDUN4AaABA">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugz_66wq6OmIJGYiDUN4AaABA</a>   |  |  |  |
| youtube | en | This is great. 500 bars in San Francisco are requiring proof of vaccination. Why? Because their vaccinated employees were getting sick from unvaccinated customers. It was causing staffing problems. Plus they really don't want to be shut down again. It's just business. No shirts, no shoes, no vax, no service. |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgxO_MVGK-yc08VY4yd4AaABA">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgxO_MVGK-yc08VY4yd4AaABA</a>   |  |  |  |
| youtube | en | Good, maybe this will get the rest of the people vaccinated... Wearing masks sucks especially since we should be well past mask wearing and we are NOT because of these slow people... Get it already !   |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgzcZYIJDxZGEocZhU_14AaABA">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgzcZYIJDxZGEocZhU_14AaABA</a> |  |  |  |
| youtube | en | I met a wonderful pharmacist whilst getting my vaccine .. it was friendship (love) at first "jab" .. need I say more?   |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgzQaBzsNLdAaBy5eqt4AaABA">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgzQaBzsNLdAaBy5eqt4AaABA</a>   |  |  |  |
| youtube | en | ⌘ I'll pass on participation <sup>100</sup>   |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugzi6M5kkTjs_vm91Vp4AaABA">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugzi6M5kkTjs_vm91Vp4AaABA</a>   |  |  |  |
| youtube | en | I'm not going where I'm not wanted.   |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgymFDPEuAPQDfe7lt94AaABA">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgymFDPEuAPQDfe7lt94AaABA</a>   |  |  |  |
| youtube | en | Load your magazines   |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugzs6GwN03ha4eopSd4AaABA">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugzs6GwN03ha4eopSd4AaABA</a>     |  |  |  |
| youtube | en | People don't seem to realize that the unvaccinated in NYC are mainly NYC lifers that grew up in underprivileged neighborhoods, like myself. Skepticism is rampant in those communities. I see where this is going.  |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgxS339Ou2qpn8ffitN4AaABA">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgxS339Ou2qpn8ffitN4AaABA</a>   |  |  |  |
| youtube | en | This sound like Nazi Germany to me.   |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgzQaBzsNLdAaBy5eqt4AaABA">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgzQaBzsNLdAaBy5eqt4AaABA</a>   |  |  |  |
| youtube | en | No thank you!   |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugw0FnClyFjtRjXSICh4AaABA">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugw0FnClyFjtRjXSICh4AaABA</a>   |  |  |  |
| youtube | en | What freedom under Biden's America! 😊   |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugymfjfz8ylZgFnD114AaABA">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugymfjfz8ylZgFnD114AaABA</a>     |  |  |  |
| youtube | en | "Show me your papers!" I heard that happened in the 1930s and 1940s. It didn't work out too well.   |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugw3GZ_m74s39Qqi_p4AaABA">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugw3GZ_m74s39Qqi_p4AaABA</a>     |  |  |  |
| youtube | en | Good thing I'm antisocial   |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgyqOBICqcvausrQxa54AaABA">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgyqOBICqcvausrQxa54AaABA</a>   |  |  |  |
| youtube | en | THE MARK OF THE BEAST IS HERE....   |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgzE92FjBjeidi8hgVd4AaABA">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgzE92FjBjeidi8hgVd4AaABA</a>   |  |  |  |
| youtube |    | NAZI NEW YORK   |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgwkUZiwW0m2lgZ7mrp4AaABA">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgwkUZiwW0m2lgZ7mrp4AaABA</a>   |  |  |  |
| youtube | en | Its time to BREAK THE CITY  |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgxUHOzE64CJSjVaB3J4AaABA">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgxUHOzE64CJSjVaB3J4AaABA</a>   |  |  |  |
| youtube | en | 55 sheeple would have turned in Anne Frank.   |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgzbtzmXqHbx21UFIX54AaABA">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgzbtzmXqHbx21UFIX54AaABA</a>   |  |  |  |
| youtube | en | The non vaccinated are now second class citizens  |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgxBOk51xp3lVggdLoh4AaABA">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgxBOk51xp3lVggdLoh4AaABA</a>   |  |  |  |
| youtube | en | This is Great News, hopefully Pennsylvania will do the same thing.  |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugw_deUOdQ_bAHaNzbV4AaABA">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugw_deUOdQ_bAHaNzbV4AaABA</a>   |  |  |  |
| youtube | en | *Newborn Baby:* "This whole push seems fishy to me."  |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgxIOk3ujaavvCQ6st94AaABA">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgxIOk3ujaavvCQ6st94AaABA</a>   |  |  |  |

|         |    |   |    |   |  |  |  |
|---------|----|---|----|---|--|--|--|
| youtube | en | But our neighbour who was vaccinated passed away from covid last week. So I don't understand the sense of any of this. It's like your forcing me to inject something that is not even full proof This is frightening to a 22 y old.   |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgwG2r_Dg-ER6jhFK7t4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgwG2r_Dg-ER6jhFK7t4AaABAg</a> |  |  |  |
| youtube | en | It's not even FDA approved  |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugyx7vlzNjlyVBlzFt4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugyx7vlzNjlyVBlzFt4AaABAg</a>   |  |  |  |
| youtube | en | People have the right to not get vaccinated if they don't want it. I support that fully. With that said, as a vaccinated person myself, I'm ready for less-crowded venues and more available places to eat and hang out in NYC.   | US | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgwubXn6cFqBWV2zYod4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgwubXn6cFqBWV2zYod4AaABAg</a> |  |  |  |
| youtube | en | Oh no! This will drive your best and brightest out of the city!   |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgywKKBEZli9lYXRAUZ4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgywKKBEZli9lYXRAUZ4AaABAg</a> |  |  |  |
| youtube | en | They'll go out of business.   |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugz3Q1VtqksuZ0yjgMx4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugz3Q1VtqksuZ0yjgMx4AaABAg</a> |  |  |  |
| youtube | en | FU and your █   |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgyN8SD2ba8ssc42tlB4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgyN8SD2ba8ssc42tlB4AaABAg</a> |  |  |  |
| youtube | en | We are headed towards a very dark place. If you don't get the jab you will starve to death. You gullible sheep still don't see nothing wrong with this? You made this happen just remember that.  |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgzsqMHYbfrk0v331fZ4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgzsqMHYbfrk0v331fZ4AaABAg</a> |  |  |  |
| youtube | en | Papers please   |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgyteBF3La8TJlu2R94AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgyteBF3La8TJlu2R94AaABAg</a>   |  |  |  |
| youtube | en | I'll just get the china town bootleg card.  |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgxSDislo3K575xbWl4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgxSDislo3K575xbWl4AaABAg</a>   |  |  |  |
| youtube | en | How about no. You're the one who's scared, you stay inside.   |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgyRjzxOQzB1jUDMJ4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgyRjzxOQzB1jUDMJ4AaABAg</a>     |  |  |  |
| youtube | en | of course they chose someone who agreed with the mayor...shocker!!!   |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgrzX_n4-SmdtkmHanV4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgrzX_n4-SmdtkmHanV4AaABAg</a> |  |  |  |
| youtube | en | I never wanted to go to NY anyways..  |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgzdAUNPBBYMrAVkuR4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgzdAUNPBBYMrAVkuR4AaABAg</a>   |  |  |  |
| youtube | en | It's working in Mexico no one is complaining but Americans live to complain, bunch of Karen's   |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgwPcj3xUoW8CjINTXB4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgwPcj3xUoW8CjINTXB4AaABAg</a> |  |  |  |
| youtube | en | Hey Cap how do we know the good guys from the bad guys?   |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgxYjmh8Kpm2t3MvR4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgxYjmh8Kpm2t3MvR4AaABAg</a>     |  |  |  |
| youtube | en | What about people that can't get vaccinated due to some sort of health condition?   |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugx9v3LfctXn938h6fZ4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugx9v3LfctXn938h6fZ4AaABAg</a> |  |  |  |
| youtube | en | IMAGINE IF PANDEMIC MANAGEMENT WAS AN OLYMPIC SPORT.New Zealand finished the Covid race with 26 deaths 1 year ago.China finished the race on 14 January 2021 with 4,636 deaths.America is still struggling mid way through the race with 630,435 Covid deaths with 450 more each day. |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugym0hjU0wUTg1D5yVB4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugym0hjU0wUTg1D5yVB4AaABAg</a> |  |  |  |
| youtube | en | Practice Play for future: Get the "Mark"?No Thanks!They'll start with the Vaccine and end with proof of loyalty to some supreme world leader.   |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugz8k51NBPe4mE3bnj94AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=Ugz8k51NBPe4mE3bnj94AaABAg</a> |  |  |  |
| youtube | en | There is no need to protest. Simply do not comply.  |    | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgxbdBUC86WNROiUZRx4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfnU&amp;lc=UgxbdBUC86WNROiUZRx4AaABAg</a> |  |  |  |

|         |    |   |  |   |  |  |  |
|---------|----|---|--|---|--|--|--|
| youtube | en | Next it's the grocery stores, then our children in schools.. the question is why do they want everyone in the world to be vaccinated? This sounds like a mass experiment. Look back in history.. 1970's has attack in NYC CIA testing mock placebo versions of "biological weapons" they had someone pose as a Subway personnel and introduce it into the Subway.. purpose was to test and see how rapidly a chemical weapon would spread in NYC if it was ever to occur.. Our government is always testing on us. There's something they want to know about our species. |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=Ugy4AlpbXPoE45HG_14AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=Ugy4AlpbXPoE45HG_14AaABAg</a>   |  |  |  |
| youtube | en | 666 will be proof of vaccination. 😊   |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=Ugw6CJRzCdmEXBIME6N4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=Ugw6CJRzCdmEXBIME6N4AaABAg</a> |  |  |  |
| youtube | en | Papers please.  |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=Ugw3I9O5FY3KOP-OhFd4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=Ugw3I9O5FY3KOP-OhFd4AaABAg</a> |  |  |  |
| youtube | en | Get vaccine or face consequences."I can do this all day"  |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=UgyN8uLA12ZDR8M4-Ld4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=UgyN8uLA12ZDR8M4-Ld4AaABAg</a> |  |  |  |
| youtube | xh | Yibambe!  |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=UgwUNLBTo5g8jVLjcZ4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=UgwUNLBTo5g8jVLjcZ4AaABAg</a>   |  |  |  |
| youtube | en | <a href="https://youtu.be/UhuWmH5xtk4">https://youtu.be/UhuWmH5xtk4</a>   |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=Ugw0kj5pV11Hy-rvB4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=Ugw0kj5pV11Hy-rvB4AaABAg</a>     |  |  |  |
| youtube | en | Remember the movie resident evil? That's the way it's going with all this cacaminia.  |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=Ugy2g8RnOpdN99tCut4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=Ugy2g8RnOpdN99tCut4AaABAg</a>   |  |  |  |
| youtube | en | And this isn't a violation of our rights?? Bit showing your ID is?? Embrace your delusions now because it won't last long. This is not America anymore and the American people won't allow us to be turned over to your socialism so easily.  |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=UgxVOU2-KcirDNCQteR4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=UgxVOU2-KcirDNCQteR4AaABAg</a> |  |  |  |
| youtube | en | Illegal this is destroying human rights decision  |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=Ugbw0ANkAm-3MceOe6f4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=Ugbw0ANkAm-3MceOe6f4AaABAg</a> |  |  |  |
| youtube | en | Just don't go there simple  |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=UgzOBNo2mTi8Cg4y5et4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=UgzOBNo2mTi8Cg4y5et4AaABAg</a> |  |  |  |
| youtube | en | This is not going to stop Delta because this is all gesture politics. The NYC mayor is only targeting the indoordinning, indoor fitness, and government employees. He is not requiring vaccination proofs on the people taking the subway or any public transportation, shopping at grocery stores or shopping centers. These are the places where the virus is getting spread the fastest.   |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=UgwdMYoGhVZaAVRrxsN4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=UgwdMYoGhVZaAVRrxsN4AaABAg</a> |  |  |  |
| youtube | en | Democrats are ok with this but cry about having to show id to vote  |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=UgyK4EKYsrMUQmtHas54AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=UgyK4EKYsrMUQmtHas54AaABAg</a> |  |  |  |
| youtube | en | will you need a ID on the card?   |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=Ugw8E7fGcyP7JRZr0594AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=Ugw8E7fGcyP7JRZr0594AaABAg</a> |  |  |  |
| youtube | en | It's about time   |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=Ugy0hWB3u6txHH5eiGd4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=Ugy0hWB3u6txHH5eiGd4AaABAg</a> |  |  |  |
| youtube | en | Welcome to Nazi Germany "where are your freedom papers"   |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=UgzM9sbM25L5Q9zUEPh4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=UgzM9sbM25L5Q9zUEPh4AaABAg</a> |  |  |  |

|         |    |  |  |   |  |  |  |
|---------|----|--|--|---|--|--|--|
| youtube | en | <p>It's highly unethical to force healthy young adults to take a vaccine that has not been fda approved nor do we know what the potential long term affects are.. My age group has less than a tenth of a percent chance of death, take out controllable underlying conditons and it's statistically irrelevant...So now it's about the weak/compromised. Guess what, people all around the world deal with personal health issues, wherin they take precautions that normal people do not. It's life. Grow up. It's completely rational for young healthy people to abstain from this vaccine. Quite easy for a 65 yo with little more than a decade left to complain about a 25 year old not taking the vaccine. What a country, selling out it's youth to protect the boomers/genx, much like the economy, it's not you who will have to pay the price down the road. Get fked.</p> |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=UgyTITbVQpphsolHee94AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=UgyTITbVQpphsolHee94AaABAg</a>   |  |  |  |
| youtube | en | Restaurants and music venues are going to a "Vaccine Required" policy in New Orleans. 99.2% of Louisiana COVID deaths are unvaccinated. The Pandemic of the Unvaccinated rages on.   |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=Ugwcm18wFPxqLrMzfyB4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=Ugwcm18wFPxqLrMzfyB4AaABAg</a>   |  |  |  |
| youtube | en | *The mark of the beast**Revelation 13:16-18**Revelation 14:9-11**Revelation 16:2*  |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=UgyqHMFR32e-d5RmuOx4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=UgyqHMFR32e-d5RmuOx4AaABAg</a>   |  |  |  |
| youtube | en | ☺ here we go!!!  |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=UgwlowlN7s1VdbOXAuqd4AaA8Ag">https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=UgwlowlN7s1VdbOXAuqd4AaA8Ag</a> |  |  |  |
| youtube | en | The ANTICHRIST is in charge now!! soon to be revealed.   |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=UgwUZ4shxPZIDh4nuA94AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=UgwUZ4shxPZIDh4nuA94AaABAg</a>   |  |  |  |
| youtube | en | Mindblowing. An unsound panacea with pernicious ramifications.   |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=UgwH0vuzRSalQxxRhj14AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=UgwH0vuzRSalQxxRhj14AaABAg</a>   |  |  |  |
| youtube | en | Haha keep crying, better get the cuckine before they ban you from grocery stores ☺☺  |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=UgyJvCZMSrDxObUbxF4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=UgyJvCZMSrDxObUbxF4AaABAg</a>     |  |  |  |
| youtube | en | It should be Nation wide. Dirty plague rats need to be vaccinated  |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=UgwryUJX-SP1yMEQPAJ4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=UgwryUJX-SP1yMEQPAJ4AaABAg</a>   |  |  |  |
| youtube | en | It's also probably going to happen for all the actors out there going back for in person auditioning again when you show up at Ripley Grier, Pearl, or any of the major studios.   |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=UgwuCCHRcpaecKSkIJt4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=UgwuCCHRcpaecKSkIJt4AaABAg</a>   |  |  |  |
| youtube | en | This seems slightly more extreme for like food restaurants with already lower capacity and gyms as well. Cant wait for a new mayor never been a fan of him and this doesn't help. You wanna encourage vacations then educate don't try restrict. I am very sure there will be those who find ways around this. All i can say get your vaccine because its important not because of this.   |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=UgzOSVBjF0Yt6ynFk94AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=UgzOSVBjF0Yt6ynFk94AaABAg</a>     |  |  |  |
| youtube | en | Absolutely demonic entities running this place. It's time :-( I had dreams to fulfill on earth but I suppose heavens better. Don't get the mark of the beast! Save your souls ☹  |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=UgyXMbBQ07q8_NFUr6x4AaABAg">https://www.youtube.com/watch?v=a1xv4n6sfNU&amp;lc=UgyXMbBQ07q8_NFUr6x4AaABAg</a>   |  |  |  |
| youtube | en | Thank you bro, I've been mad sore so that "one more rep" really pushed me through bro. Thanks again bro  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyXMGNM230MT05ovUh4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyXMGNM230MT05ovUh4AaABAg</a>   |  |  |  |
| youtube | en | when I'm struggling to get that one last rep out, I know what video to play now  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyEZOF0HmL1lyrpQvp4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyEZOF0HmL1lyrpQvp4AaABAg</a>   |  |  |  |
| youtube | en | Thanks Brosemi, now I'm motivated! Let's get those gains!!!!   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugy5zJB80w14rgjUajl4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugy5zJB80w14rgjUajl4AaABAg</a>   |  |  |  |
| youtube | en | Imagine being crushed by those arms.   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwFhBfp-eHfjx0um1h4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwFhBfp-eHfjx0um1h4AaABAg</a>   |  |  |  |

|         |    |  |  |   |  |  |  |
|---------|----|--|--|---|--|--|--|
| youtube |    | SIDO CHESTO  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugw8RCtxovl9Kra_ll4AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugw8RCtxovl9Kra_ll4AaABA</a>     |  |  |  |
| youtube | en | I'm somewhat scared of the contents of the "rosewater" bottle for reasons I can't identify.  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyIZNhzBp4iraDBen94AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyIZNhzBp4iraDBen94AaABA</a>   |  |  |  |
| youtube | en | Brosemi is s cannibalistic, good to know   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugz-xjGOjpMFcvyVm5N4AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugz-xjGOjpMFcvyVm5N4AaABA</a>   |  |  |  |
| youtube | en | Thanks bro.  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzTHMCtZkyRp9VcwR14AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzTHMCtZkyRp9VcwR14AaABA</a>   |  |  |  |
| youtube | en | i am definitely playing this at the gym, ready to make some gains, lets gooooo!  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxANW_2l2tnq2p6BzI4AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxANW_2l2tnq2p6BzI4AaABA</a>   |  |  |  |
| youtube |    | Aaaand subscribed  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugygmx8laYlb45qDAR4AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugygmx8laYlb45qDAR4AaABA</a>     |  |  |  |
| youtube | en | Brosemi is so motivational.  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxELYCsZdggFhqrQFB4AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxELYCsZdggFhqrQFB4AaABA</a>   |  |  |  |
| youtube | en | Every time I lose motivation to workout I will watch this video. Thanks Brosemi, true homie  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugy8gxvHhg8hBKnjTdv4AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugy8gxvHhg8hBKnjTdv4AaABA</a>   |  |  |  |
| youtube | en | So motivational, I can feel the gainz already BROSEMI FTW!   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwEkrPcWY_ZKKFT54AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwEkrPcWY_ZKKFT54AaABA</a>       |  |  |  |
| youtube |    | Brofist <sup>WP</sup>  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugwmas7YYDF6y1SQzzX4AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugwmas7YYDF6y1SQzzX4AaABA</a>   |  |  |  |
| youtube | en | ur so inspirational bro 😊😊   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxagG4O8Dtz3ucY-hR4AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxagG4O8Dtz3ucY-hR4AaABA</a>   |  |  |  |
| youtube | en | Thanks Bro.  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyCfj3Lad5PrGw9t1p4AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyCfj3Lad5PrGw9t1p4AaABA</a>   |  |  |  |
| youtube | en | What the frak is rose water?!? My mind is imagining this it shouldn't. 😂omg is that her own voice in the background doing weightlifter grunts? lol 😂             |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugyt7m-zhUqxij9tGwd4AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugyt7m-zhUqxij9tGwd4AaABA</a>   |  |  |  |
| youtube |    | Brosemi Lovelift   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwvwCLd0tYBw4zp2zLd4AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwvwCLd0tYBw4zp2zLd4AaABA</a> |  |  |  |
| youtube | en | Thanks Brosemi I can always count on you bro   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzrRk7zZD6txYpNDQl4AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzrRk7zZD6txYpNDQl4AaABA</a>   |  |  |  |
| youtube |    | MOTIVATED  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugyz2mE6_pZQrbCp-1d4AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugyz2mE6_pZQrbCp-1d4AaABA</a>   |  |  |  |
| youtube | en | These GAINS are for YOU BROSEMI, I wont let you down!All the pre-workout, adrenaline inducing motivation I needed  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzNluOvmPgo-HfVagh4AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzNluOvmPgo-HfVagh4AaABA</a>   |  |  |  |
| youtube | en | Every set I do is now in honor of Brosemi  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxXTc4Kjdqn-xlkfa54AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxXTc4Kjdqn-xlkfa54AaABA</a>   |  |  |  |
| youtube | en | Truly inspirational. Thank you rosemi.   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzQGaw3xQRxbOs6Xx4AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzQGaw3xQRxbOs6Xx4AaABA</a>     |  |  |  |
| youtube | en | I feel so MOTIVATED after watching this  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzWR2NaQx2qjo0rSV4AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzWR2NaQx2qjo0rSV4AaABA</a>     |  |  |  |
| youtube |    | Bro...   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyNaYyQ1pgi2ZlVik14AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyNaYyQ1pgi2ZlVik14AaABA</a>   |  |  |  |
| youtube | en | This is the greatest thing ever  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzLMlw4LdP4DmUnqF4AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzLMlw4LdP4DmUnqF4AaABA</a>     |  |  |  |
| youtube | en | Thank you, Brosemi! I am motivated again   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugw-CiyK9qT9iz8BPrN4AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugw-CiyK9qT9iz8BPrN4AaABA</a>   |  |  |  |
| youtube | en | I was unironically just watching YouTube before working out and I got to this video. I guess its time to actually do it and stop procrastinating. Thanks Brosemi |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzAf72tj1CS2P5f14AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzAf72tj1CS2P5f14AaABA</a>       |  |  |  |
| youtube |    | BrosemiErosemi   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxSc4pDWnrB6hDBZ4AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxSc4pDWnrB6hDBZ4AaABA</a>       |  |  |  |
| youtube | en | Now I know why. I don't have rose water.   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyF8PqtOlaMar_yy2N4AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyF8PqtOlaMar_yy2N4AaABA</a>   |  |  |  |

|         |    |  |  |   |  |  |  |
|---------|----|--|--|---|--|--|--|
| youtube | en | thank, vey cool.   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugxql_ef3wH4b-BdNFh4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugxql_ef3wH4b-BdNFh4AaABAg</a>   |  |  |  |
| youtube | en | thanks bro   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxuBn5WEapmk6f2K94AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxuBn5WEapmk6f2K94AaABAg</a>     |  |  |  |
| youtube | en | Wait! Rose Water?@@ What?!   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugz14-fC-w5keBTgXAh4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugz14-fC-w5keBTgXAh4AaABAg</a>   |  |  |  |
| youtube |    | beans  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgykLLViondsq2IBN3V4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgykLLViondsq2IBN3V4AaABAg</a>   |  |  |  |
| youtube | en | "spot you out" well okay then  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxwI3djORubhtOZa8J4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxwI3djORubhtOZa8J4AaABAg</a>   |  |  |  |
| youtube | en | Bro I thought this was a clip channel 😂😂   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwrijGYKMSTMB_llLh4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwrijGYKMSTMB_llLh4AaABAg</a>   |  |  |  |
| youtube | en | Saving this one for a rainy day  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugy8PXFqgcWWxkJGWk54AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugy8PXFqgcWWxkJGWk54AaABAg</a>   |  |  |  |
| youtube | en | I have the image of Rosemi sneaking into a gym somewhere, shyly making sure no one is around, then clattering random some stuff together and occasionally grunting. Then the gym owner comes around the corner like, "Um, Miss? What are you d-?" and Rosemi goes "EEP!" and dashes away, dropping her microphone, comes back for it, and runs again, but not before running forehead first into a piece of equipment as she spins around, and then scurrying off, blushing furiously. |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgycqlME0cSgAqUHkiZ4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgycqlME0cSgAqUHkiZ4AaABAg</a>   |  |  |  |
| youtube | en | Thank you brosemi  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyL9wT72vCSfZXXCVF4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyL9wT72vCSfZXXCVF4AaABAg</a>   |  |  |  |
| youtube |    | Nice guns brah 🤘   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugx2zfd8bi7NMn95fQR4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugx2zfd8bi7NMn95fQR4AaABAg</a>   |  |  |  |
| youtube |    | Thanks Bruh!   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgweT_rDFpeg0fviQcl4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgweT_rDFpeg0fviQcl4AaABAg</a>   |  |  |  |
| youtube | en | Not gonna lie I'm glad YouTube recommended me this lol   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugyi3DEzNOdBhr1ZHJF4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugyi3DEzNOdBhr1ZHJF4AaABAg</a>   |  |  |  |
| youtube | en | I'm eating a cookie while watching this, and now I feel skinnier   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyXckzoA7e6_28uXyN4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyXckzoA7e6_28uXyN4AaABAg</a>   |  |  |  |
| youtube |    | Bro...   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugutz6oBYol7b1S02V4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugutz6oBYol7b1S02V4AaABAg</a>     |  |  |  |
| youtube | en | I shattered right when she said HEY BRO  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugy2ipZ1iK8byIEo13R4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugy2ipZ1iK8byIEo13R4AaABAg</a>   |  |  |  |
| youtube | en | "Now I'm motivated!"   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxvTSg5Y2sjmWZ7Wx54AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxvTSg5Y2sjmWZ7Wx54AaABAg</a>   |  |  |  |
| youtube | en | Thanks Bro   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwOdVLKd47aRjFO914AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwOdVLKd47aRjFO914AaABAg</a>     |  |  |  |
| youtube | en | I already love Brosemi   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzCUbouTiccoRXYt7Z4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzCUbouTiccoRXYt7Z4AaABAg</a>   |  |  |  |
| youtube | en | Did she just call us "homie" 😊   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugy-1uihZk5-jDgBVt4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugy-1uihZk5-jDgBVt4AaABAg</a>     |  |  |  |
| youtube |    | Chad Brosemi   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzI38p9KXrQZm5D1V4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzI38p9KXrQZm5D1V4AaABAg</a>     |  |  |  |
| youtube | en | we're bros, we're homies, we do gains together, life is good   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwZCDEhUrPgLDpB87h4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwZCDEhUrPgLDpB87h4AaABAg</a>   |  |  |  |
| youtube | en | gonna put this on repeat at the gym  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwAPrkAZKuLBQczyF4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwAPrkAZKuLBQczyF4AaABAg</a>     |  |  |  |
| youtube | en | I hope she shows me who the boss of this gym is  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxYZTzXoSNNvc6odYt4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxYZTzXoSNNvc6odYt4AaABAg</a>   |  |  |  |
| youtube | en | Light weight! Ain't nothing but a peanut!  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyJe5gsgePrcIMqtsgF4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyJe5gsgePrcIMqtsgF4AaABAg</a> |  |  |  |

|         |    |   |  |   |  |  |  |
|---------|----|---|--|---|--|--|--|
| youtube | en | Thanks homie bro  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzFQJjZubV8gHBGLVd4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzFQJjZubV8gHBGLVd4AaABAg</a>   |  |  |  |
| youtube | en | Thanks for the motivation Brosemi, we keep on mirin brahs.were all gonna make it bros   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugz-0TbGA-qHlk3ralJ4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugz-0TbGA-qHlk3ralJ4AaABAg</a>   |  |  |  |
| youtube | en | The grunts take this to another level.  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgythwjGiojNQtw1dz94AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgythwjGiojNQtw1dz94AaABAg</a>   |  |  |  |
| youtube | en | Strong. Thick. Solid.   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyuPFMHGIY4QEvvu9J4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyuPFMHGIY4QEvvu9J4AaABAg</a>   |  |  |  |
| youtube | en | Heck yeah bro, brotally awesome my guy, just the brotivation I needed. We gonna get these gains bro I bromise.  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyxgGjxVYjqEz0MK8R4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyxgGjxVYjqEz0MK8R4AaABAg</a>   |  |  |  |
| youtube |    | Brosemi   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugw-TJSYcwu3jID2P7F4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugw-TJSYcwu3jID2P7F4AaABAg</a>   |  |  |  |
| youtube | en | Yes ma bro, no pain no gain   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugxoj-wuzNUkp9uksB4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugxoj-wuzNUkp9uksB4AaABAg</a>     |  |  |  |
| youtube | en | ooooooooooooHHHH I FEEL THE GAINS!!!!!! I hope Brosemi feels motivated everyday too!  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugz2DhzpFtC7XtkKmfV4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugz2DhzpFtC7XtkKmfV4AaABAg</a>   |  |  |  |
| youtube | en | look at Brosemi man, so inspirational.  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzDU7xaQa1qAmDyptp4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzDU7xaQa1qAmDyptp4AaABAg</a>   |  |  |  |
| youtube | en | But it's for 4am, c'mon... but you're such a bro, so ok   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugx2uY4UybQNgAjUCDR4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugx2uY4UybQNgAjUCDR4AaABAg</a>   |  |  |  |
| youtube | en | Thanks for being there for me when I need a spotter Brosemi.Thanks for motivating even tho it is very hard for me.Bro, thanks for always staying on my side.....Side.....Saido...SAIDO CHESTO!!!!!!!!!!!!!!  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugww4_P3TDv1Yod9zij4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugww4_P3TDv1Yod9zij4AaABAg</a>   |  |  |  |
| youtube | en | Onegai muscle. Thanks for the motivation vod, Brosemi/Rosemi.   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugwyblu5v5uLOZPfPah4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugwyblu5v5uLOZPfPah4AaABAg</a>   |  |  |  |
| youtube | en | you know i hadn't been feeling it lately, but Brosemi has lit a fire inside me, time to get back in the old diet and start working out again! (i'm not even joking 😊)   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwrllyDoAUg0sobRzqV4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwrllyDoAUg0sobRzqV4AaABAg</a> |  |  |  |
| youtube | en | I love that ambient homie   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugy4Phh3iqTMIgkbnT94AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugy4Phh3iqTMIgkbnT94AaABAg</a>   |  |  |  |
| youtube | en | OH GOD WHAT IS THIS   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugww7HexrYQZu7uArlZ4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugww7HexrYQZu7uArlZ4AaABAg</a>   |  |  |  |
| youtube | en | Did she just drink rose sweat-  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzgX1T0u3Vgkb774ml4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzgX1T0u3Vgkb774ml4AaABAg</a>   |  |  |  |
| youtube | en | Imagine Brosemi singing Onegai Muscle. It be amazing.   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwOk1DbUbBPBKHGud4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwOk1DbUbBPBKHGud4AaABAg</a>     |  |  |  |
| youtube | en | thanks homie  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugzf5s_TDsAcptTKRwx4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugzf5s_TDsAcptTKRwx4AaABAg</a>   |  |  |  |
| youtube |    | Brosemi lmao  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UghzCsBszl2o_YuGjN4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UghzCsBszl2o_YuGjN4AaABAg</a>     |  |  |  |
| youtube | en | Wait. What did she lift the bottle with?  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugx9DUuHrIddhBwg6R4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugx9DUuHrIddhBwg6R4AaABAg</a>     |  |  |  |
| youtube | en | This signifies that Rosemi Becomes Brosemi Now..... No More Hello Rosemi It's Hello BrosemiNo More UtsoRose but OtsuBro.. Lol   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugw-bbZTcJWEDC-zxT14AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugw-bbZTcJWEDC-zxT14AaABAg</a>   |  |  |  |
| youtube | en | Thanks for the motivation Brosemi   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxJWq6wxEwv8f5JY-x4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxJWq6wxEwv8f5JY-x4AaABAg</a>   |  |  |  |
| youtube |    | Bro~   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugw2rYkCKm9TN1Hv6MB4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugw2rYkCKm9TN1Hv6MB4AaABAg</a>   |  |  |  |
| youtube | en | thank you Brosemi, now my muscles are jacked up. thank you very much  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyQEgEOcemfa9I-vnV4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyQEgEOcemfa9I-vnV4AaABAg</a>   |  |  |  |

|         |    |   |  |   |  |  |  |
|---------|----|---|--|---|--|--|--|
| youtube | en | GETTING RIPPED JUST FOR THIS 😱  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugz_R7hpjfI_unJpTlx4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugz_R7hpjfI_unJpTlx4AaABAg</a> |  |  |  |
| youtube | en | I love how the arms look like butt cheeks 💀   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgybcKmeMOcw6-bDmWR4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgybcKmeMOcw6-bDmWR4AaABAg</a> |  |  |  |
| youtube | en | Thank you Brosemi, gotta go bench press a house now   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugyz8rxoXlyLD5PQTBd4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugyz8rxoXlyLD5PQTBd4AaABAg</a> |  |  |  |
| youtube | en | As someone who just started exercising this is more helpful than you may think lol  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwUiXGuZ3lGAc2ZgtR4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwUiXGuZ3lGAc2ZgtR4AaABAg</a> |  |  |  |
| youtube | en | my gains have increased by 200% thank you homie   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyqeSJC7Znjs8tUOKh4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyqeSJC7Znjs8tUOKh4AaABAg</a> |  |  |  |
| youtube |    | Poweeeeer   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugw-gd0DZrbRa7_ANf14AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugw-gd0DZrbRa7_ANf14AaABAg</a> |  |  |  |
| youtube | en | "Oh, hey man, what are you listening to?" "Oh, y'know, I've got Fallout Boy, uh, SCREAM AND FART COMPILATION AT THE SAME TIME."   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugw3Y_fSzBNYFIVCcC24AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugw3Y_fSzBNYFIVCcC24AaABAg</a> |  |  |  |
| youtube | en | No thanks, I don't even go out anymore, there's too much soldiers on the streets  |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgyCYsybQledEOHO37B4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgyCYsybQledEOHO37B4AaABAg</a> |  |  |  |
| youtube | en | Let's go finally non vax swinging at the air right now  |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgzYLk3G6QxTR-jGVfx4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgzYLk3G6QxTR-jGVfx4AaABAg</a> |  |  |  |
| youtube | en | good bye, New York. out of here for good!   |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=Ugz2ty1zGcgmmHMA3jR4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=Ugz2ty1zGcgmmHMA3jR4AaABAg</a> |  |  |  |
| youtube | en | Serves them right.NYC is populated by idiots.   |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgyAP_zo8m8bgMJkQut4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgyAP_zo8m8bgMJkQut4AaABAg</a> |  |  |  |
| youtube | en | A lot of restaurants and bars in NYC are already doing this, it's an honor system of course, but signs have been clearly posted for a while now. First thing a bartender might ask are you vaccinated. Just get the excelsior pass, no big deal. Rock on.   |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgxqgioPuDg42ipj1fd4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgxqgioPuDg42ipj1fd4AaABAg</a> |  |  |  |
| youtube | en | It's time to leave NYC  |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=Ugyf-ZOrfZ9TNB8jzR54AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=Ugyf-ZOrfZ9TNB8jzR54AaABAg</a> |  |  |  |
| youtube | en | I WOULDN'T COME TO YOUR S H I T H O L E STATE IF YA PAID ME!!!  |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgwRq53WCZPEnOLgUB4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgwRq53WCZPEnOLgUB4AaABAg</a>   |  |  |  |
| youtube | en | Nassau county restaurants will be packed this weekend. Thanks Bill the moron  |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgzCzaw2TWEJCigFDN4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgzCzaw2TWEJCigFDN4AaABAg</a>   |  |  |  |
| youtube | en | Next will be the flu shot, mark my words, that's how the communists work.   |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgydbHzmMnIWVBqs-Jt4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgydbHzmMnIWVBqs-Jt4AaABAg</a> |  |  |  |
| youtube | en | Again you can still get the virus vaccinated or not. No democracy I guess... and he doesn't care. Glad this is his last TERM 🗻.   |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=Ugxlij63tEsWdwM9194AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=Ugxlij63tEsWdwM9194AaABAg</a>   |  |  |  |
| youtube | en | Money talk's bull 💀 walk's so this won't last.  |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=Ugz-ojgTCQz_pdc4Hzt4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=Ugz-ojgTCQz_pdc4Hzt4AaABAg</a> |  |  |  |
| youtube |    | Yay   |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=Ugz71FR5lpAfKHoHgqj4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=Ugz71FR5lpAfKHoHgqj4AaABAg</a> |  |  |  |
| youtube | en | I'm sorry I'm confused. So correct me if I'm wrong, but why are vaccinated people so concerned about unvaccinated people? If you're vaccinated then you are "safe" from unvaccinated people right? From what I'm hearing, you can still get Covid vaccinated or not, but vaccinated people just have less symptoms. So why can't it be a choice. If unvaccinated people get Covid and die, then that's on them. So for them to keep pushing this is so sus. |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgwO8WXaRwzCkyyfbJp4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgwO8WXaRwzCkyyfbJp4AaABAg</a> |  |  |  |
| youtube | en | Damn I thought California would be the first 😳  |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgytECCYfh9LcAVXPxt4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgytECCYfh9LcAVXPxt4AaABAg</a> |  |  |  |

|         |    |   |  |   |  |  |  |
|---------|----|---|--|---|--|--|--|
| youtube | en | They are killing jobs by using covid 19 and delta too this all bull shit  |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgyrdeKey_ThxqWrIcN4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgyrdeKey_ThxqWrIcN4AaABAg</a>   |  |  |  |
| youtube | en | Just another small step towards the end goal. Remember when it was just hospital employees? And then urging all businesses to require employees be vaccinated? Now it is employees AND customers. Next comes vaccination required to use public transportation. |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=Ugxzjvje4yD9-1SUPPx4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=Ugxzjvje4yD9-1SUPPx4AaABAg</a>   |  |  |  |
| youtube | en | They are trying to kill the poor too  |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgxSN2kSRA3JcY9eicp4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgxSN2kSRA3JcY9eicp4AaABAg</a>   |  |  |  |
| youtube | en | Hallelujah finally don't wanna be eating next to unvac people yayyyyyyy   |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgwQ0GP5xsDso5yf20d4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgwQ0GP5xsDso5yf20d4AaABAg</a>   |  |  |  |
| youtube | en | I got caught in the rain with no umbrella and my vax card got wet and ruined. Thanks DeBlasio.  |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgxNXXGcPOno6sU7rvwt4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgxNXXGcPOno6sU7rvwt4AaABAg</a> |  |  |  |
| youtube | en | Let's all say goodbye to this buffoon   |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgymM9zf50eXWT7Ckp4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgymM9zf50eXWT7Ckp4AaABAg</a>     |  |  |  |
| youtube | en | sue ny for discrimination   |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgyltNDhbhc_6VDO6ad4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgyltNDhbhc_6VDO6ad4AaABAg</a>   |  |  |  |
| youtube | en | Somebody call BLM and tell them we need fires in NYC ASAP, thank you.   |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=Ugwt5sAyUz1kldzw-xV4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=Ugwt5sAyUz1kldzw-xV4AaABAg</a>   |  |  |  |
| youtube | en | Black women DON'T speak for me I am a straight black man No thanks  |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgwgBCvdn-O9ju98wdd4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgwgBCvdn-O9ju98wdd4AaABAg</a>   |  |  |  |
| youtube | en | Great crime will go up even more now due to the gang banging gunmen pissed off over this new rule   |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=Ugz39vBC8lOBKGQviIN4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=Ugz39vBC8lOBKGQviIN4AaABAg</a>   |  |  |  |
| youtube | en | Cant wait to watch this disaster unfold! Key to NYC? No thanks, I'll pass!!   |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgxfNkH0syh5ePwWvyF4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgxfNkH0syh5ePwWvyF4AaABAg</a>   |  |  |  |
| youtube | en | Lisa ROZNER was on my block... wooooooooo   |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgyTj1NP7UiMiHpQBZN4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgyTj1NP7UiMiHpQBZN4AaABAg</a>   |  |  |  |
| youtube | en | good, now hear that MAGA Q don't spread your sickness here in NY....  |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgwWV7W0hHi9j9rcYjp4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgwWV7W0hHi9j9rcYjp4AaABAg</a>   |  |  |  |
| youtube |    | The mark  |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=Ugw6-P0TTV0ayFxYzHF4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=Ugw6-P0TTV0ayFxYzHF4AaABAg</a>   |  |  |  |
| youtube | en | When, if ever will they end the mandate? When 90% of the population is vaccinated? 100%? I feel this mandate will be enforced for the rest of our lives.  |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgyD2lh4q5M0Dp8gyk54AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgyD2lh4q5M0Dp8gyk54AaABAg</a>   |  |  |  |
| youtube | en | I'm pretty sure this is highly illegal. Not to mention immoral  |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=Ugz-tj1IVoY2T_Nu-6V4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=Ugz-tj1IVoY2T_Nu-6V4AaABAg</a>   |  |  |  |
| youtube | en | Can I go to the supermarket to buy food? Can I go to the hospital if I have a medical emergency? Can I go into the drugstore to get my medication? Where do we draw lines here?   |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgzdXOh6UAYS04zvkRp4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgzdXOh6UAYS04zvkRp4AaABAg</a>   |  |  |  |
| youtube | en | All anti vax ppl, GO TO HELL.   |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgyrPsduBPA9jzEWSl4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgyrPsduBPA9jzEWSl4AaABAg</a>     |  |  |  |
| youtube |    | Papiere, bitte!   |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgzTSI5izQUjxuZ0994AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgzTSI5izQUjxuZ0994AaABAg</a>     |  |  |  |
| youtube | en | thanks NYC, you just gave folks a way to finally get out of their insanely overpriced gym membership fees hahaha  |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=Ugwvqo0KahjiLz6izNI4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=Ugwvqo0KahjiLz6izNI4AaABAg</a>   |  |  |  |
| youtube | en | I am so sorry NYC!! that bs better not come here to OK.   |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgzFj9JELCKmaPM4Jo4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgzFj9JELCKmaPM4Jo4AaABAg</a>     |  |  |  |
| youtube | en | Hope these restaurants are ready to lose big business..   |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgyxClnovCuUqNnsjgZ4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgyxClnovCuUqNnsjgZ4AaABAg</a>   |  |  |  |
| youtube | en | I'm not getting shit ....tell the ppl to put the mask back on like yall white ppl   |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgxOdzB6MfGxx6cfdfVh4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgxOdzB6MfGxx6cfdfVh4AaABAg</a> |  |  |  |
| youtube | en | Do as I say, not as I do.   |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgxL-5cmreNUQ6Kkgd4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgxL-5cmreNUQ6Kkgd4AaABAg</a>     |  |  |  |

|         |    |   |  |   |  |  |  |
|---------|----|---|--|---|--|--|--|
| youtube | en | How is this clown still in office, New York is a war zone. The Covid is the least of there problems.  |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=Ugw5M_IWZA50jm3JvNi4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=Ugw5M_IWZA50jm3JvNi4AaABAg</a> |  |  |  |
| youtube | en | "If I can get this passed then the next mandates will be: only registered Democrats can enter public buildings, eat in restaurants, go to theatres, etc. all they have to do is show their party card. We all know Republicans are dangerous people and we shouldn't associate with them. Then, we'll allow only atheists to enjoy a full life, because we don't want any of those religious types (fanatics) to poison our minds and thoughts. Yes, this is the plan. First, vaccines, next party affiliation, followed by atheist/secularist and maybe, if I can do it, just college graduates. We shouldn't have to tolerate all those uneducated fools. Yes, vaccinated college educated atheistic Democrats are the elite and we need to be treated as such. I can do this. We can do this. It must be done." - Meditations of Mayor D |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=Ugxoz_69G_ZnrLv5Xij4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=Ugxoz_69G_ZnrLv5Xij4AaABAg</a> |  |  |  |
| youtube | en | This is the MARK.   |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgxH_elwImfoz2r-OIV4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgxH_elwImfoz2r-OIV4AaABAg</a> |  |  |  |
| youtube |    | COMMUNIST.  |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgyK_xVWf1GHP2VewFt4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgyK_xVWf1GHP2VewFt4AaABAg</a> |  |  |  |
| youtube | en | How about taking care of the OBESITY PROBLEM, that will cut down on the death rate.   |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=Ugxel6HgCA-Qzjk4Rnl4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=Ugxel6HgCA-Qzjk4Rnl4AaABAg</a> |  |  |  |
| youtube | en | Next they will want all my shot records and medical history. Only in NY   |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgyrWpF8Y47q-5IN0-t4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgyrWpF8Y47q-5IN0-t4AaABAg</a> |  |  |  |
| youtube | en | "Vaccination as literally necessary to living a good, and full, and healthy life" and that's why we closed the gyms, told you to lock yourself in your room, and socially isolate yourself as we incentiveise you to get vaccinated with Krispy Kreme and Shake Shack.  |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgzBLW5GMk1kXxlw-TJ4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgzBLW5GMk1kXxlw-TJ4AaABAg</a> |  |  |  |
| youtube | en | the world government of the antichrist is near but through Jesus Christ we have salvation believing by faith believing in the place where you are. read in the bible Romans 10: 9 and 10 John 14: 6, John 1:12, Acts 4:12   |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgzGgr4UGT9TOPV-fm54AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgzGgr4UGT9TOPV-fm54AaABAg</a> |  |  |  |
| youtube | en | I don't mind but that card does not fit in a wallet.....  |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgzNj6ufy-brbeYml94AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgzNj6ufy-brbeYml94AaABAg</a>   |  |  |  |

|         |    |  |  |   |  |  |
|---------|----|--|--|---|--|--|
| youtube | en | <p>Iscriviti al Canale: <a href="http://bit.ly/2nt01Pw">http://bit.ly/2nt01Pw</a> Enjoy the best Super Step Hits For Fitness &amp; Workout of all time Don't forget to subscribe! For more videos click the link below: <a href="http://bit.ly/2EuGky">http://bit.ly/2EuGky</a> <a href="http://bit.ly/2nwV7jX">http://bit.ly/2nwV7jX</a></p> <p>03ie1Follow us:facebook:<br/> <a href="https://www.facebook.com/energyforfitness/">https://www.facebook.com/energyforfitness/</a><br/> <a href="https://www.instagram.com/energy.man/">https://www.instagram.com/energy.man/</a>sito web:<br/> <a href="http://www.energy4fitness.it/e4f/index.cfm">http://www.energy4fitness.it/e4f/index.cfm</a> TRACKLIST: 01 - Electric (Fitness Version 132 Bpm) - 00:00:0002 - Life Goes On (Fitness Version 132 Bpm) - 00:04:0703 - Leave The Door Open (Fitness Version 132 Bpm) - 00:07:5904 - On The Ground (Fitness Version 132 Bpm) - 00:11:5105 - What You Know Bout Love (Fitness Version 132 Bpm) - 00:15:4306 - Peaches (Fitness Version 132 Bpm) - 00:19:5007 - Beautiful Mistakes (Fitness Version 132 Bpm) - 00:23:4208 - Pov (Fitness Version 132 Bpm) - 00:27:4909 - Fireworks (Fitness Version 132 Bpm) - 00:31:5610 - Hold On (Fitness Version 132 Bpm) - 00:35:3411 - Heat Waves (Fitness Version 132 Bpm) - 00:39:2612 - All I Know So Far (Fitness Version 132 Bpm) - 00:43:4713 - Fever (Fitness Version 132 Bpm) - 00:47:3914 - I Love You Always Forever (Fitness Version 132 Bpm) - 00:51:3115 - Way Less Sad (Fitness Version 132 Bpm) - 00:55:23</p> <p>Channel dedicated to those who love to take care of your body. The music for any type of fitness program.</p> |  | <a href="https://www.youtube.com/watch?v=Rq2Qolh8K1">https://www.youtube.com/watch?v=Rq2Qolh8K1</a>   |  |  |
| youtube | en | <p>NBC News' Dasha Burns reports on New York City becoming the first city in the U.S. to require proof of Covid vaccination for indoor activities.» Subscribe to NBC News:<br/> <a href="http://nbcnews.to/SubscribeToNBC">http://nbcnews.to/SubscribeToNBC</a>» Watch more NBC video: <a href="http://bit.ly/MoreNBCNews">http://bit.ly/MoreNBCNews</a></p> <p>NBC News Digital is a collection of innovative and powerful news brands that deliver compelling, diverse and engaging news stories. NBC News Digital features NBCNews.com, MSNBC.com, TODAY.com, Nightly News, Meet the Press, Dateline, and the existing apps and digital extensions of these respective properties. We deliver the best in breaking news, live video coverage, original journalism and segments from your favorite NBC News Shows. Connect with NBC News Online! NBC News App:<br/> <a href="https://apps.nbcnews.com/mobileBreaking News Alerts">https://apps.nbcnews.com/mobileBreaking News Alerts</a>:<br/> <a href="https://link.nbcnews.com/join/5cj/breaking-news-signup?cid=sm_npd_nn_yt_bn-clip_190621">https://link.nbcnews.com/join/5cj/breaking-news-signup?cid=sm_npd_nn_yt_bn-clip_190621</a></p> <p>Visit NBCNews.Com: <a href="http://nbcnews.to/ReadNBC">http://nbcnews.to/ReadNBC</a></p> <p>Find NBC News on Facebook: <a href="http://nbcnews.to/LikeNBC">http://nbcnews.to/LikeNBC</a></p> <p>Follow NBC News on Twitter: <a href="http://nbcnews.to/FollowNBC">http://nbcnews.to/FollowNBC</a></p> <p>Follow NBC News on Instagram: <a href="http://nbcnews.to/InstaNBC">http://nbcnews.to/InstaNBC</a></p> <p>#NYC #Coronavirus #Vaccines</p>                                 |  | <a href="https://www.youtube.com/watch?v=a1xv4n6sfnU">https://www.youtube.com/watch?v=a1xv4n6sfnU</a> |  |  |
| youtube |    |  |  | <a href="https://www.youtube.com/watch?v=iaxzrcsPlMc">https://www.youtube.com/watch?v=iaxzrcsPlMc</a> |  |  |

|         |    |   |  |   |  |  |  |
|---------|----|---|--|---|--|--|--|
| youtube | ro | Toma, azi ne-am întors și noi de la Saturn, crede-mă se poate și mai rău. Deși cazarea nu am pierdut-o, nu aveam parcăre, abia a doua zi am găsit când se eliberașe un loc la preț de 15 lei pe zi. Aveam mâncare, dar am constatat că minbarul nu racea și s-a stricat toată. Când ne-am ajezat în pat, s-a rupt un picior de la pat și o noapte am dormit pe o parte iar căldura noaptea era ca la cazarea ta. Și aveam plătite anticipat 6 nopți. Altfel făceam cale întoarsă din prima noapte. Nici TV-ul nu funcționa. Stațiunea superaglomerată. Dar am supraviețuit și nicăieri nu-i ca acasă după 450 km făcute în 8, 30 ore din care 2 ore între Saturn și Eforie Nord. Hotel Mureș. 😊 |  | <a href="https://www.youtube.com/watch?v=KwDuLReNAO4&amp;lc=Ugzfg9amFNE7UeyKbY14AaABAg">https://www.youtube.com/watch?v=KwDuLReNAO4&amp;lc=Ugzfg9amFNE7UeyKbY14AaABAg</a>   |  |  |  |
| youtube |    | Nice  |  | <a href="https://www.youtube.com/watch?v=9HojzEggUtI&amp;lc=UgzFtdujRyDsjGiy9Rx4AaABAg">https://www.youtube.com/watch?v=9HojzEggUtI&amp;lc=UgzFtdujRyDsjGiy9Rx4AaABAg</a>   |  |  |  |
| youtube |    | Nice one ❤️ ❤️ ❤️   |  | <a href="https://www.youtube.com/watch?v=o1Es99QNW_iU&amp;lc=UgysTA01VmqiAajEhnd4AaABAg">https://www.youtube.com/watch?v=o1Es99QNW_iU&amp;lc=UgysTA01VmqiAajEhnd4AaABAg</a> |  |  |  |
| youtube |    | I'm single from India   |  | <a href="https://www.youtube.com/watch?v=PnZBGyE_Z-A&amp;lc=Ugy1krXqB_N80NgKVM54AaABAg">https://www.youtube.com/watch?v=PnZBGyE_Z-A&amp;lc=Ugy1krXqB_N80NgKVM54AaABAg</a>   |  |  |  |
| youtube |    | I like you  |  | <a href="https://www.youtube.com/watch?v=PnZBGyE_Z-A&amp;lc=Ugwu_q6PIePRo1CyGp4AaABAg">https://www.youtube.com/watch?v=PnZBGyE_Z-A&amp;lc=Ugwu_q6PIePRo1CyGp4AaABAg</a>     |  |  |  |
| youtube | en | Just Subscribed tho this is good stuff  |  | <a href="https://www.youtube.com/watch?v=PnZBGyE_Z-A&amp;lc=Ugx1vc4hgFsO98eoS7d4AaABAg">https://www.youtube.com/watch?v=PnZBGyE_Z-A&amp;lc=Ugx1vc4hgFsO98eoS7d4AaABAg</a>   |  |  |  |
| youtube |    | Very nice.  |  | <a href="https://www.youtube.com/watch?v=PnZBGyE_Z-A&amp;lc=UgzU1W3WTNbIZ91EnJ14AaABAg">https://www.youtube.com/watch?v=PnZBGyE_Z-A&amp;lc=UgzU1W3WTNbIZ91EnJ14AaABAg</a>   |  |  |  |
| youtube | en | Hai baby Love You mmmuuuaahhhcccc 😊❤️✿✿   |  | <a href="https://www.youtube.com/watch?v=PnZBGyE_Z-A&amp;lc=UgwkdlVXLnUoJ3UxNxp4AaABAg">https://www.youtube.com/watch?v=PnZBGyE_Z-A&amp;lc=UgwkdlVXLnUoJ3UxNxp4AaABAg</a>   |  |  |  |
| youtube | en | Baki end video aw par tu mirror nu marior kahi janda  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgxxE4_btEgN9d4zvaF4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgxxE4_btEgN9d4zvaF4AaABAg</a>   |  |  |  |
| youtube | jw | Nice thumbnail editing  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgyFxYRfs3tmtSJ422h4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgyFxYRfs3tmtSJ422h4AaABAg</a>   |  |  |  |
| youtube |    | Bhai pink sohal nu milan joo ta vlog bno  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugzw-hbtkFYKTqEEiAR4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugzw-hbtkFYKTqEEiAR4AaABAg</a>   |  |  |  |
| youtube | om | Mirror hunda e pra😊😊😊   |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugxw8ff-iAx2UhK1BV4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugxw8ff-iAx2UhK1BV4AaABAg</a>     |  |  |  |
| youtube | en | Jashan bro 😊😊😊😊😊 great  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgdD11tgWFBAzl2rfyd4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgdD11tgWFBAzl2rfyd4AaABAg</a>   |  |  |  |
| youtube | en | Next inder ramgarhia  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgwsIM5TOPt9LIT_Vvh4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgwsIM5TOPt9LIT_Vvh4AaABAg</a>   |  |  |  |
| youtube |    | Zaildar e ni bolya gya chngi trh😊😊  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgwC7uRZpdcmoVb0_PR4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgwC7uRZpdcmoVb0_PR4AaABAg</a>   |  |  |  |
| youtube |    | End aaa jatta ❤️  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugb8iTNuuljW1Fk0-p4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugb8iTNuuljW1Fk0-p4AaABAg</a>     |  |  |  |
| youtube |    | Skool khul ge chlo putar mariar nai mirror hunda  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgzUqOLCQ5RiwlniTGB4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgzUqOLCQ5RiwlniTGB4AaABAg</a>   |  |  |  |
| youtube |    | Marrior 😊😊  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugzyv46Y8R9ka-0SSGR4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugzyv46Y8R9ka-0SSGR4AaABAg</a>   |  |  |  |
| youtube |    | 😊😊😊   |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgyreodRIAQRhU8VUd4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgyreodRIAQRhU8VUd4AaABAg</a>     |  |  |  |
| youtube | nn | Bro theet ta cap laga lo  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugyra5Mqk6Uqd1GtuB4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugyra5Mqk6Uqd1GtuB4AaABAg</a>     |  |  |  |
| youtube |    | Mariar ki hunda prava 🎉🎉🎉🎉🎉🎉🎉🎉  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugjyt8d7aGv9BXtbczN4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugjyt8d7aGv9BXtbczN4AaABAg</a>   |  |  |  |
| youtube | en | Katering nhi lighting hota hai bhai   |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugxm-Pg4Ifpe1MbKAml4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugxm-Pg4Ifpe1MbKAml4AaABAg</a>   |  |  |  |

|         |    |   |  |   |  |  |  |
|---------|----|---|--|---|--|--|--|
| youtube |    | Asyikkkkk   |  | <a href="https://www.youtube.com/watch?v=RcGk9fliRTc&amp;lc=UgyjmuTwUrSETS_lbTJ4AaABAg">https://www.youtube.com/watch?v=RcGk9fliRTc&amp;lc=UgyjmuTwUrSETS_lbTJ4AaABAg</a> |  |  |  |
| youtube | en | 🍎Wow, superb fitness dance! Catchy song. Beautiful and energetic. 🎶跳舞                             |  | <a href="https://www.youtube.com/watch?v=RcGk9fliRTc&amp;lc=Ugx_5Znt5bD4V0eAjqt4AaABAg">https://www.youtube.com/watch?v=RcGk9fliRTc&amp;lc=Ugx_5Znt5bD4V0eAjqt4AaABAg</a> |  |  |  |
| youtube | en | Get them gains with them lasagna  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugwu7MD4rxBvh7oR4AaA8Ag">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugwu7MD4rxBvh7oR4AaA8Ag</a>       |  |  |  |
| youtube | en | This is really awesome and inspiring. Thank you Rosemi.   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugzi7-piwpXV3DQRCyJ4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugzi7-piwpXV3DQRCyJ4AaABAg</a> |  |  |  |
| youtube |    | Buff rosemi   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxRft6qgy5wGU4pcdZ4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxRft6qgy5wGU4pcdZ4AaABAg</a> |  |  |  |
| youtube | en | Thanks bro  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwhiwYP4xBErzqHuxZ4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwhiwYP4xBErzqHuxZ4AaABAg</a> |  |  |  |
| youtube | en | i find this so hilarious and enjoyable and i dont know why xD                                     |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxAvnUVk3_EMBWAuOp4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxAvnUVk3_EMBWAuOp4AaABAg</a> |  |  |  |
| youtube | en | Okay but can we also focus on your ability to levitate that water bottle while flexing your arms? |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyYWjvIvsD3_Th5H554AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyYWjvIvsD3_Th5H554AaABAg</a> |  |  |  |
| youtube | en | Thanks bro  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxV8RIKLFczu9H2fI4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxV8RIKLFczu9H2fI4AaABAg</a>   |  |  |  |
| youtube | en | Adding this to the motivation playlist  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgySbT5PeKRTW9MBrJ4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgySbT5PeKRTW9MBrJ4AaABAg</a>   |  |  |  |
| youtube |    | Ay bro  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugxd3pyo86EA87cKLbN4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugxd3pyo86EA87cKLbN4AaABAg</a> |  |  |  |
| youtube | en | Going to the gym with someone else is always a good time  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyqO_Mr51Lh3tzH14AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyqO_Mr51Lh3tzH14AaABAg</a>     |  |  |  |
| youtube | en | Breh, Rosemi is a real bro. Bruh approved.  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxY7ZiwdQZuwn1JPyF4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxY7ZiwdQZuwn1JPyF4AaABAg</a> |  |  |  |
| youtube |    | Nice gains  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgztcOHofu5y5MK6v54AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgztcOHofu5y5MK6v54AaABAg</a>   |  |  |  |
| youtube |    | Bro...  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyVSLPbuP2RjPlhOCZ4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyVSLPbuP2RjPlhOCZ4AaABAg</a> |  |  |  |
| youtube | en | Genuinely inspirational   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugwe1O8Ojmp71MAB63V4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugwe1O8Ojmp71MAB63V4AaABAg</a> |  |  |  |
| youtube | en | i am so MOTIVATED BROSEMI-SAMA💪💪WOO   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugwm2pH6n3Bn5ztdrN4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugwm2pH6n3Bn5ztdrN4AaABAg</a>   |  |  |  |
| youtube | en | Appreciate it bro.  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgZ9ZWlWlbil5uieLdx4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgZ9ZWlWlbil5uieLdx4AaABAg</a> |  |  |  |
| youtube | en | For every 10 loops of this you gain muscle  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwzCVKS9NS4Hh4dWP14AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwzCVKS9NS4Hh4dWP14AaABAg</a> |  |  |  |
| youtube | en | brosemi always out here to spot us oureal bro   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxOQ06-tZKe3Rui-U94AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxOQ06-tZKe3Rui-U94AaABAg</a> |  |  |  |
| youtube | en | This actually motivates me to keep going. Thanks Brosemi!   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwElmvpSxUmEEq4UR14AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwElmvpSxUmEEq4UR14AaABAg</a> |  |  |  |
| youtube | en | Thanks for the motivation, Brosemi  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxoGcbkBUYpz1qZNH4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxoGcbkBUYpz1qZNH4AaABAg</a>   |  |  |  |
| youtube | en | Thanks bro  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxkePJDiqRBCty3Tu94AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxkePJDiqRBCty3Tu94AaABAg</a> |  |  |  |
| youtube | en | when you give the flower fresh fertilizer   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwoVBEqhGUAsgoV5WV4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwoVBEqhGUAsgoV5WV4AaABAg</a> |  |  |  |
| youtube | en | Sure sis, lets crank that iron  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwNmhZ2FpGfAHvMNYp4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwNmhZ2FpGfAHvMNYp4AaABAg</a> |  |  |  |
| youtube |    | Thank bro   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugy6gd9eNnZ2nYzbeSR4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugy6gd9eNnZ2nYzbeSR4AaABAg</a> |  |  |  |
| youtube |    | Cute Brosemi !  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwBpY5wb8xDxeq4C914AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwBpY5wb8xDxeq4C914AaABAg</a> |  |  |  |

|         |    |  |  |   |  |  |  |
|---------|----|--|--|---|--|--|--|
| youtube | en | Thanks for the motivation bro.   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxwhOrprPxWupC9OJ4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxwhOrprPxWupC9OJ4AaABAg</a>   |  |  |  |
| youtube | en | When you so jacked you use your abs to lift the water to your mouth.   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwxJrT-RxVV3T_MCJ4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwxJrT-RxVV3T_MCJ4AaABAg</a>   |  |  |  |
| youtube | en | Bro how many pushups do i have to do daily bro?  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyJw2gcohmVwk1lvkp4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyJw2gcohmVwk1lvkp4AaABAg</a> |  |  |  |
| youtube | en | Oh yeah this defenitely motivetes me... to laugh that is xD  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzKCHOpTyQm6isKl0x4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzKCHOpTyQm6isKl0x4AaABAg</a> |  |  |  |
| youtube | en | Yo bro, where do I get that rose water bro?  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugz7Nly1-aTs3b8qUcN4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugz7Nly1-aTs3b8qUcN4AaABAg</a> |  |  |  |
| youtube | en | Maybe the real One Piece was the Brosemi we met along the way.   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwZ3jV6VVgauxINW3j4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwZ3jV6VVgauxINW3j4AaABAg</a> |  |  |  |
| youtube | en | Literally started exercising and dieting yesterday. Thank you for this Rosemi.   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwDcMGUnVORrwzAGHt4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwDcMGUnVORrwzAGHt4AaABAg</a> |  |  |  |
| youtube | en | I will play this before I workout everytime now! THANKS BROSEMI!!  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyVphuWab4MPc3bGrJ4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyVphuWab4MPc3bGrJ4AaABAg</a> |  |  |  |
| youtube | en | Thanks bro i think i can get out of bed now  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzWzVrekH6hO-hNox4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzWzVrekH6hO-hNox4AaABAg</a>   |  |  |  |
| youtube | en | Incredibly inspirational. Can't wait to play this while at the gym, forget I have no actual spotter, and have my out-of-shape body be crushed under the weight the dumbbells |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugyqo5rb1CTys3Tkprt4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugyqo5rb1CTys3Tkprt4AaABAg</a> |  |  |  |
| youtube | en | What kind of protein do I have to take to have two biceps like you?  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyrDGpJXjdEoAc-kUp4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyrDGpJXjdEoAc-kUp4AaABAg</a> |  |  |  |
| youtube | en | The kind of bro(semi) culture I'd like to see cultivated. Thanks, Bro.   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgznMcpdU2gEfxtM7cd4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgznMcpdU2gEfxtM7cd4AaABAg</a> |  |  |  |
| youtube | en | thanks brosemi   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwRXDEzt9O8dd1FWHh4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwRXDEzt9O8dd1FWHh4AaABAg</a> |  |  |  |
| youtube |    | Nice, brosemi leglock  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyJSmeOeaDaR6X93j4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyJSmeOeaDaR6X93j4AaABAg</a>   |  |  |  |
| youtube | en | I love how rosemi is so effortlessly hilarious.  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugy1yS1QNLujDfi0nw14AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugy1yS1QNLujDfi0nw14AaABAg</a> |  |  |  |
| youtube | en | I've never felt so intimidated, yet motivated, in my entire life   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxFaWe4JUr_15KFmTt4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxFaWe4JUr_15KFmTt4AaABAg</a> |  |  |  |
| youtube | en | Bruhsemi.... Mega "3rd Arm" carried your bottle for you...   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzTN3Ea4G6GiLwGsj4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzTN3Ea4G6GiLwGsj4AaABAg</a>   |  |  |  |
| youtube |    | captain rosemi???  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzuumQbh5e346cF6Y14AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzuumQbh5e346cF6Y14AaABAg</a> |  |  |  |
| youtube | en | That not only inspired me, but it also cracked me up lol.I'll remember to share this great advice with my bros at the gym.Thanks, Brosemi 🤘                                  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugz3A6EjLFvqw4IeJut4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugz3A6EjLFvqw4IeJut4AaABAg</a> |  |  |  |
| youtube |    | SAIDO CHESTO, BROSEMI  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxYuuae-uYm5P1-J994AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxYuuae-uYm5P1-J994AaABAg</a> |  |  |  |
| youtube | en | This legit showed up as I was about to start my workout. Thank you Brosemi <3  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugyhxuu-xjHvXq8hyCF4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugyhxuu-xjHvXq8hyCF4AaABAg</a> |  |  |  |
| youtube | en | I can't do it Rosemi... No more.....but maybe.. just maybe if you let me have a sip of that Rose Water, i can definitely finish this set . 🥂                                 |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzDA6y7tlMr2e53l5x4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzDA6y7tlMr2e53l5x4AaABAg</a> |  |  |  |
| youtube | en | You're using anchor arms, right  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzWEbzaelbyylU0Edt4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzWEbzaelbyylU0Edt4AaABAg</a> |  |  |  |
| youtube | en | Hey you know steroids are a thing... but I definitely prefer this motivation   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzaqYjkS1_1618h7wh4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzaqYjkS1_1618h7wh4AaABAg</a> |  |  |  |
| youtube |    | THNX... MYOU ROCK  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugw_t26d7tHWPIAfyaJ4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugw_t26d7tHWPIAfyaJ4AaABAg</a> |  |  |  |

|         |    |   |  |   |  |  |  |
|---------|----|---|--|---|--|--|--|
| youtube | en | (B)Rosemi literally hitting me with a motivational vid while I was exercising.  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugzady0orLlmUqhiq1J4AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugzady0orLlmUqhiq1J4AaABA</a> |  |  |  |
| youtube |    | Inspirational   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwBZhwE9ilaUSjS7yh4AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwBZhwE9ilaUSjS7yh4AaABA</a> |  |  |  |
| youtube | en | Thanks Brosemi,I'm getting swole as we speakThis is putting the stupidest smile on my face :)   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugyx4F44bbfuDR6tq-N4AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugyx4F44bbfuDR6tq-N4AaABA</a> |  |  |  |
| youtube | en | YOU GOT THIS HOMIE ☺No matter how heavy that weight is, no matter how many times you gotta LIFT IT. Remember WE'RE ALWAYS SPOTTING YOU BROSEMI ❤️❤️❤️ Lift TOGETHER, GAIN TOGETHER!   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwXp9eX4oIQ94gVN6Z4AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwXp9eX4oIQ94gVN6Z4AaABA</a> |  |  |  |
| youtube | en | Thanks bro knew I could count on you  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugzzwmvc8A7Z_6V4AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugzzwmvc8A7Z_6V4AaABA</a>         |  |  |  |
| youtube | en | This is exactly the type of motivation I needed!THANK YOU BROSEMI-SAN 💪   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzM0x5fO05s7pLORL4AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzM0x5fO05s7pLORL4AaABA</a>   |  |  |  |
| youtube | en | You are so ripped Brosemi! I can see your Vines.  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugxdb7aj1ro-1pSvme14AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugxdb7aj1ro-1pSvme14AaABA</a> |  |  |  |
| youtube | en | I laughed so hard. This series is going to be the best!!  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyjvIO62uBX6PPW1FN4AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyjvIO62uBX6PPW1FN4AaABA</a> |  |  |  |
| youtube |    | brosemi...  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwWzsAF4k9tr_SH2U94AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwWzsAF4k9tr_SH2U94AaABA</a> |  |  |  |
| youtube | en | Heading to the gym right now to loop this audio   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugy1P-mS-oMI9cmxrKV4AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugy1P-mS-oMI9cmxrKV4AaABA</a> |  |  |  |
| youtube | en | Thanks bro, can't wait to get out there and get ripped (apart, by forgetting my actual sub-par physical condition).   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugw2p7s8jVvVG5a61854AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugw2p7s8jVvVG5a61854AaABA</a> |  |  |  |
| youtube | en | If nobody got me I know Brosemi got me.Can I get an AMEN ?  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyU36wnLg6JfqmhHqx2AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyU36wnLg6JfqmhHqx2AaABA</a> |  |  |  |
| youtube | en | Rosemi after she watched Jojo   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugw5VbPPDo_UgTGoj94AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugw5VbPPDo_UgTGoj94AaABA</a>   |  |  |  |
| youtube | en | Now I'm Motivated   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxI6FlIkQ5hf_suwjF4AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxI6FlIkQ5hf_suwjF4AaABA</a> |  |  |  |
| youtube | en | Imagine you in your gym and suddenly this starts playing on the screens. everyone there will probably be confused but soon all the bros gets motivated to do their best thanks to Brosemi sheer chadness and support . Brosemi is truly a role model to all the bros in the world. o7 |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzeqktMAEs3p7GloZ4AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzeqktMAEs3p7GloZ4AaABA</a>   |  |  |  |
| youtube | en | Isn't drinking rose water like drinking armpit sweat  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxNWeihe7guoxl4EZ4AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxNWeihe7guoxl4EZ4AaABA</a>   |  |  |  |
| youtube | en | Thanks brosemi ☺  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugw7IQHcavj_wsWdnJx4AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugw7IQHcavj_wsWdnJx4AaABA</a> |  |  |  |
| youtube | en | Everyboding lifting till the rose says: this is killing your gains  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugxsbqiw18qdxHZFnN4AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugxsbqiw18qdxHZFnN4AaABA</a>   |  |  |  |
| youtube |    | hey bruh  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxZRydUKCYfleqduF4AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgxZRydUKCYfleqduF4AaABA</a>   |  |  |  |
| youtube | en | Thanks homie ☺️👉  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwgqlZD_rbR99kkDsV4AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgwgqlZD_rbR99kkDsV4AaABA</a> |  |  |  |
| youtube | en | This video is the key to peak human fitness   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyYa9CpF-HediumMb4AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgyYa9CpF-HediumMb4AaABA</a>   |  |  |  |
| youtube | en | Brosemi: "Bros. Close your eyes."Brosebuds: "Okay Bro."Brosemi: "What do you see Bros?"Brosebuds: "Nothing Bro."Brosemi: "That's my world without you Bros."Brosebuds: "Bro....."   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzmcUXspEk4B5TIBn94AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=UgzmcUXspEk4B5TIBn94AaABA</a> |  |  |  |
| youtube | en | thank you for this, i worked out for half an hour and now im jacked   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugy5ULKJ_LpgCAGTPzd4AaABA">https://www.youtube.com/watch?v=wCldQw95IJY&amp;lc=Ugy5ULKJ_LpgCAGTPzd4AaABA</a> |  |  |  |

|         |    |  |  |   |  |  |  |
|---------|----|--|--|---|--|--|--|
| youtube | en | Playing this right before I try for a new PR   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=Ugx-w4teEGrsk7L5ipJ4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=Ugx-w4teEGrsk7L5ipJ4AaABAg</a> |  |  |  |
| youtube | en | I mean, she did make a can opener explode, so I guess she is pretty powerful!  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=UgxIAlmzM1yp86-2TN4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=UgxIAlmzM1yp86-2TN4AaABAg</a>   |  |  |  |
| youtube |    | Bruh ^^  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=UgxU1uEBT50Hc7o0I-d4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=UgxU1uEBT50Hc7o0I-d4AaABAg</a> |  |  |  |
| youtube |    |  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=UgxvL4rMW7u51oBzvwh4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=UgxvL4rMW7u51oBzvwh4AaABAg</a> |  |  |  |
| youtube | en | i dont know what got you to make this. its to well made. but god damn if this isnt one of the most hilarious Vtuber shorts if seen |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=UgyM8zh8gclAz6NnTD54AaABAg">https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=UgyM8zh8gclAz6NnTD54AaABAg</a> |  |  |  |
| youtube | en | Brosemi my beloved   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=Ugx9L0mF6OdfQliKL94AaABAg">https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=Ugx9L0mF6OdfQliKL94AaABAg</a>   |  |  |  |
| youtube | en | Gonna play this at planet fitness and watch the lunk alarm blush   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=UgyUyK8RoP1o2vIGo9N4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=UgyUyK8RoP1o2vIGo9N4AaABAg</a> |  |  |  |
| youtube |    | What a bro...!   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=UgwLOp7pOyQcBjorO9t4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=UgwLOp7pOyQcBjorO9t4AaABAg</a> |  |  |  |
| youtube |    | Bro...   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=UgwLUkelhgjS-JXov8h4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=UgwLUkelhgjS-JXov8h4AaABAg</a> |  |  |  |
| youtube | en | Thanks based Brosemi   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=UgwLkGhsNvqgYak9jR4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=UgwLkGhsNvqgYak9jR4AaABAg</a>   |  |  |  |
| youtube | en | She went the extra mile by making the background noises on her own.  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=Ugxmo00vOEjdCGBFTzd4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=Ugxmo00vOEjdCGBFTzd4AaABAg</a> |  |  |  |
| youtube | en | so?ring fit?   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=Ugw0aN_3pbnEGzuY_6Z4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=Ugw0aN_3pbnEGzuY_6Z4AaABAg</a> |  |  |  |
| youtube | en | Thanks for the pep talk bro. Gonna go run the extra mile now 💪   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=UgyflMmlMeRxPsR1J0j4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=UgyflMmlMeRxPsR1J0j4AaABAg</a> |  |  |  |
| youtube | en | Brosemi is just genius.  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=Ugyj9MutzY65LO_UxWZ4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=Ugyj9MutzY65LO_UxWZ4AaABAg</a> |  |  |  |
| youtube | en | Incredible content.  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=UgzoSX57a6dTWJg1p-54AaABAg">https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=UgzoSX57a6dTWJg1p-54AaABAg</a> |  |  |  |
| youtube | en | Thank you for always spotting me homie, if u need a spot urself just holler okay?  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=UgyAgQ7PrFRYp84EN8p4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=UgyAgQ7PrFRYp84EN8p4AaABAg</a> |  |  |  |
| youtube | en | Brosemi is my favorite bro from the brohood  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=UgzIRjdxuwDGHW49nNd4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=UgzIRjdxuwDGHW49nNd4AaABAg</a> |  |  |  |
| youtube | en | my meat grew to 3 times it's usual size  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=UgwSHrxPd8l7RJSVe94AaABAg">https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=UgwSHrxPd8l7RJSVe94AaABAg</a>   |  |  |  |
| youtube | en | This just made my day better thank you Rosemi!   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=Ugyhp3rysGB06uAwpoB4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=Ugyhp3rysGB06uAwpoB4AaABAg</a> |  |  |  |
| youtube | en | All my bromies love Brosemi.   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=Ugw7k9NF8cMV2xcgO0R4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=Ugw7k9NF8cMV2xcgO0R4AaABAg</a> |  |  |  |
| youtube | en | This was exactly what I needed. Thanks bro.  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=UgwTof_oIhx4957U48Z4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=UgwTof_oIhx4957U48Z4AaABAg</a> |  |  |  |
| youtube | en | rose is the best spotter anyone could ask for. thanks bro!   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=Ugz42j3ys8r8oREGv8F4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=Ugz42j3ys8r8oREGv8F4AaABAg</a> |  |  |  |
| youtube |    | Nice   |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=UgwSEEvap9c7M-4M6ip4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=UgwSEEvap9c7M-4M6ip4AaABAg</a> |  |  |  |
| youtube | en | Daaaaamn Rosemi is ripped oh my  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=UgwEMOVK6ob2oEJGpsZ4AaABAg">https://www.youtube.com/watch?v=wCldQw95IJ&amp;lc=UgwEMOVK6ob2oEJGpsZ4AaABAg</a> |  |  |  |
| youtube |    | 1984   |  | <a href="https://www.youtube.com/watch?v=1R6ToGaL06&amp;lc=UgwWqkMjKzI-MJ27gd4AaABAg">https://www.youtube.com/watch?v=1R6ToGaL06&amp;lc=UgwWqkMjKzI-MJ27gd4AaABAg</a>   |  |  |  |
| youtube | en | Beginning of the end of all choice   |  | <a href="https://www.youtube.com/watch?v=1R6ToGaL06&amp;lc=UgzFxMSOQM6FQ7tshl4AaABAg">https://www.youtube.com/watch?v=1R6ToGaL06&amp;lc=UgzFxMSOQM6FQ7tshl4AaABAg</a>   |  |  |  |
| youtube | en | Can we riot again now please   |  | <a href="https://www.youtube.com/watch?v=1R6ToGaL06&amp;lc=UgzFxMSOQM6FQ7tshl4AaABAg">https://www.youtube.com/watch?v=1R6ToGaL06&amp;lc=UgzFxMSOQM6FQ7tshl4AaABAg</a>   |  |  |  |

|         |    |  |  |   |  |  |  |
|---------|----|--|--|---|--|--|--|
| youtube | en | So you need proof of vaccination but democrats don't want ID and signature verification to vote  |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=Ugzk50RqvKo9FMsBcVx4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=Ugzk50RqvKo9FMsBcVx4AaABAg</a> |  |  |  |
| youtube | en | Keep pushing.  |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgwBTxZDOylRdiVohl54AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgwBTxZDOylRdiVohl54AaABAg</a> |  |  |  |
| youtube | en | I'll also say this covid really hurt Lots of restaurants, bars, fitness centers etc so I doubt all places will deny someone if they don't have a vaccine Id. Money talks.  |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=Ugw1d4_CWmUh8iz5W-p4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=Ugw1d4_CWmUh8iz5W-p4AaABAg</a> |  |  |  |
| youtube | en | See if they can get more people vaccinated or destroy NYC even further on top of the crimes, I think that's the clown mayor's ultimate goal, real communist.   |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=Ugyah6MMvJjq-f7m1eB4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=Ugyah6MMvJjq-f7m1eB4AaABAg</a> |  |  |  |
| youtube | en | You need proof of vaccine for everything except ID for voting, NYC real laughing stock.  |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgwAiWpzD3NOQuyXcQZ4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgwAiWpzD3NOQuyXcQZ4AaABAg</a> |  |  |  |
| youtube | en | An Us versus them mentality  |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgwYMzWNJcErYsa0nlx4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgwYMzWNJcErYsa0nlx4AaABAg</a> |  |  |  |
| youtube | en | So my body my right to get an abortion BUT Not my body my right NOT to be vaccinated   |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgyTLQeeXufbl7RQJdl4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgyTLQeeXufbl7RQJdl4AaABAg</a> |  |  |  |
| youtube | en | This is B.S ain't no one going to follow through   |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgxltVAwLxN7h4pGV4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgxltVAwLxN7h4pGV4AaABAg</a>     |  |  |  |
| youtube | en | If the restaurants agrees to this they might as well closed the Doors  |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgyRgOOnZDW_ChYFZKp4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgyRgOOnZDW_ChYFZKp4AaABAg</a> |  |  |  |
| youtube | en | One more reason to leave NYC   |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgzkBAtG5zUYNeCe4FB4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgzkBAtG5zUYNeCe4FB4AaABAg</a> |  |  |  |
| youtube | en | If you buy anything from this man, you get what you deserve.   |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgxY-yKzNt3ndGD1T8F4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgxY-yKzNt3ndGD1T8F4AaABAg</a> |  |  |  |
| youtube | en | Didn't the CDC just say that fully vaccinated individuals can still contract, transmit and suffer from the virus? So basically, getting the vaccine makes no difference.   |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=Ugyn93b510yPm8g4D54AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=Ugyn93b510yPm8g4D54AaABAg</a>   |  |  |  |
| youtube |    | Boycott Equinox!!!!  |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgwG6v5mjJzNrpwyIN4AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgwG6v5mjJzNrpwyIN4AaABAg</a>   |  |  |  |
| youtube | en | Not spending a dime going out!   |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgzzNw890Csyv-atwP54AaABAg">https://www.youtube.com/watch?v=1R6ToGaLO6I&amp;lc=UgzzNw890Csyv-atwP54AaABAg</a> |  |  |  |
| youtube | en | To all the bros who needed to hear it.But maybe the true one who needed to hear it was Brosemi herself...  |  | <a href="https://www.youtube.com/watch?v=wCldQw95IJY">https://www.youtube.com/watch?v=wCldQw95IJY</a>   |  |  |  |
| youtube | en | People will soon have to show proof of vaccination for indoor dining, fitness and entertainment in New York City. Mayor Bill de Blasio announced the "Key to NYC Pass" on Tuesday. CBS2's Lisa Rozner reports.   |  | <a href="https://www.youtube.com/watch?v=1R6ToGaLO6I">https://www.youtube.com/watch?v=1R6ToGaLO6I</a>   |  |  |  |
| youtube | en | Good chote bhai 🙏 🙏 ❤️   |  | <a href="https://www.youtube.com/watch?v=bC5UIsGCI9A&amp;lc=Ugwhz59MLsivIrrsc2x4AaABAg">https://www.youtube.com/watch?v=bC5UIsGCI9A&amp;lc=Ugwhz59MLsivIrrsc2x4AaABAg</a> |  |  |  |
| youtube |    | Akay fitness ko dekh uske samne kuch nhi हँ  |  | <a href="https://www.youtube.com/watch?v=bC5UIsGCI9A&amp;lc=UgyTxR1Fb8M4zJArJvh4AaABAg">https://www.youtube.com/watch?v=bC5UIsGCI9A&amp;lc=UgyTxR1Fb8M4zJArJvh4AaABAg</a> |  |  |  |
| youtube | ro | Nasol cu marea pe vremea asta. Eu ma duc in fiecare saptamana doar o zi, cu trenul si ma intorc tot cu el. Te face maxim la pret si nu e echabil deloc. Sper sa fie mai ok pentru voi maine. Ai grija de tine si vezi cu mancareala p acolo. Scumpa si alterata! Mai bine mananci uscaturi de la market. |  | <a href="https://www.youtube.com/watch?v=KwDuLReNA04&amp;lc=UgxCnLojGcijQ-YYiZ4AaABAg">https://www.youtube.com/watch?v=KwDuLReNA04&amp;lc=UgxCnLojGcijQ-YYiZ4AaABAg</a>   |  |  |  |
| youtube | ro | Ovazul il faci cu apa rece?!?  |  | <a href="https://www.youtube.com/watch?v=KwDuLReNA04&amp;lc=UgzLwRZL8-NbGiBE59F4AaABAg">https://www.youtube.com/watch?v=KwDuLReNA04&amp;lc=UgzLwRZL8-NbGiBE59F4AaABAg</a> |  |  |  |
| youtube | ro | Tomita, va astept la Costinesti! Oamenii buni au loc oriunde! 🎉  |  | <a href="https://www.youtube.com/watch?v=KwDuLReNA04&amp;lc=UgyL7uYKXvp8n0vCgW94AaABAg">https://www.youtube.com/watch?v=KwDuLReNA04&amp;lc=UgyL7uYKXvp8n0vCgW94AaABAg</a> |  |  |  |
| youtube | en | Hay sir big fum  |  | <a href="https://www.youtube.com/watch?v=9HojzEggUlt&amp;lc=UgyiaSbSXkcbmusGrdR4AaABAg">https://www.youtube.com/watch?v=9HojzEggUlt&amp;lc=UgyiaSbSXkcbmusGrdR4AaABAg</a> |  |  |  |
| youtube |    | Nice❤️   |  | <a href="https://www.youtube.com/watch?v=9HojzEggUlt&amp;lc=UgznHNKLrwYLMcbLOB4AaABAg">https://www.youtube.com/watch?v=9HojzEggUlt&amp;lc=UgznHNKLrwYLMcbLOB4AaABAg</a>   |  |  |  |

|         |    |   |  |   |  |  |  |
|---------|----|---|--|---|--|--|--|
| youtube |    | Good  |  | <a href="https://www.youtube.com/watch?v=9HojzEggUtl&amp;lc=UgxzTl-mObiyUrMiu_Z4AaABAg">https://www.youtube.com/watch?v=9HojzEggUtl&amp;lc=UgxzTl-mObiyUrMiu_Z4AaABAg</a>   |  |  |  |
| youtube |    | Hard bro  |  | <a href="https://www.youtube.com/watch?v=9HojzEggUtl&amp;lc=UgxAqhtAIWwPlgHOCd4AAABAg">https://www.youtube.com/watch?v=9HojzEggUtl&amp;lc=UgxAqhtAIWwPlgHOCd4AAABAg</a>     |  |  |  |
| youtube |    | Super bhai  |  | <a href="https://www.youtube.com/watch?v=9HojzEggUtl&amp;lc=Ugwba6o20V7HDSZMFV4AaABAg">https://www.youtube.com/watch?v=9HojzEggUtl&amp;lc=Ugwba6o20V7HDSZMFV4AaABAg</a>     |  |  |  |
| youtube |    | Mere bhai Mayank m tumse 3 saal bda hu or bhai jo tum kar sakte ho uska m 10 percent bhi nhi kar sakta issliye toh bhoot respect h tumhare liye bro |  | <a href="https://www.youtube.com/watch?v=9HojzEggUtl&amp;lc=UgwEZ3KEs6d2MgXAnNN4AaABAg">https://www.youtube.com/watch?v=9HojzEggUtl&amp;lc=UgwEZ3KEs6d2MgXAnNN4AaABAg</a>   |  |  |  |
| youtube | en | <a href="https://youtu.be/ROTuHDxUt3o">https://youtu.be/ROTuHDxUt3o</a>   |  | <a href="https://www.youtube.com/watch?v=9HojzEggUtl&amp;lc=UgzBzqynNscpvz-SoF54AaABAg">https://www.youtube.com/watch?v=9HojzEggUtl&amp;lc=UgzBzqynNscpvz-SoF54AaABAg</a>   |  |  |  |
| youtube | en | Nice Boro fitness motivation video bouybulder 🏋️‍♂️ gym workout   |  | <a href="https://www.youtube.com/watch?v=9HojzEggUtl&amp;lc=UgxHc3ElfMxew5MP3IB4AaABAg">https://www.youtube.com/watch?v=9HojzEggUtl&amp;lc=UgxHc3ElfMxew5MP3IB4AaABAg</a>   |  |  |  |
| youtube |    | Good 👍👍👍👍   |  | <a href="https://www.youtube.com/watch?v=9HojzEggUtl&amp;lc=UgxoiOt1sRHZ4L4Knd4AAaABAg">https://www.youtube.com/watch?v=9HojzEggUtl&amp;lc=UgxoiOt1sRHZ4L4Knd4AAaABAg</a>   |  |  |  |
| youtube |    | Bhai app ne kaise kia plaz bhai btana   |  | <a href="https://www.youtube.com/watch?v=9HojzEggUtl&amp;lc=Ugz58rD7B9jw7O0wf0F4AaABAg">https://www.youtube.com/watch?v=9HojzEggUtl&amp;lc=Ugz58rD7B9jw7O0wf0F4AaABAg</a>   |  |  |  |
| youtube |    | Hard bro  |  | <a href="https://www.youtube.com/watch?v=9HojzEggUtl&amp;lc=UgzmPy86W-B6wdM3it94AaABAg">https://www.youtube.com/watch?v=9HojzEggUtl&amp;lc=UgzmPy86W-B6wdM3it94AaABAg</a>   |  |  |  |
| youtube |    | Soon 30k Congratulations 🎉  |  | <a href="https://www.youtube.com/watch?v=9HojzEggUtl&amp;lc=UgwUrYaSGRcczbpNLp4AAaABAg">https://www.youtube.com/watch?v=9HojzEggUtl&amp;lc=UgwUrYaSGRcczbpNLp4AAaABAg</a>   |  |  |  |
| youtube |    | Congratulation mayank bhai 30k subscribers pura hogaya  |  | <a href="https://www.youtube.com/watch?v=9HojzEggUtl&amp;lc=Ugzaxm27oP3jOU4Dr1J4AaABAg">https://www.youtube.com/watch?v=9HojzEggUtl&amp;lc=Ugzaxm27oP3jOU4Dr1J4AaABAg</a>   |  |  |  |
| youtube | en | Very good bhai  |  | <a href="https://www.youtube.com/watch?v=9HojzEggUtl&amp;lc=UgyluF7bccrPqlDegt54AAaABAg">https://www.youtube.com/watch?v=9HojzEggUtl&amp;lc=UgyluF7bccrPqlDegt54AAaABAg</a> |  |  |  |
| youtube |    | GAIAB 💀❤️👍  |  | <a href="https://www.youtube.com/watch?v=9HojzEggUtl&amp;lc=UgzS7GBtpLp3py2jf54AAaABAg">https://www.youtube.com/watch?v=9HojzEggUtl&amp;lc=UgzS7GBtpLp3py2jf54AAaABAg</a>   |  |  |  |
| youtube |    | Nyc   |  | <a href="https://www.youtube.com/watch?v=9HojzEggUtl&amp;lc=UgxJ77kadMuB4HZ07mV4AaABAg">https://www.youtube.com/watch?v=9HojzEggUtl&amp;lc=UgxJ77kadMuB4HZ07mV4AaABAg</a>   |  |  |  |
| youtube |    | ang galing galing 💀💀  |  | <a href="https://www.youtube.com/watch?v=o1Es99QNWiU&amp;lc=UgxNGkdO6fAlFwQynMN4AaABAg">https://www.youtube.com/watch?v=o1Es99QNWiU&amp;lc=UgxNGkdO6fAlFwQynMN4AaABAg</a>   |  |  |  |
| youtube |    | Baks batallion💀💀  |  | <a href="https://www.youtube.com/watch?v=o1Es99QNWiU&amp;lc=Ugy8Olpa1hCw4ojP584AAaABAg">https://www.youtube.com/watch?v=o1Es99QNWiU&amp;lc=Ugy8Olpa1hCw4ojP584AAaABAg</a>   |  |  |  |
| youtube |    | 💀😊 go Bb! 😊   |  | <a href="https://www.youtube.com/watch?v=o1Es99QNWiU&amp;lc=Ugw7eP4nUwUErSdq8V4AaABAg">https://www.youtube.com/watch?v=o1Es99QNWiU&amp;lc=Ugw7eP4nUwUErSdq8V4AaABAg</a>     |  |  |  |
| youtube | en | Nice BB solid galing nio talga at sypre sa number 1 fan ako ng bb at full support😊😊   |  | <a href="https://www.youtube.com/watch?v=o1Es99QNWiU&amp;lc=UgzfcGk296MgR4QL0rh4AAaABAg">https://www.youtube.com/watch?v=o1Es99QNWiU&amp;lc=UgzfcGk296MgR4QL0rh4AAaABAg</a> |  |  |  |
| youtube | tl | Galing talaga nang mga bb go go go ilove u toni   |  | <a href="https://www.youtube.com/watch?v=o1Es99QNWiU&amp;lc=Ugx7IYEja9dVSWSH-r4AAaABAg">https://www.youtube.com/watch?v=o1Es99QNWiU&amp;lc=Ugx7IYEja9dVSWSH-r4AAaABAg</a>   |  |  |  |
| youtube |    | Done mga sister💀💀💀  |  | <a href="https://www.youtube.com/watch?v=o1Es99QNWiU&amp;lc=UgwT0odNJ2Q3LDFCnrR4AAaABAg">https://www.youtube.com/watch?v=o1Es99QNWiU&amp;lc=UgwT0odNJ2Q3LDFCnrR4AAaABAg</a> |  |  |  |
| youtube |    | Ang ganda po...   |  | <a href="https://www.youtube.com/watch?v=o1Es99QNWiU&amp;lc=UgxByxwvSod9dEL1ed4AAaABAg">https://www.youtube.com/watch?v=o1Es99QNWiU&amp;lc=UgxByxwvSod9dEL1ed4AAaABAg</a>   |  |  |  |
| youtube | tl | Yessslang galing pa rin ng mga BB😊😊   |  | <a href="https://www.youtube.com/watch?v=o1Es99QNWiU&amp;lc=Ugy2uqRnRHRzLkl3n054AAaABAg">https://www.youtube.com/watch?v=o1Es99QNWiU&amp;lc=Ugy2uqRnRHRzLkl3n054AAaABAg</a> |  |  |  |
| youtube | en | Go ate kitty❤️  |  | <a href="https://www.youtube.com/watch?v=o1Es99QNWiU&amp;lc=Ugy_XAjhBEOu8O-9p4AAaABAg">https://www.youtube.com/watch?v=o1Es99QNWiU&amp;lc=Ugy_XAjhBEOu8O-9p4AAaABAg</a>     |  |  |  |
| youtube | en | wow mga idol ko to eh😊  |  | <a href="https://www.youtube.com/watch?v=o1Es99QNWiU&amp;lc=UgwoC8fK5UBoujMwhdt4AAaABAg">https://www.youtube.com/watch?v=o1Es99QNWiU&amp;lc=UgwoC8fK5UBoujMwhdt4AAaABAg</a> |  |  |  |
| youtube |    | 💀💀💀   |  | <a href="https://www.youtube.com/watch?v=o1Es99QNWiU&amp;lc=UgxHmf4dC11QKrbox-z4AAaABAg">https://www.youtube.com/watch?v=o1Es99QNWiU&amp;lc=UgxHmf4dC11QKrbox-z4AAaABAg</a> |  |  |  |
| youtube | tl | Go bakz batallion,,, ang hyper nyo talaga   |  | <a href="https://www.youtube.com/watch?v=o1Es99QNWiU&amp;lc=UgyZiMw24sxS77uYcUp4AAaABAg">https://www.youtube.com/watch?v=o1Es99QNWiU&amp;lc=UgyZiMw24sxS77uYcUp4AAaABAg</a> |  |  |  |
| youtube |    | Wow   |  | <a href="https://www.youtube.com/watch?v=PnZBGyE_Z-A&amp;lc=UgwEcsUdWfxGbbVsHgh4AAaABAg">https://www.youtube.com/watch?v=PnZBGyE_Z-A&amp;lc=UgwEcsUdWfxGbbVsHgh4AAaABAg</a> |  |  |  |

|         |         |   |  |   |  |  |  |
|---------|---------|---|--|---|--|--|--|
| youtube |         | ⌚   |  | <a href="https://www.youtube.com/watch?v=PnZBGyE_Z-A&amp;lc=Ugw5UsDFYvol8Tz92b54AaABAg">https://www.youtube.com/watch?v=PnZBGyE_Z-A&amp;lc=Ugw5UsDFYvol8Tz92b54AaABAg</a> |  |  |  |
| youtube | en      | First time I am first 😊😊  |  | <a href="https://www.youtube.com/watch?v=PnZBGyE_Z-A&amp;lc=Ugzp1nA0Rfwj873VFz4AaABAg">https://www.youtube.com/watch?v=PnZBGyE_Z-A&amp;lc=Ugzp1nA0Rfwj873VFz4AaABAg</a>   |  |  |  |
| youtube | en      | First person waching  |  | <a href="https://www.youtube.com/watch?v=PnZBGyE_Z-A&amp;lc=UgzigGUVRWAi_Lo3Nwt4AaABAg">https://www.youtube.com/watch?v=PnZBGyE_Z-A&amp;lc=UgzigGUVRWAi_Lo3Nwt4AaABAg</a> |  |  |  |
| youtube |         | Nice 4 th view  |  | <a href="https://www.youtube.com/watch?v=PnZBGyE_Z-A&amp;lc=UgyM2xJ0ogqiY-N3Jox4AaABAg">https://www.youtube.com/watch?v=PnZBGyE_Z-A&amp;lc=UgyM2xJ0ogqiY-N3Jox4AaABAg</a> |  |  |  |
| youtube |         | ☺☺☺☺☺☺☺   |  | <a href="https://www.youtube.com/watch?v=PnZBGyE_Z-A&amp;lc=UgyAk9H08Hu9UF0Sw194AaABAg">https://www.youtube.com/watch?v=PnZBGyE_Z-A&amp;lc=UgyAk9H08Hu9UF0Sw194AaABAg</a> |  |  |  |
| youtube |         | My Frome indiaIN  |  | <a href="https://www.youtube.com/watch?v=PnZBGyE_Z-A&amp;lc=UgiLSHotq3VMAijvid4AaABAg">https://www.youtube.com/watch?v=PnZBGyE_Z-A&amp;lc=UgiLSHotq3VMAijvid4AaABAg</a>   |  |  |  |
| youtube | xx-Qaai | ♥ ♥ ♥ ♥ ♥   |  | <a href="https://www.youtube.com/watch?v=PnZBGyE_Z-A&amp;lc=UgxZd3Fq4LK96ZlNRKF4AaABAg">https://www.youtube.com/watch?v=PnZBGyE_Z-A&amp;lc=UgxZd3Fq4LK96ZlNRKF4AaABAg</a> |  |  |  |
| youtube | ru      | Ты как всегда прекрасна Тоня  |  | <a href="https://www.youtube.com/watch?v=PnZBGyE_Z-A&amp;lc=Ugx5VVb9X6GnX1oPDKB4AaABAg">https://www.youtube.com/watch?v=PnZBGyE_Z-A&amp;lc=Ugx5VVb9X6GnX1oPDKB4AaABAg</a> |  |  |  |
| youtube | en      | ☺☺...I love the reactions.  |  | <a href="https://www.youtube.com/watch?v=PnZBGyE_Z-A&amp;lc=UgzK2z2iHywGp11hZh4AaABAg">https://www.youtube.com/watch?v=PnZBGyE_Z-A&amp;lc=UgzK2z2iHywGp11hZh4AaABAg</a>   |  |  |  |
| youtube | en      | <a href="https://youtube.com shorts/YLYdFHDanxc?feature=share">https://youtube.com shorts/YLYdFHDanxc?feature=share</a> |  | <a href="https://www.youtube.com/watch?v=PnZBGyE_Z-A&amp;lc=UgwFf2fJYVHxvJojatt4AaABAg">https://www.youtube.com/watch?v=PnZBGyE_Z-A&amp;lc=UgwFf2fJYVHxvJojatt4AaABAg</a> |  |  |  |
| youtube | en      | Of course their organized, but beautiful body ❤   |  | <a href="https://www.youtube.com/watch?v=PnZBGyE_Z-A&amp;lc=UgwwLT6DjP7aGljD7tR4AaABAg">https://www.youtube.com/watch?v=PnZBGyE_Z-A&amp;lc=UgwwLT6DjP7aGljD7tR4AaABAg</a> |  |  |  |
| youtube | en      | My dream girl☺☺☺☺☺  |  | <a href="https://www.youtube.com/watch?v=PnZBGyE_Z-A&amp;lc=Ugyj_fiFj-NWBSNYifZ4AaABAg">https://www.youtube.com/watch?v=PnZBGyE_Z-A&amp;lc=Ugyj_fiFj-NWBSNYifZ4AaABAg</a> |  |  |  |
| youtube |         | Bye 🖤   |  | <a href="https://www.youtube.com/watch?v=PnZBGyE_Z-A&amp;lc=Ugz0502KvxzGanHfx5F4AaABAg">https://www.youtube.com/watch?v=PnZBGyE_Z-A&amp;lc=Ugz0502KvxzGanHfx5F4AaABAg</a> |  |  |  |
| youtube |         | 👉❤️👉  |  | <a href="https://www.youtube.com/watch?v=PnZBGyE_Z-A&amp;lc=UgwNkahCshBwr3KBNud4AaABAg">https://www.youtube.com/watch?v=PnZBGyE_Z-A&amp;lc=UgwNkahCshBwr3KBNud4AaABAg</a> |  |  |  |
| youtube | en      | Keep it up bro  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugx17vTeD295-al2bh4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugx17vTeD295-al2bh4AaABAg</a>   |  |  |  |
| youtube | xx-Qaai | ❤️  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgwC8R_2-Diw3EkLjuV4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgwC8R_2-Diw3EkLjuV4AaABAg</a> |  |  |  |
| youtube |         | First like  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugxa67w9YD2i6ibLeh4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugxa67w9YD2i6ibLeh4AaABAg</a>   |  |  |  |
| youtube |         | Kaint   |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugz3c6tW7Z6xpZ-Clrd4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugz3c6tW7Z6xpZ-Clrd4AaABAg</a> |  |  |  |
| youtube | en      | Keep it up ❤  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugy3D9sVQYVoiBIEjhZ4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugy3D9sVQYVoiBIEjhZ4AaABAg</a> |  |  |  |
| youtube | en      | Please repley   |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugwlayl-Wpc7PUYZ2V54AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugwlayl-Wpc7PUYZ2V54AaABAg</a> |  |  |  |
| youtube | eu      | Ver sahil nahi sehaj zaildar hai  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgzSiz-i-xhmDcu9t94AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgzSiz-i-xhmDcu9t94AaABAg</a>   |  |  |  |
| youtube | xx-Qaai | ♥ ♥ ♥ ♡   |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgzMOlhSx2KyO7phLHp4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgzMOlhSx2KyO7phLHp4AaABAg</a> |  |  |  |
| youtube |         | Bai landlord jatt nu ta mil avo kini waarr comments krte  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgwAde6OR67QQ6g0iDx4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgwAde6OR67QQ6g0iDx4AaABAg</a> |  |  |  |
| youtube |         | 👉👉  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgzMdoawndajPSe1l4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgzMdoawndajPSe1l4AaABAg</a>     |  |  |  |
| youtube |         | 👉👉👉   |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgyVqgsZH2bGY7w680Z4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgyVqgsZH2bGY7w680Z4AaABAg</a> |  |  |  |
| youtube |         | Nice  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugzp64gQfdrn0nizY9p4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugzp64gQfdrn0nizY9p4AaABAg</a> |  |  |  |
| youtube | pt      | Marior nhi pra mirror   |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgwUMgFieFTi6RHuQgx4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgwUMgFieFTi6RHuQgx4AaABAg</a> |  |  |  |

|         |         |  |  |   |  |  |  |
|---------|---------|--|--|---|--|--|--|
| youtube |         | 👉👉👉👉👉  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgzhUVkZwuVI52PweQh4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgzhUVkZwuVI52PweQh4AaABAg</a>   |  |  |  |
| youtube |         | Nice   |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugyzcogodo7mtUZFPNV4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugyzcogodo7mtUZFPNV4AaABAg</a>   |  |  |  |
| youtube |         | 8:11 😊😊😊😊😊😊 morrior  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugw6-Nw48P2xqI02-xB4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugw6-Nw48P2xqI02-xB4AaABAg</a>   |  |  |  |
| youtube |         |  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgzyeeNTANe9zuH4v0x4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgzyeeNTANe9zuH4v0x4AaABAg</a>   |  |  |  |
| youtube |         | Editing kede app naal krda bai   |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugxz1G6xWqKkDTfxMfh4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugxz1G6xWqKkDTfxMfh4AaABAg</a>   |  |  |  |
| youtube |         | Maarior ki hunda jn❤   |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugxgvu-pJFnR7b-0hg54AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugxgvu-pJFnR7b-0hg54AaABAg</a>   |  |  |  |
| youtube |         | sahil nhi pra sehaj wa   |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugzfv1HjLEw4jxVay294AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugzfv1HjLEw4jxVay294AaABAg</a>   |  |  |  |
| youtube |         | Hlo  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgxywOG9nJUD1UdE6yp4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgxywOG9nJUD1UdE6yp4AaABAg</a>   |  |  |  |
| youtube | en      | marrior ja mirror  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgzoksNi3URMogS9ee94AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgzoksNi3URMogS9ee94AaABAg</a>   |  |  |  |
| youtube |         | Veer Sahil zaildar nhi sehaj zaildar ✨thik kroo  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgwuiuOTe4P4Bv0fr_ib4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgwuiuOTe4P4Bv0fr_ib4AaABAg</a> |  |  |  |
| youtube |         | Veere marior ni ha mirror h 😊  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgwG71HfbLUAxNMSNyI4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgwG71HfbLUAxNMSNyI4AaABAg</a>   |  |  |  |
| youtube |         | Yrr tuv kam bnava lea bhut vdia kita 😊❤️ ❤️ ❤️   |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgymSU2jSv6GFJ12cV4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgymSU2jSv6GFJ12cV4AaABAg</a>     |  |  |  |
| youtube |         | 👉👉👉👉👉  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugza1WZG2xzXQ4qLnSx4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugza1WZG2xzXQ4qLnSx4AaABAg</a>   |  |  |  |
| youtube | en      | Kinu kinu look and body vadia lagdi sehaj zaildar ?  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugx3dL81UycOrzrChvp4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugx3dL81UycOrzrChvp4AaABAg</a>   |  |  |  |
| youtube |         | Full sporrt aa   |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugx3DgvkollDbErAUd4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugx3DgvkollDbErAUd4AaABAg</a>     |  |  |  |
| youtube |         | 👉  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgwTkrW1NgWwgjn9xRN4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgwTkrW1NgWwgjn9xRN4AaABAg</a>   |  |  |  |
| youtube | xx-Qaai | ♥  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugz1dWXQ0Qvawz0kFQfx4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugz1dWXQ0Qvawz0kFQfx4AaABAg</a> |  |  |  |
| youtube |         | ♥😊   |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugz1dWXQ0Qvawz0kFQfx4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugz1dWXQ0Qvawz0kFQfx4AaABAg</a> |  |  |  |
| youtube |         | marior ❤️ 😊  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgyjndslmDLP2GgcaUl4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgyjndslmDLP2GgcaUl4AaABAg</a>   |  |  |  |
| youtube |         | Bro tuhade vlog sahi hunde aw bs apni pronunciation sahi karlo <del>100100</del>   |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgyqSgW5Z_l39W3M53N4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgyqSgW5Z_l39W3M53N4AaABAg</a>   |  |  |  |
| youtube |         | #raja hundal   |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgwquenTnNhk1bIV4FN4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgwquenTnNhk1bIV4FN4AaABAg</a>   |  |  |  |
| youtube |         | Pra  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgxWoa9xxkMp5jMHDG54AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgxWoa9xxkMp5jMHDG54AaABAg</a>   |  |  |  |
| youtube |         | , 🎵  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugbw6n-Yxjko6eQvjI54AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugbw6n-Yxjko6eQvjI54AaABAg</a>   |  |  |  |
| youtube |         | Veer me notice krdaa roz ik gall tu video di length wadon lai ikko gall war war kri jana hunnaNaa bhorii jaiyaa kr ikko gall war war |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugw72guvGu8c3lGFFAZ4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugw72guvGu8c3lGFFAZ4AaABAg</a>   |  |  |  |
| youtube |         | jassvloggs ❤️ ❤️ 🎵🎵🎵   |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgwpjYHyjiUK1eUbrgx4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgwpjYHyjiUK1eUbrgx4AaABAg</a>   |  |  |  |
| youtube |         | Bhai Sahil zaildar ni hai sehaj  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugz6UKDAes1Npf8jish4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugz6UKDAes1Npf8jish4AaABAg</a>   |  |  |  |
| youtube | en      | <a href="https://youtube.com/shorts/9QfsKrJtGY?feature=share">https://youtube.com/shorts/9QfsKrJtGY?feature=share</a>                |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugz2L78hlc50FuGZHlh4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugz2L78hlc50FuGZHlh4AaABAg</a>   |  |  |  |

|         |     |   |  |   |  |  |  |
|---------|-----|---|--|---|--|--|--|
| youtube |     | Bro thori theek tra boliya kro aij kal ta bacha bacha English bolda ta tu English chad ka mirror nu mirrorrr            |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgxLT9hWgkPntAW-rxN4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgxLT9hWgkPntAW-rxN4AaABAg</a> |  |  |  |
| youtube |     | Sahij jaildar aa  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgwFTUTOpW-jVoUbP4Z4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgwFTUTOpW-jVoUbP4Z4AaABAg</a> |  |  |  |
| youtube | az  | Sahil nahi sehaj  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgznnzqmVS_HoxPpSnh4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgznnzqmVS_HoxPpSnh4AaABAg</a> |  |  |  |
| youtube |     | Sehaj jaildar a bai   |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgzdywKceHQ9fgk89nt4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgzdywKceHQ9fgk89nt4AaABAg</a> |  |  |  |
| youtube |     | O praa sehaj a bai da nam   |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugw8lhNoeHhqoxAhOd4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugw8lhNoeHhqoxAhOd4AaABAg</a>   |  |  |  |
| youtube | en  | Bai mirror or light bolna thodi thik kro plz  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugzv-viJlAzn_3X6El4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugzv-viJlAzn_3X6El4AaABAg</a>   |  |  |  |
| youtube |     | Bae di intro bir ramgarhia de vangu bnae hoe aa   |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugx6Tj7tS49I9FisnB4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugx6Tj7tS49I9FisnB4AaABAg</a>   |  |  |  |
| youtube | en  | Veer marrior ni ga mirror aa  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgzwD92CB83GemMmPnt4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgzwD92CB83GemMmPnt4AaABAg</a> |  |  |  |
| youtube |     | ██████████  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgzAv94QZ680ClasHT54AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgzAv94QZ680ClasHT54AaABAg</a> |  |  |  |
| youtube |     | Bro tuhada mtlbh mathaa ni taikan chale ohnu hi miln chle aa  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgzwKn6gt9JyNZTynh94AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgzwKn6gt9JyNZTynh94AaABAg</a> |  |  |  |
| youtube |     | Ina ghatia Banda loka nu fudu bna reha edit krke thumbnail laya VA sad pta chl reha sirf views lain Lai                 |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgzRufsZ16QNtUMZaRZ4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgzRufsZ16QNtUMZaRZ4AaABAg</a> |  |  |  |
| youtube | om  | Mirror hunda verre  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgwDlyhurgpwrXzRIMd4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgwDlyhurgpwrXzRIMd4AaABAg</a> |  |  |  |
| youtube |     | Keepitup  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgynXZuDneTB8kjQg6t4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgynXZuDneTB8kjQg6t4AaABAg</a> |  |  |  |
| youtube | sco | Mirror aa yarr  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgzEpngx7x0OAnq0VZ4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgzEpngx7x0OAnq0VZ4AaABAg</a>   |  |  |  |
| youtube |     | Paji ma thanu darbar shaib dakha si aa wale vlog shoot Kar da si  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ughy6TFnpR4Mbp7MUfh4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ughy6TFnpR4Mbp7MUfh4AaABAg</a> |  |  |  |
| youtube |     | 8:11 bruh mirror hunda  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgzWslZMwMSeOVA9Wml4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgzWslZMwMSeOVA9Wml4AaABAg</a> |  |  |  |
| youtube | en  | <a href="https://youtube.com/shorts/QBhJp9nsTjk?feature=share">https://youtube.com/shorts/QBhJp9nsTjk?feature=share</a> |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgwBMKMhn8o0KF-iMKV4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgwBMKMhn8o0KF-iMKV4AaABAg</a> |  |  |  |
| youtube |     | Kaint   |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugxta4ET-KsgT8VIBPN4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugxta4ET-KsgT8VIBPN4AaABAg</a> |  |  |  |
| youtube |     | Siraaaa   |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugx81QPsbkF13RL48y54AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugx81QPsbkF13RL48y54AaABAg</a> |  |  |  |
| youtube |     | Janke keha enne marrior taki comments jyada aunnKyo hna   |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgzYx_rQeOU03M64h394AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgzYx_rQeOU03M64h394AaABAg</a> |  |  |  |
| youtube |     | Baaki nycc aa   |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgwrXzj7SY_3Lsy57V4AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgwrXzj7SY_3Lsy57V4AaABAg</a>   |  |  |  |
| youtube |     | Zaildar aw  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgwhhTE4W7sr9Mx1sx84AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgwhhTE4W7sr9Mx1sx84AaABAg</a> |  |  |  |
| youtube |     | INDER RAMGARIA NAL VLOG KRO   |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugzsg1cC-X_4BWqDXh94AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=Ugzsg1cC-X_4BWqDXh94AaABAg</a> |  |  |  |
| youtube |     | Simmu buttar nal vlog Karo bhaji  |  | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgwADkg6151CL27vb824AaABAg">https://www.youtube.com/watch?v=C2CnGaQowJk&amp;lc=UgwADkg6151CL27vb824AaABAg</a> |  |  |  |
| youtube | en  | waiting for this content host..#Momendoter  |  | <a href="https://www.youtube.com/watch?v=tUc18fnAK1k&amp;lc=UgzC8cMrV9Cg2Qne04N4AaABAg">https://www.youtube.com/watch?v=tUc18fnAK1k&amp;lc=UgzC8cMrV9Cg2Qne04N4AaABAg</a> |  |  |  |
| youtube | en  | Waiting here  |  | <a href="https://www.youtube.com/watch?v=tUc18fnAK1k&amp;lc=UgxtwuJxf21C2s1nqMt4AaABAg">https://www.youtube.com/watch?v=tUc18fnAK1k&amp;lc=UgxtwuJxf21C2s1nqMt4AaABAg</a> |  |  |  |
| youtube |     | Nice exercise   |  | <a href="https://www.youtube.com/watch?v=tUc18fnAK1k&amp;lc=Ugxu02hex0vuS52yy14AaABAg">https://www.youtube.com/watch?v=tUc18fnAK1k&amp;lc=Ugxu02hex0vuS52yy14AaABAg</a>   |  |  |  |

|         |    |  |    |   |  |  |  |
|---------|----|--|----|---|--|--|--|
| youtube | en | You may not have everything you want. But your BLESSED enough to have all that you need.. Be Grateful.. Godbless Team Momendoter...  |    | <a href="https://www.youtube.com/watch?v=tUc18fnAK1k&amp;lc=Ugxy0QhgffywZ_eFgZh4AaABAg">https://www.youtube.com/watch?v=tUc18fnAK1k&amp;lc=Ugxy0QhgffywZ_eFgZh4AaABAg</a> |  |  |  |
| youtube | en | Waiting for this to show   |    | <a href="https://www.youtube.com/watch?v=tUc18fnAK1k&amp;lc=UgxNbkvwo9UbDFxg7B4AaABAg">https://www.youtube.com/watch?v=tUc18fnAK1k&amp;lc=UgxNbkvwo9UbDFxg7B4AaABAg</a>   |  |  |  |
| youtube | en | Here sending full support kapatid team superstar   | PH | <a href="https://www.youtube.com/watch?v=tUc18fnAK1k&amp;lc=Ugw4uV22M02Sf-Pbw7J4AaABAg">https://www.youtube.com/watch?v=tUc18fnAK1k&amp;lc=Ugw4uV22M02Sf-Pbw7J4AaABAg</a> |  |  |  |
| youtube | en | Have fun and enjoy, stay healthy   |    | <a href="https://www.youtube.com/watch?v=tUc18fnAK1k&amp;lc=UgwBTh4C8rX_qs8e5xd4AaABAg">https://www.youtube.com/watch?v=tUc18fnAK1k&amp;lc=UgwBTh4C8rX_qs8e5xd4AaABAg</a> |  |  |  |
| youtube |    | Tamsak langga  |    | <a href="https://www.youtube.com/watch?v=tUc18fnAK1k&amp;lc=Ugzr_1Bt6ozhQ3Sk2_V4AaABAg">https://www.youtube.com/watch?v=tUc18fnAK1k&amp;lc=Ugzr_1Bt6ozhQ3Sk2_V4AaABAg</a> |  |  |  |
| youtube | en | Loose weight Team star   |    | <a href="https://www.youtube.com/watch?v=tUc18fnAK1k&amp;lc=UgzStBrvDuhUTOoddmp4AaABAg">https://www.youtube.com/watch?v=tUc18fnAK1k&amp;lc=UgzStBrvDuhUTOoddmp4AaABAg</a> |  |  |  |
| youtube |    | Tamsak na host *   |    | <a href="https://www.youtube.com/watch?v=tUc18fnAK1k&amp;lc=UgypcR1opBP3jiKERY14AaABAg">https://www.youtube.com/watch?v=tUc18fnAK1k&amp;lc=UgypcR1opBP3jiKERY14AaABAg</a> |  |  |  |
| youtube | id | Best performance Miss. Sebentar lagi mau ke salon mandi susu untuk putihkan kulit. ☺   |    | <a href="https://www.youtube.com/watch?v=RcGk9fiIRTc&amp;lc=UgxdhRYTLAh3AcNmCV4AaABAg">https://www.youtube.com/watch?v=RcGk9fiIRTc&amp;lc=UgxdhRYTLAh3AcNmCV4AaABAg</a>   |  |  |  |
| youtube | id | Mantap dan keren miss hui chin.....☺   |    | <a href="https://www.youtube.com/watch?v=RcGk9fiIRTc&amp;lc=UgzsFFGdTZTKR6uROG14AaABAg">https://www.youtube.com/watch?v=RcGk9fiIRTc&amp;lc=UgzsFFGdTZTKR6uROG14AaABAg</a> |  |  |  |
| youtube |    | 👉👉👉  |    | <a href="https://www.youtube.com/watch?v=RcGk9fiIRTc&amp;lc=UgxQpn5eNy8lMtL82lx4AaABAg">https://www.youtube.com/watch?v=RcGk9fiIRTc&amp;lc=UgxQpn5eNy8lMtL82lx4AaABAg</a> |  |  |  |
| youtube | en | Mantap...say huichin...Cia you...  |    | <a href="https://www.youtube.com/watch?v=RcGk9fiIRTc&amp;lc=UgzpcloGNIG892peI6R4AaABAg">https://www.youtube.com/watch?v=RcGk9fiIRTc&amp;lc=UgzpcloGNIG892peI6R4AaABAg</a> |  |  |  |
| youtube |    | Like 8👉👉👉  |    | <a href="https://www.youtube.com/watch?v=RcGk9fiIRTc&amp;lc=Ugx5AmVuR0tYSJlgCZ4AaABAg">https://www.youtube.com/watch?v=RcGk9fiIRTc&amp;lc=Ugx5AmVuR0tYSJlgCZ4AaABAg</a>   |  |  |  |
| youtube | en | ☺️👉👉👉  |    | <a href="https://www.youtube.com/watch?v=RcGk9fiIRTc&amp;lc=UgcruyyzBcxjb-vUt54AaABAg">https://www.youtube.com/watch?v=RcGk9fiIRTc&amp;lc=UgcruyyzBcxjb-vUt54AaABAg</a>   |  |  |  |
| youtube | en |  |    | <a href="https://www.youtube.com/watch?v=9HojzEggUlt">https://www.youtube.com/watch?v=9HojzEggUlt</a>   |  |  |  |
| youtube | en | Hit the LIKE, SHARE and SUBSCRIBE button to never miss any update.Tiktok Account :<br><a href="https://www.tiktok.com/@fitness.samkalInstagram Account : https://www.instagram.com/fitnessstonya">https://www.tiktok.com/@fitness.samkalInstagram Account : https://www.instagram.com/fitnessstonya</a> Hope you guys enjoyed watching amazing videos by Fitness Samka#fitnesssamka #samka #fitnesssamkatiktok #tiktok #fitness #fitnesssamkaofficial #amazingtiktoks #funnytiktokvideos #ranks #reactions #funnypranktiktoks #hotgirlrpanks #viralrussiangirlprankvideos #shortsPlease SUBSCRIBE! |    | <a href="https://www.youtube.com/watch?v=PnZBGyE_Z-A">https://www.youtube.com/watch?v=PnZBGyE_Z-A</a>   |  |  |  |
| youtube | en |  |    | <a href="https://www.youtube.com/watch?v=Ln-">https://www.youtube.com/watch?v=Ln-</a>   |  |  |  |
| youtube | en | #meetwithsehajzaliderinstagram id:- officialjashan61Thanks For WatchingMy Video  |    | <a href="https://www.youtube.com/watch?v=C2CnGaQowJk">https://www.youtube.com/watch?v=C2CnGaQowJk</a>   |  |  |  |

|         |         |  |  |   |  |  |  |
|---------|---------|--|--|---|--|--|--|
| youtube | en      | #MaeFITNESS! #ZUMBAZU21 #FITNESSPROGRAMZU21 🔜 BURN CALORIES AND FATS 💪 VERY EASY AND EFFECTIVE WAY! By Mae FITNESS! My name is Mae and I'm here showing u my life as a simple person with a simple life. I'm also showing my random stuff that I've been doing together with my baby and my family. Plus there's a lot of ZUMBA DANCE that I am going to show u most specifically everyday. This 2020 made me realize so many things and one of that is to be healthy not just only for me but for the people that I love! So here I am, Encouraging people THAT ZUMBA ISN'T JUST A DANCE! ❤️ Hope u do enjoy and like my videos and also I hope that I can inspire other people's live as well. Spread the love and good vibes guys. God bless u all. Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness. #ZumbaDance2021 #Zumba #LooseWeight #Mgaganap #MaeGanap #LoosingWeight #LooseBabyFats #EasyWayToLooseWeight #Zumba #ZumbaDance #ZumbaMusic #Dance #LoosingBellyFats #ZumbaZumba #BestExerciseToLooseFats #BellyDance #EasyZumbaDance #StepByStepZumba #VeryEasyZumba #ZumbaPhilippines #SoloZumba#LooseWeightInOneWeek#ZumbaClass #EasyDanceZumbaSteps #StepByStepZumba #Zumba2021 #Dance #EasyToLooseWeight2021 #GainingAbs #Abs #OneWeekZumbaChallenge #ZumbaMusic #EasyZumbaSteps #SexyAndFit #Fitness #GymFitness #DanceFitness #IvaFitness #ZumbaChoreography #DanceChoreo #HealthyBody #Avocodo |  | <a href="https://www.youtube.com/watch?v=tUc18fnAK1k">https://www.youtube.com/watch?v=tUc18fnAK1k</a>   |  |  |  |
| youtube | en      |  |  | <a href="https://www.youtube.com/watch?v=RcGk9flIRtC">https://www.youtube.com/watch?v=RcGk9flIRtC</a>   |  |  |  |
| youtube |         | ♥♥♥♥   |  | <a href="https://www.youtube.com/watch?v=i7CHbNwZ0f&amp;lc=UgxY6RBEpkfI0YXZ3N4AaABAg">https://www.youtube.com/watch?v=i7CHbNwZ0f&amp;lc=UgxY6RBEpkfI0YXZ3N4AaABAg</a>     |  |  |  |
| youtube | en      | First comment first view pls reply   |  | <a href="https://www.youtube.com/watch?v=bC5UIsGCI9A&amp;lc=UgzlVhdgPE1kf6Lmqt4AaABAg">https://www.youtube.com/watch?v=bC5UIsGCI9A&amp;lc=UgzlVhdgPE1kf6Lmqt4AaABAg</a>   |  |  |  |
| youtube |         | Mayank aage jakey bahut tarraki karega god bless you mayank bhai 🙏以习近平同志为核心的党中央领导全党全国各族人民砥砺前行、团结奋斗，解决了许多长期想解决而没有解决的难题，办成了许多过去想办而没有办成的大事，推动党和国家事业取得历史性成就、发生历史性变革。实现了第一个百年奋斗目标，开启全面建设社会主义现代化国家新征程，正在意气风发向着全面建成社会主义现代化强国的第二个百年奋斗目标迈进。实践充分证明，有习近平总书记掌舵领航，有习近平新时代中国特色社会主义思想科学指引，全党全国各族人民团结一心、顽强拼搏，就一定能够战胜前进道路上的一切艰难险阻，就一定能够不断从胜利走向新的胜利。   |  | <a href="https://www.youtube.com/watch?v=bC5UIsGCI9A&amp;lc=UgxZEqH8EbVfvYLmcq54AaABAg">https://www.youtube.com/watch?v=bC5UIsGCI9A&amp;lc=UgxZEqH8EbVfvYLmcq54AaABAg</a> |  |  |  |
| youtube | en      | Love From Rajasthan ❤️ ❤️ 💖💖   |  | <a href="https://www.youtube.com/watch?v=bC5UIsGCI9A&amp;lc=UgzII-F4bzCIMDXIzC94AaABAg">https://www.youtube.com/watch?v=bC5UIsGCI9A&amp;lc=UgzII-F4bzCIMDXIzC94AaABAg</a> |  |  |  |
| youtube | xx-Qaai | ❤️ ❤️ ❤️   |  | <a href="https://www.youtube.com/watch?v=bC5UIsGCI9A&amp;lc=Ugxzp0j3ZLezBpwOp4AaABAg">https://www.youtube.com/watch?v=bC5UIsGCI9A&amp;lc=Ugxzp0j3ZLezBpwOp4AaABAg</a>     |  |  |  |
| youtube |         | Kya bat h  |  | <a href="https://www.youtube.com/watch?v=bC5UIsGCI9A&amp;lc=UgxSojSVEgs8GH7P8F4AaABAg">https://www.youtube.com/watch?v=bC5UIsGCI9A&amp;lc=UgxSojSVEgs8GH7P8F4AaABAg</a>   |  |  |  |
| youtube |         | Super bro  |  | <a href="https://www.youtube.com/watch?v=bC5UIsGCI9A&amp;lc=UgxEqG1iG04migZ7ix4AaABAg">https://www.youtube.com/watch?v=bC5UIsGCI9A&amp;lc=UgxEqG1iG04migZ7ix4AaABAg</a>   |  |  |  |
| youtube | en      | You know telugu  |  | <a href="https://www.youtube.com/watch?v=bC5UIsGCI9A&amp;lc=Ugy036jwuX-KLlosAx4AaABAg">https://www.youtube.com/watch?v=bC5UIsGCI9A&amp;lc=Ugy036jwuX-KLlosAx4AaABAg</a>   |  |  |  |
| youtube |         | Aap Instagram par message nhi dekhte ho  |  | <a href="https://www.youtube.com/watch?v=bC5UIsGCI9A&amp;lc=UgwKDukGpUzlUtaOQEd4AaABAg">https://www.youtube.com/watch?v=bC5UIsGCI9A&amp;lc=UgwKDukGpUzlUtaOQEd4AaABAg</a> |  |  |  |
| youtube |         | Support me Guys ❤️   |  | <a href="https://www.youtube.com/watch?v=bC5UIsGCI9A&amp;lc=UgxTrBjGRhWBu-Bm2B4AaABAg">https://www.youtube.com/watch?v=bC5UIsGCI9A&amp;lc=UgxTrBjGRhWBu-Bm2B4AaABAg</a>   |  |  |  |
| youtube | en      | Teri height nhi badh rhi hai , Weight mat utha jayda   |  | <a href="https://www.youtube.com/watch?v=bC5UIsGCI9A&amp;lc=UgzOJTvFks2Lxq4iwuB4AaABAg">https://www.youtube.com/watch?v=bC5UIsGCI9A&amp;lc=UgzOJTvFks2Lxq4iwuB4AaABAg</a> |  |  |  |
| youtube |         | 30k soon   |  | <a href="https://www.youtube.com/watch?v=bC5UIsGCI9A&amp;lc=UgwxjOjfCqk8fJCXm5J4AaABAg">https://www.youtube.com/watch?v=bC5UIsGCI9A&amp;lc=UgwxjOjfCqk8fJCXm5J4AaABAg</a> |  |  |  |

|         |    |  |    |   |   |   |  |
|---------|----|--|----|---|---|---|--|
| youtube | ro | Buna ziua ,dragilor .....daca nu ati gasit cazare încercați la Navodari . La casa Eriana , au bucătărie cu de toate și poti sa îți gătești acolo. La navodari ai și penny market. Va salut vacanta plăcută   |    | <a href="https://www.youtube.com/watch?v=KwDuLReNA04&amp;lc=UgwUK3plXQOBcadwl4AaABAg">https://www.youtube.com/watch?v=KwDuLReNA04&amp;lc=UgwUK3plXQOBcadwl4AaABAg</a>   |   |   |  |
| youtube | ro | V am trimis link ul cu cazarea la Navodari. Poate gasiti   |    | <a href="https://www.youtube.com/watch?v=KwDuLReNA04&amp;lc=Ugwtv2noeZ9UcQuYmF4AaABAg">https://www.youtube.com/watch?v=KwDuLReNA04&amp;lc=Ugwtv2noeZ9UcQuYmF4AaABAg</a>   |   |   |  |
| youtube | ro | Lasă-ne un link cu cazarea unde v-a dat rezervarea, să le facem un review pe merite!   |    | <a href="https://www.youtube.com/watch?v=KwDuLReNA04&amp;lc=Ugwf0wMzCxd6VHOglVd4AaABAg">https://www.youtube.com/watch?v=KwDuLReNA04&amp;lc=Ugwf0wMzCxd6VHOglVd4AaABAg</a>   |   |   |  |
| youtube |    | Track: Vosai - Young & Wild & Free [NCS Release]Music provided by NoCopyrightSounds.Watch: <a href="https://youtu.be/mJaZAEPB2OU">https://youtu.be/mJaZAEPB2OU</a> Free Download / Stream: <a href="http://ncs.io/YoungWildFree">http://ncs.io/YoungWildFree</a>   | RO | <a href="https://www.youtube.com/watch?v=KwDuLReNA04">https://www.youtube.com/watch?v=KwDuLReNA04</a>   | x | The trainer shows in his vlog if it's possible to attain a rather healthy meal and a ponderate balance between nutrition and sport (or the lack of it), when the situation asks for it. He explains his judgment and the choices he makes in order to not lose his fitness level. |  |
| youtube | en | Bakz Battalion FB Page:<br><a href="https://www.facebook.com/bakzbattalionBakz Battalion Tiktok:">@bakzbattalionThank for your support and please don't stop supporting this channel of mine and please connect with this generous supporting people!Disclaimer: 1. "No copyright intended".2. It's fair use " No Copyright is claimed and to the extent that the material may appear to be infringed, I assert that such alleged infringement is permissible under U.S and Philippine Copyright Law. If you believe material have been used in an unauthorized manner, please contact the poster.3. This video is not associated with any company or product mentioned on this video.4. No intention to infringe photos or audio used in this video.if You Like This Video, So Please Give Me One Like And Please Subscribe My Channel, And Press The Bell icon For Get New Video Notification .Thanks for watching :) :) :#BakzBattalion#DanceFitness#AdvanceFrame</a> |    | <a href="https://www.youtube.com/watch?v=o1Es99QNWiU">https://www.youtube.com/watch?v=o1Es99QNWiU</a>   |   |   |  |
| web     |    |  |    | <a href="https://www.sanopass.ro/en/node/8">https://www.sanopass.ro/en/node/8</a>   |   |   |  |
| web     | en | he multifamily asset features amenities such as a pool, fitness center, and playground. "We were thrilled to represent the seller in yet another deal,"  |    | <a href="https://newsfunnel.live/market-research/greystone-brown-real-estate-advisors-closes-43-4-million/">https://newsfunnel.live/market-research/greystone-brown-real-estate-advisors-closes-43-4-million/</a>   |   |   |  |
| web     | ro | rand De Îmbrăcăminte Sport Culturism Rezervor De Top Pentru Bărbați Fitness Maieu Cămașă Fără Mâneci Bumbac Musculare Maieu Sportwear Veste.   |    | <a href="https://www.poarta-masca.ro/fresh/182965_Product.htm">https://www.poarta-masca.ro/fresh/182965_Product.htm</a>   |   |   |  |
| web     | ro | elia își etalează posteriorul, după dietă și fitness. Delia și-a luat antrenor personal, care a pus-o la treabă și, dacă înainte se tot glumea pe seama ei   | RO | <a href="https://www.click.ro/vedete/romanesti/delia-paradisul-din-maldive-cum-arata-costum-de-baie-dupa-dieta-si-fitness">https://www.click.ro/vedete/romanesti/delia-paradisul-din-maldive-cum-arata-costum-de-baie-dupa-dieta-si-fitness</a>   |   |   |  |
| web     | ro |  |    | <a href="https://www.sanopass.ro/en/node/8">https://www.sanopass.ro/en/node/8</a>   |   |   |  |
| web     | hu |  | RO | <a href="https://www.szatmar.ro/tag/jelen%C3%A9k-otkatt%C3%A1ls/Orizze_meg_egeszsegvet_es_eronlitetet_mozogjon_rendszeresen_a_Robi_Fitness_edzotermeiben/hirek/114402">https://www.szatmar.ro/tag/jelen%C3%A9k-otkatt%C3%A1ls/Orizze_meg_egeszsegvet_es_eronlitetet_mozogjon_rendszeresen_a_Robi_Fitness_edzotermeiben/hirek/114402</a> |   |   |  |
| web     | ro |  |    | <a href="https://www.fitmall.ro/categorie/echipamente-si-accesorii-fitness/">https://www.fitmall.ro/categorie/echipamente-si-accesorii-fitness/</a>   |   |   |  |
| web     | ro |  |    | <a href="https://www.fitmall.ro/categorie/echipamente-si-accesorii-fitness/imbracaminte-fitness-pt-barbati/">https://www.fitmall.ro/categorie/echipamente-si-accesorii-fitness/imbracaminte-fitness-pt-barbati/</a>   |   |   |  |
| web     | ro |  |    | <a href="https://www.fitmall.ro/categorie/echipamente-si-accesorii-fitness/set-fitness/">https://www.fitmall.ro/categorie/echipamente-si-accesorii-fitness/set-fitness/</a>   |   |   |  |

|     |    |   |    |   |  |  |  |
|-----|----|---|----|---|--|--|--|
| web | ro | (0)click aici pentru a scrie o părere.Nu sunt opinii despre acest produs.Spune-ți opiniaNotă: Codul HTML este citit ca și text!Etichete: Colanti Fitness Dama negri model geometric Don't Stop CDFIT037, cdfit037-grey,                   |    | <a href="https://brandsmania.ro/oricare-2-produse-89-lei?product_id=3869">https://brandsmania.ro/oricare-2-produse-89-lei?product_id=3869</a>   |  |  |  |
| web | ro | (0)click aici pentru a scrie o părere.Nu sunt opinii despre acest produs.Spune-ți opiniaNotă: Codul HTML este citit ca și text!Etichete: Colanti Fitness Dama gri talie inalta dungi CDFIT036, cdfit036-grey,                             |    | <a href="https://brandsmania.ro/oricare-2-produse-89-lei/colanti-fitness-dama-gri-talie-inalta-dungi-cdfit036">https://brandsmania.ro/oricare-2-produse-89-lei/colanti-fitness-dama-gri-talie-inalta-dungi-cdfit036</a>   |  |  |  |
| web | ro | (0)click aici pentru a scrie o părere.Nu sunt opinii despre acest produs.Spune-ți opiniaNotă: Codul HTML este citit ca și text!Etichete: Colanti Fitness Dama albi talie inalta dungi CDFIT036, cdfit036-white,                           |    | <a href="https://brandsmania.ro/oricare-2-produse-89-lei/colanti-fitness-dama-albi-talie-inalta-dungi-cdfit036">https://brandsmania.ro/oricare-2-produse-89-lei/colanti-fitness-dama-albi-talie-inalta-dungi-cdfit036</a>   |  |  |  |
| web | ro | (0)click aici pentru a scrie o părere.Nu sunt opinii despre acest produs.Spune-ți opiniaNotă: Codul HTML este citit ca și text!Etichete: Colanti Fitness Dama negri talie inalta dungi CDFIT036, cdfit036-black,                          |    | <a href="https://brandsmania.ro/oricare-2-produse-89-lei/colanti-fitness-dama-negri-talie-inalta-dungi-cdfit036">https://brandsmania.ro/oricare-2-produse-89-lei/colanti-fitness-dama-negri-talie-inalta-dungi-cdfit036</a>   |  |  |  |
| web | ro | (0)click aici pentru a scrie o părere.Nu sunt opinii despre acest produs.Spune-ți opiniaNotă: Codul HTML este citit ca și text!Etichete: Colanti Fitness Dama Turquoise talie inalta efect modelator CDFIT027, cdfit027-turquoise,        |    | <a href="https://brandsmania.ro/oricare-2-produse-89-lei/colanti-fitness-dama-turquoise-talie-inalta-efect-modelator-cdfit027">https://brandsmania.ro/oricare-2-produse-89-lei/colanti-fitness-dama-turquoise-talie-inalta-efect-modelator-cdfit027</a>                 |  |  |  |
| web | ro | (0)click aici pentru a scrie o părere.Nu sunt opinii despre acest produs.Spune-ți opiniaNotă: Codul HTML este citit ca și text!Etichete: Colanti Fitness Dama Gri talie inalta efect modelator SHAPE CDFIT032, cdfit032-grey,             |    | <a href="https://brandsmania.ro/oricare-2-produse-89-lei/colanti-fitness-dama-gri-talie-inalta-efect-modelator-shape-cdfit032">https://brandsmania.ro/oricare-2-produse-89-lei/colanti-fitness-dama-gri-talie-inalta-efect-modelator-shape-cdfit032</a>                 |  |  |  |
| web | ro | (0)click aici pentru a scrie o părere.Nu sunt opinii despre acest produs.Spune-ți opiniaNotă: Codul HTML este citit ca și text!Etichete: Colanti Fitness Dama print camuflaj talie lata CDFIT055, cdfit055,                               |    | <a href="https://brandsmania.ro/oricare-2-produse-89-lei/colanti-fitness-dama-print-camuflaj-talie-lata-cdfit055">https://brandsmania.ro/oricare-2-produse-89-lei/colanti-fitness-dama-print-camuflaj-talie-lata-cdfit055</a>   |  |  |  |
| web | ro | (0)click aici pentru a scrie o părere.Nu sunt opinii despre acest produs.Spune-ți opiniaNotă: Codul HTML este citit ca și text!Etichete: Colanti Fitness Dama modelatori print geometric talie lata CDFIT054, cdfit054,                   |    | <a href="https://brandsmania.ro/oricare-2-produse-89-lei/colanti-fitness-dama-modelatori-print-geometric-talie-lata-cdfit054">https://brandsmania.ro/oricare-2-produse-89-lei/colanti-fitness-dama-modelatori-print-geometric-talie-lata-cdfit054</a>                   |  |  |  |
| web | ro | (0)click aici pentru a scrie o părere.Nu sunt opinii despre acest produs.Spune-ți opiniaNotă: Codul HTML este citit ca și text!Etichete: Colanti Fitness Dama negri model animal print leopard CDFIT053, cdfit053-leopard,                |    | <a href="https://brandsmania.ro/oricare-2-produse-89-lei/colanti-fitness-dama-negri-model-animal-print-leopard-cdfit053">https://brandsmania.ro/oricare-2-produse-89-lei/colanti-fitness-dama-negri-model-animal-print-leopard-cdfit053</a>                             |  |  |  |
| web | ro | (0)click aici pentru a scrie o părere.Nu sunt opinii despre acest produs.Spune-ți opiniaNotă: Codul HTML este citit ca și text!Etichete: Colanti Fitness Dama gri deschis talie inalta efect modelator SHAPE CDFIT032, cdfit032-lighgrey, |    | <a href="https://brandsmania.ro/oricare-2-produse-89-lei/colanti-fitness-dama-gri-deschis-talie-inalta-efect-modelator-shape-cdfit032">https://brandsmania.ro/oricare-2-produse-89-lei/colanti-fitness-dama-gri-deschis-talie-inalta-efect-modelator-shape-cdfit032</a> |  |  |  |
| web | ro | (0)click aici pentru a scrie o părere.Nu sunt opinii despre acest produs.Spune-ți opiniaNotă: Codul HTML este citit ca și text!Etichete: Colanti Fitness Dama negri talie inalta dungi albe CDFIT036, cdfit036-blackwhite,                |    | <a href="https://brandsmania.ro/oricare-2-produse-89-lei/colanti-fitness-dama-negri-talie-inalta-dungi-albe-cdfit036">https://brandsmania.ro/oricare-2-produse-89-lei/colanti-fitness-dama-negri-talie-inalta-dungi-albe-cdfit036</a>                                   |  |  |  |
| web | en |   |    | <a href="https://brandsmania.ro/imbracaminte-fitness">https://brandsmania.ro/imbracaminte-fitness</a>   |  |  |  |
| web | ro | u doar că e celebră pentru promovarea unui stil de viață sănătos, dar este și autor, jurnalist, tehnician nutriționist și instructor de fitness.  | RO | <a href="https://okmagazine.ro/carmen-bruma-te-invita-intr-o-vacanta-exotica-cu-workshop-uri-de-nutritie-si-miscare/a20338033">https://okmagazine.ro/carmen-bruma-te-invita-intr-o-vacanta-exotica-cu-workshop-uri-de-nutritie-si-miscare/a20338033</a>                 |  |  |  |
| web |    | ocalizare: în Benalmadena, pe plaja. Facilitati hotel: receptie, centru Spa, restaurante, bar, sala de fitness, Wi-Fi, piscina exterioara cu sectiune   |    | <a href="https://www.mara-tour.ro/vacante/costa-del-palladium-sol-4-stars-costa-del-sol-spania/">https://www.mara-tour.ro/vacante/costa-del-palladium-sol-4-stars-costa-del-sol-spania/</a>   |  |  |  |
| web |    | ala De Fitness, spordisaal. Strada Muncii 11, Dărmănești 605300, Rumeenia. Asukohta kaardil.  |    | <a href="http://2pos.tips/et/134332/1026/sala-de-fitness">http://2pos.tips/et/134332/1026/sala-de-fitness</a>   |  |  |  |

|     |    |   |    |   |   |  |  |
|-----|----|---|----|---|---|--|--|
| web |    | ens Streetwear Chinos Carouri Pantaloni Casual De Fitness Bărbați Skinny Jos Jogger Pantaloni De Trening Pantaloni De Moda Stripe Track Pantaloni. Rating: 4 · 1 vote |    | <a href="https://www.felinna.ro/bargain/Original_132766.html">https://www.felinna.ro/bargain/Original_132766.html</a>   |   |  |  |
| web | ro | rătări fitness Elegiant · Brătări fitness Fitbit · Brătări fitness Garmin · Brătări fitness Honor · Brătări fitness Huawei · Brătări fitness Lenovo                   |    | <a href="https://telefonultau.eu/p/desktop-pc-periferice/componente/procesoare/">https://telefonultau.eu/p/desktop-pc-periferice/componente/procesoare/</a>   |   |  |  |
| web | en | uffet breakfast; Free access to the fitness room; 2 beds 100 x 200 or 1 bed king 200 x 200; Working area with ergonomic chair and couch                               |    | <a href="https://ramadaplazacraiova.ro/en/executive-room.php">https://ramadaplazacraiova.ro/en/executive-room.php</a>   |   |  |  |
| web | ro | 2 Genti Premium la 159 Lei · Treninguri Dama · Geci Dama Iarna · 2 la 79 RON sau 3 la 99 RON · 2 PORTOFELE la 89 LEI · FITNESS ZONE · RUCSACURI · SMART.              |    | <a href="https://brandsmania.ro/oricare-2-produse-89-lei">https://brandsmania.ro/oricare-2-produse-89-lei</a>   |   |  |  |
| web |    | agazin Online ShopBuilder. Magazin Online de Fitness și Culturism ShopBuilder. Contact. Web: HelpDesk. Telefon: +40(31)229-5949. E-mail:                              |    | <a href="https://shopbuilder.ro/tabel-calorii-a3267">https://shopbuilder.ro/tabel-calorii-a3267</a>   |   |  |  |
| web |    | casa; Afaceri. Marketing · Publicitate. Casa si Amenajari. Arhitectura si design exterior · Mobilier si decoratiuni. Sport si recreatie.                              |    | <a href="https://presalive.ro/categorie-articole/sport-si-recreatie/culturism-fitness-si-sporturi-aerobice/">https://presalive.ro/categorie-articole/sport-si-recreatie/culturism-fitness-si-sporturi-aerobice/</a>   | x |  | The tips and tricks one person should know before starting to train or engage in a fitness program.  |
| web | ro | oana Crișan, absolventă de medicină și campioană la bikini fitness. Embed. Embed. Link. Copiază. Cod Embed. Copiază. Share Tweet · Adauga în playlist.                | RO | <a href="https://protvplus.ro/emisiuni/la-maruta/clip/25469-ioana-crisan-absolventa-de-medicina-si-campioana-la-bikini-fitness">https://protvplus.ro/emisiuni/la-maruta/clip/25469-ioana-crisan-absolventa-de-medicina-si-campioana-la-bikini-fitness</a>   | x |  | This is a program about a bikini fitness champion, who is a professional sportswoman and the story behind her success. She explains her daily routine regarding her nutrition, her physical exercises and the challenges she had to face in order to achieve her dream.    |
| web | ro | Disc echilibrat pentru fitness DacEnergy®, cu diametrul 33 cm, din PVC, cu suprafete antialunecare, culoare verde. 280.00 lei. 123.73 lei.                            |    | <a href="https://dacenergy.ro/sport-and-activitati-in-aer-liber/fitness-si-nutritie/minge-fitness/">https://dacenergy.ro/sport-and-activitati-in-aer-liber/fitness-si-nutritie/minge-fitness/</a>   |   |  |  |
| web | ro | 09.Femei Subțire De Fitness, Pantaloni Scurți Casual.   |    | <a href="https://www.arhisanzarau.ro/Start/147989-">https://www.arhisanzarau.ro/Start/147989-</a>   |   |  |  |
| web | en | healthy diet provides the body with essential nutrition: fluid, macronutrients, micronutrients, and adequate calories. Physical fitness. Feel yourself well           |    | <a href="https://printingcorporate.ro/icon-boxes/">https://printingcorporate.ro/icon-boxes/</a>   |   |  |  |
| web | ro | DAL Ceas Intelligent Activitate Urmări Bratara Sport Smartwatch Fitness Monitor Rata Tracker Impermeabil de Fitness Brățară.  |    | <a href="https://www.poartamasca.ro/fresh/173682_Product.htm">https://www.poartamasca.ro/fresh/173682_Product.htm</a>   |   |  |  |
| web | ro | utritia corolata cu practicarea unui sport, cele mai importante momente in viata ta.Descopera metode slabire,fitness,aerobic,yoga,pilates in sala de sport.           |    | <a href="https://vreausafiusanatos.ro/category/lifestyle/sport/">https://vreausafiusanatos.ro/category/lifestyle/sport/</a>   | x |  | The website has several articles written by a physical and emotional trainer, with deeper knowledge in the nutrition aspect as well, offering advice to women who chose to engage in a healthier form of living, one that includes physical exercising on a regular basis. |
| web | ro | rimăria Constanța a anunțat, luni, începerea lucrărilor la amenajarea unui spațiu de fitness în aer liber, pe plaja Modern. Investiția, în valoare de.                | RO | <a href="https://www.g4media.ro/firma-detinuta-de-sotul-parlamentarului-psd-laura-vicol-a-sponsorizat-primaria-constanta-cu-un-spatiu-de-fitness-in-aer-liber-in-valoare-de-50-000-de-euro.html">https://www.g4media.ro/firma-detinuta-de-sotul-parlamentarului-psd-laura-vicol-a-sponsorizat-primaria-constanta-cu-un-spatiu-de-fitness-in-aer-liber-in-valoare-de-50-000-de-euro.html</a> |   |  |  |
| web | ro | roodus conceput pentru activități sportive și cotidiene. Asigură libertate de mișcare. Design modern. Rating: 4.5 · 79 votes  | RO | <a href="https://www.decathlon.ro/pantalon-scurt-fitness-barbati-id_8625100.html">https://www.decathlon.ro/pantalon-scurt-fitness-barbati-id_8625100.html</a>   |   |  |  |
| web | ro | itbit Bratara Fitness Charge 4 (NFC) Black / BlackCu bratara Fitness Charge 4 de la Fitbit poti depasi orice limita. Aceasta bratara rezistenta la apa are            | RO | <a href="https://www.price.ro/rezultate~fitbit-charge.html">https://www.price.ro/rezultate~fitbit-charge.html</a>   |   |  |  |
| web | ro | itness pentru Bărbați T-shirt Sparge Oale Zelda Link-ul de Camasi Funky, ZIUA ÎNDRĂGOSTIȚILOR Marseille Echipajul Gât Topuri & Tricouri Overlord Oameni               |    | <a href="https://www.arhisanzarau.ro/Start/32888-Trade/">https://www.arhisanzarau.ro/Start/32888-Trade/</a>   |   |  |  |

|     |    |  |    |   |   |  |  |
|-----|----|--|----|---|---|--|--|
| web | ro | rodus conceput pentru activități sportive. Asigură libertate de mișcare. Rating: 4.5 · 81 votes  | RO | <a href="https://www.decathlon.ro/pantalon-scurt-puma-barbati-id_8625101.html">https://www.decathlon.ro/pantalon-scurt-puma-barbati-id_8625101.html</a>   |   |  |  |
| web | en | ashion; Featured; Gadgets; Health & Fitness; Irak; Kerbala; Kurdistan; Lifestyle; New Look 2015; Recipes; Street Fashion; Style Hunter; Travel; Video                                  |    | <a href="https://irak.ro/">https://irak.ro/</a>   |   |  |  |
| web | en | usiness; Craiova; Craiova veche; Dolj; Fashion; Featured; Gadgets; Health & Fitness; Lifestyle; New Look 2015; Recipes; Restaurante; Street Fashion                                    |    | <a href="https://craioveanul.ro/">https://craioveanul.ro/</a>   |   |  |  |
| web | en | ews; Fashion. New Look 2015 · Street Fashion · Style Hunter · Vogue. Gadgets; Lifestyle. Business · Health & Fitness · Recipes · Travel. Video; Homepages.                             |    | <a href="https://siria.ro/">https://siria.ro/</a>   |   |  |  |
| web | en | ealth & Fitness. The model is talking about booking her latest gig, modeling WordPress underwear in the brand latest Perfectly Fit campaign, which was shot                            |    | <a href="https://transilvaneanul.ro/">https://transilvaneanul.ro/</a>   |   |  |  |
| web | ro | n prezent în sala de fitness se regăsesc următoarele echipamente profesionale: Aparat Fitness multifuncțional; Presa franceză; Aparat asistat tractiuni și                             | RO | <a href="https://ripostapenet.ro/2021/08/03/sala-de-sport-dumitru-miu-din-orasul-titu-dotata-cu-noi-echipamente-de-fitness/">https://ripostapenet.ro/2021/08/03/sala-de-sport-dumitru-miu-din-orasul-titu-dotata-cu-noi-echipamente-de-fitness/</a> | x |  | The article is a simple announcement that in the town of Titu the fitness club was fully equipped and awaits enthusiasts, offering also the time schedule under which it operates. |
| web | en | usiness; Creta; Fashion; Featured; Gadgets; Grecia; Health & Fitness; Lifestyle; New Look 2015; Recipes; Street Fashion; Style Hunter; Travel; Video; Vogue.                           |    | <a href="https://creta.ro/">https://creta.ro/</a>   |   |  |  |
| web | ro | ențineți-vă în formă, îmbunătățiți-vă sănătatea și obțineți un corp de invidiat cu setul de antrenament pentru fitness BTK! Aceste aparate pentru fitness ... Rating: 3.5 · 11 reviews |    | <a href="https://www.atelier.ro/accesorii-sport/set-de-antrenament-pentru-innovagoods-fitness-btk/">https://www.atelier.ro/accesorii-sport/set-de-antrenament-pentru-innovagoods-fitness-btk/</a>   |   |  |  |
| web |    | ogging pantaloni Scurți Mens 2 in 1 Pantaloni scurti de Săli de Fitness Culturism Antrenament iute Uscat pantaloni Scurți de Plajă Masculin de Vară Sport                              |    | <a href="https://patrickpizza.ro/Easy/59904-value/">https://patrickpizza.ro/Easy/59904-value/</a>   |   |  |  |
| web | en | ashion; Featured; Gadgets; Health & Fitness; Lifestyle; New Look 2015; New Orleans; Recipes; Statele Unite; Street Fashion; Style Hunter; Travel; Video                                |    | <a href="https://neworleans.ro/">https://neworleans.ro/</a>   |   |  |  |
| web | en | ratarea fitness Xiaomi Mi Band 5 Black, ecran AMOLED, waterproof, bluetooth 5.0, 14 zile autonomie, senzor cardiac PPG.  | RO | <a href="https://www.badabum.ro/xiaomi/">https://www.badabum.ro/xiaomi/</a>   |   |  |  |
| web | ro | icicleta electrica FAT BIKE. Biciclete – Fitness - Suplimente » Biciclete electrice. 4 699 lei. Negociabil. Sibiu 1 aug  | RO | <a href="https://www.olx.ro/sibiu/q-bicicleta/">https://www.olx.ro/sibiu/q-bicicleta/</a>   |   |  |  |
| web | ro | ietă & Fitness · Diete, Fitness, Dieta Dukan, Relaxare, Yoga, Intretinere, Aerobic, Exercitii abdomen, Nutritie, Dieta de slabit, Dieta dissociata, Silueta,                           | RO | <a href="https://www.eva.ro/dietafitness/nutritie/cele-mai-periculoase-ingrediente-din-mancarea-ta-articol-255097.html">https://www.eva.ro/dietafitness/nutritie/cele-mai-periculoase-ingrediente-din-mancarea-ta-articol-255097.html</a>           |   |  |  |
| web | ro | n prezent, în aceasta se regăsesc următoarele echipamente profesionale: Aparat Fitness multifuncțional; Presa franceză; Aparat asistat tractiuni și triceps                            |    | <a href="https://dbonline.ro/titu-sala-de-sport-profesor-dumitru-miu-dotata-cu-noi-echipamente-de-fitness/">https://dbonline.ro/titu-sala-de-sport-profesor-dumitru-miu-dotata-cu-noi-echipamente-de-fitness/</a>                                   | x |  | The same news about the fitness club in the town of Titu.  |
| web |    | et fitness Viva Black format din Colanti si Bustiera, un set complet pentru sala , fitness, yoga orice activitate care implica miscare.  |    | <a href="https://www.leggance.ro/cumpara/set-fitness-viva-black-colanti-si-bustiera-887">https://www.leggance.ro/cumpara/set-fitness-viva-black-colanti-si-bustiera-887</a>   |   |  |  |
| web | en | 900 Lei. Adauga in Cos. cadou. -71%. Ceas Smartwatch si Bratara Fitness Fashion Ideal 5.0, Monitorizare ritm cardiac si tensiune arteriala., 1 review(1)                               | RO | <a href="https://www.emag.ro/search/star+smartwatch+silicon">https://www.emag.ro/search/star+smartwatch+silicon</a>   |   |  |  |
| web | ro | asionată de sport de mică, Roxana Schwartz vrea să se dedice mai mult antrenamentelor fizice, aşa că în ultima vreme a fost nelipsită de la sala de fitness                            | RO | <a href="https://www.click.ro/vedete/romanesti/roxana-schwartz-se-face-antrenoare-de-fitness">https://www.click.ro/vedete/romanesti/roxana-schwartz-se-face-antrenoare-de-fitness</a>   |   |  |  |

|     |    |  |    |   |   |  |  |  |
|-----|----|--|----|---|---|--|--|--|
| web | ro | ew-York-ezii vor fi curând obligați să prezinte dovada vaccinării pentru a intra în restaurante (la interior), săli de fitness sau spații de distracție,   | RO | <a href="https://www.smartradio.ro/new-york-nu-mai-poti-intra-in-restaurante-sau-sali-de-fitness-fara-sa-prezinti-dovada-vaccinarii-anunta-primarul-bill-">https://www.smartradio.ro/new-york-nu-mai-poti-intra-in-restaurante-sau-sali-de-fitness-fara-sa-prezinti-dovada-vaccinarii-anunta-primarul-bill-</a>   |   |  |  |  |
| web | ro | estul sumelor se vor folosi pentru achiziționarea de echipamente pentru sala de fitness și pentru repararea capitală a ambarcațiunii aflată deja în dotare.  |    | <a href="https://radioaccent.ro/2021/08/03/continua-investitiile-in-turism-la-valcea/">https://radioaccent.ro/2021/08/03/continua-investitiile-in-turism-la-valcea/</a>   |   |  |  |  |
| web | hu |  | RO | <a href="https://www.szatmar.ro/tag/HoReCa/Orizze_meg_egeszseget_es_eronletet_mozogjon_rendszeresen_a_Robi_Fitness_edzotermeiben/hirek/114402">https://www.szatmar.ro/tag/HoReCa/Orizze_meg_egeszseget_es_eronletet_mozogjon_rendszeresen_a_Robi_Fitness_edzotermeiben/hirek/114402</a>   |   |  |  |  |
| web | ro |  | RO | <a href="https://click.oferte360.ro/spatiu-comerciale-inchiriat/AxelXMK5mi6UQfh5C4XxKqMMAEByA">https://click.oferte360.ro/spatiu-comerciale-inchiriat/AxelXMK5mi6UQfh5C4XxKqMMAEByA</a>   |   |  |  |  |
| web | ro | rimăria Constanța a anunțat, luni, începerea lucrărilor la amenajarea unui spațiu de fitness în aer liber, pe plaja Modern. Investiția, în valoare de  |    | <a href="https://diaspora.ro/firma-detinuta-de-sotul-parlamentarului-psd-laura-vicol-a-sponsorizat-primaria-constanta-cu-un-spatiu-de-fitness-in-aer-liber-in-valoare-de-50-000-de-euro/?utm_source=rss&amp;utm_medium=rss&amp;utm_campaign=firma-detinuta-de-sotul-parlamentarului-psd-laura-vicol-a-sponsorizat-primaria-constanta-cu-un-spatiu-de-fitness-in-aer-">https://diaspora.ro/firma-detinuta-de-sotul-parlamentarului-psd-laura-vicol-a-sponsorizat-primaria-constanta-cu-un-spatiu-de-fitness-in-aer-liber-in-valoare-de-50-000-de-euro/?utm_source=rss&amp;utm_medium=rss&amp;utm_campaign=firma-detinuta-de-sotul-parlamentarului-psd-laura-vicol-a-sponsorizat-primaria-constanta-cu-un-spatiu-de-fitness-in-aer-</a> |   |  |  |  |
| web | en | itness firm Equinox said Monday it will require proof of COVID-19 vaccination at its gyms, SoulCycle studios, and corporate offices in New York City.  |    | <a href="https://dailychurner.live/news/equinor-and-soulcycle-to-require-covid-vaccinations-at-new-york-city-locations/">https://dailychurner.live/news/equinor-and-soulcycle-to-require-covid-vaccinations-at-new-york-city-locations/</a>   |   |  |  |  |
| web | ro | următorii cu câteva imagini provocatoare în care își etală abdomenul foarte tonificat, semn că activitatea sa în sala de fitness nu este în zadar.   | RO | <a href="https://www.avantaje.ro/articol/loriana-abdomen-demn-de-invidiat-fotografi-incendiare-de-la-malul-maril-bravo-lori-razbuna-ne-pe-toate">https://www.avantaje.ro/articol/loriana-abdomen-demn-de-invidiat-fotografi-incendiare-de-la-malul-maril-bravo-lori-razbuna-ne-pe-toate</a>   |   |  |  |  |
| web | ro | BU a mai spus că serviciul de localizare de pe telefonul lui Șişov a fost deconectat, iar el nu purta brățara fitness. Poliția și mai mulți voluntari au   | RO | <a href="https://www.antena3.ro/international-news/opozant-belarus-gasit-mort-609821.html">https://www.antena3.ro/international-news/opozant-belarus-gasit-mort-609821.html</a>   |   |  |  |  |
| web | ro | rei gonga shop? ✓ La cel.ro ai livrare rapidă în toată țara, plată în rate fără dobândă sau cu credit online.  | RO | <a href="https://www.cel.ro/marketplace/gonga-shop/a0qq">https://www.cel.ro/marketplace/gonga-shop/a0qq</a>   |   |  |  |  |
| web | en | usiness · Health & Fitness · Recipes · Travel. On each category you can set a Category template style, a Top post style (grids) and a module type for  |    | <a href="http://koln.ro/category/lifestyle/">http://koln.ro/category/lifestyle/</a>   |   |  |  |  |
| web | ro | cu asta dar mai ieftin dar face același lucru. <a href="https://www.emag.ro/aparat-fitness-medishop-vibro-shaper-99-trepte-viteza-901004100405-pd-D54GBNBBM-?">https://www.emag.ro/aparat-fitness-medishop-vibro-shaper-99-trepte-viteza-901004100405-pd-D54GBNBBM ?</a> | RO | <a href="https://www.tpu.ro/sport/cine-mai-face-antrenament-la-aparate-de-genul-chiar-potisarzi-calorii-cu-un-aparat-de-genul-mi-am-luat-si">https://www.tpu.ro/sport/cine-mai-face-antrenament-la-aparate-de-genul-chiar-potisarzi-calorii-cu-un-aparat-de-genul-mi-am-luat-si</a>   |   |  |  |  |
| web | en | ergen; Business; Fashion; Featured; Gadgets; Health & Fitness; Lifestyle; Lofoten; New Look 2015; Norvegia; Oslo; Recipes; Sport; Street Fashion   |    | <a href="https://norvegia.ro/">https://norvegia.ro/</a>   |   |  |  |  |
| web | ro | ortalul online de interacțiune între administrația publică locală și cetățenii orașului Titu.  |    | <a href="http://www.gazetadetitu.ro/">http://www.gazetadetitu.ro/</a>   | x |  | The news about the fitness club in the town of Titu and its' offer for fans of this kind of sport. |  |
| web | en | pa access - indoor swimming pool, wet sauna, dry sauna, fitness room;. Two relaxing massages per stay;. Late check-out on Sundays  |    | <a href="https://www.hotelsofianu.ro/en/offers">https://www.hotelsofianu.ro/en/offers</a>   |   |  |  |  |
| web | ro | ici se va face fitness în aer liber, la malul mării, aşa cum ar fi normal într-un oraș de litoral. Parcul va fi amplasat în locul vechilor dughene dinspre   | RO | <a href="https://adevarul.ro/locale/constanta/constanta-aproape-bilantul-primul-ui-an-guvernare-locala-s-au-angajat-edilii-faca-redresa-judetul-1_6108f96d5163ec4271bcbea7/index.html">https://adevarul.ro/locale/constanta/constanta-aproape-bilantul-primul-ui-an-guvernare-locala-s-au-angajat-edilii-faca-redresa-judetul-1_6108f96d5163ec4271bcbea7/index.html</a>   |   |  |  |  |
| web | ro | orada este un pește popular la noi. El trăiește în Marea Mediterană și numele dorada este asociat mai multor pești cu reflexii aurii.  | RO | <a href="https://www.libertatea.ro/lifestyle/dorada-cum-arata-retete-unde-se-gaseste-3676383">https://www.libertatea.ro/lifestyle/dorada-cum-arata-retete-unde-se-gaseste-3676383</a>   |   |  |  |  |
| web | ro | parat fitness exterior Echipamente sportive fitness pentru exterior Aparate de fitness pentru parcuri Aparat fitness – bicicleta eliptică Aparat fitness   |    | <a href="https://www.roanunt.ro/anunturi/bacau-c462931">https://www.roanunt.ro/anunturi/bacau-c462931</a>   |   |  |  |  |

|     |    |   |    |   |  |  |  |
|-----|----|---|----|---|--|--|--|
| web | ro | martWatch Dama LIGE - Magazin online cu ceasuri originale, ceasuri barbatesti, ceasuri dama   89 produse, 87 promotii, preturi incepand de la 40,00 lei.      |    | <a href="https://www.watch24.ro/smartwatch-dama/lige/">https://www.watch24.ro/smartwatch-dama/lige/</a>   |  |  |  |
| web | ro | a finalul acestui an, localnicii din Cârcea - județ Dolj își vor putea modela mușchii și vor putea da jos kilogramele jos la sala de fitness din comună.      | RO | <a href="https://www.click.ro/news/national/sala-de-fitness-si-forta-pentru-satului-investitia-se-ridica-la-15-milioane-de-euro">https://www.click.ro/news/national/sala-de-fitness-si-forta-pentru-satului-investitia-se-ridica-la-15-milioane-de-euro</a>                           |  |  |  |
| web | ro | unctul termic dezafectat din zona nefuncțională de lângă "Clubul Pensionarilor" va deveni o mini sală de sport și fitness. Consiliul Local Vaslui va lua în   |    | <a href="https://www.ziaruldevaslui.ro/proiect-al-primariei-vaslui-mini-sala-de-de-sport-si-fitness/">https://www.ziaruldevaslui.ro/proiect-al-primariei-vaslui-mini-sala-de-de-sport-si-fitness/</a>   |  |  |  |
| web | ro | ai multi reprezentanți ai salilor de culturism și fitness au avut, luni, o întrevedere cu ministrul Tineretului și Sportului, Ionut Stroe, și cu președintele | RO | <a href="https://ziare.com/social/romani/salile-de-culturism-si-fitness-s-ar-putea-redeschide-dupa-15-iunie-1611702">https://ziare.com/social/romani/salile-de-culturism-si-fitness-s-ar-putea-redeschide-dupa-15-iunie-1611702</a>   |  |  |  |
| web | en | Health and fitness move - how do you get it if you never have net obtain? : Existing girl The Magazine&nbsp;&nbsp;Tech Gaming Report                          |    | <a href="https://www.techgamingreport.com/health-and-fitness-move-how-do-you-get-it-if-you-never-have-net-obtain-existing-girl-the-magazine/">https://www.techgamingreport.com/health-and-fitness-move-how-do-you-get-it-if-you-never-have-net-obtain-existing-girl-the-magazine/</a> |  |  |  |
| web |    | n Spa, cinema, club de noapte, fitness, piscine, plajă privată etc. Serile sunt minunate și animate. În Arena Amphitheater, care are o capacitate de 0 mie    | RO | <a href="https://www.cosmopolitan.ro/cosmo-fun/p-mare-padure-si-sport-la-pachet-la-gloria-hotels-resorts">https://www.cosmopolitan.ro/cosmo-fun/p-mare-padure-si-sport-la-pachet-la-gloria-hotels-resorts</a>   |  |  |  |
| web | ro | ew Fit Way este un centru sportiv de fitness și wellness modern, deschis în Octombrie 2012, în sectorul 5, București. Cu o suprafață de peste 1200 mp,        |    | <a href="https://www.ghidul.ro/new-fit-way/">https://www.ghidul.ro/new-fit-way/</a>   |  |  |  |
| web | en | riginal Home · Tranquil Home · Fitness Home · Health Home · Narrow Home · Portfolio Home · Fullscreen Home · Yoga Home · Landing.                             |    | <a href="https://recentrat.ro/pricing-tables/">https://recentrat.ro/pricing-tables/</a>   |  |  |  |
| web | en | No information is available for this page. Learn why  |    | <a href="https://curs.fitnessmama.ro/2021?gcpc=c24cc">https://curs.fitnessmama.ro/2021?gcpc=c24cc</a>   |  |  |  |
| web | ro | rimăria Constanța informează că, în ciuda numeroaselor campanii de informare desfășurate de Direcția Generală Poliția Locală, în continuare o multime de      |    | <a href="https://www.ordinea.ro/constanta-noi-amenzii-aplicate-pentru-cei-care-arunca-gunoial-pe-domeniul-public/">https://www.ordinea.ro/constanta-noi-amenzii-aplicate-pentru-cei-care-arunca-gunoial-pe-domeniul-public/</a>   |  |  |  |
| web | en | rgentina; Buenos Aires; Business; Fashion; Featured; Gadgets; Health & Fitness; Lifestyle; New Look 2015; Recipes; Street Fashion; Style Hunter; Travel       |    | <a href="https://argentina.ro/">https://argentina.ro/</a>   |  |  |  |
| web | ro | OC Orice pentru fitness-ul și garderoba dvs. puteți găsi la noi. SUPORT TELEFONIC ... Mută-ți limitele cu echipamentele noastre de fitness                    |    | <a href="https://gorillas.ro/dodavatelia-sport-5/dodavatelia-inline-5/dodavatelia-piese-de-schimb-9?product_id=94718">https://gorillas.ro/dodavatelia-sport-5/dodavatelia-inline-5/dodavatelia-piese-de-schimb-9?product_id=94718</a>   |  |  |  |
| web | ro | parate fitness Valcea Priporu. Anunțuri gratuite cu aparate pentru fitness second hand și aparate de masaj ieftine.   | RO | <a href="https://www.publi24.ro/anunturi/timp-liber-sport/sport-hobby/valcea/priporu/">https://www.publi24.ro/anunturi/timp-liber-sport/sport-hobby/valcea/priporu/</a>   |  |  |  |
| web | ro | utriționistul și fondatorul primei platforme de diete personalizate din România, Cori Grămescu vine în ajutorul celor care și-au propus să țină Postul        | RO | <a href="https://romania-libera.ro/lifestyle/preparate-de-post-ideale-pentru-perioada-caniculara-de-vara-sfaturile-lui-cori-gramescu-843913">https://romania-libera.ro/lifestyle/preparate-de-post-ideale-pentru-perioada-caniculara-de-vara-sfaturile-lui-cori-gramescu-843913</a>   |  |  |  |
| web | ro | ă exerciții fizice înainte de culcare. Ai încercat ca după o zi sătovitoare la birou să mergi la sala de fitness? Medicii specialiști în somn din Elveția te  | RO | <a href="https://www.stiridecluj.ro/life-style/ce-sa-faci-casa-adormi-repede-7-trucuri-pentru-un-somn-plin-de-odihna">https://www.stiridecluj.ro/life-style/ce-sa-faci-casa-adormi-repede-7-trucuri-pentru-un-somn-plin-de-odihna</a>   |  |  |  |
| web | ro | u acești bani se va realiza un spațiu modern, echipat corespunzător, în care să poată face fitness în aer liber. „Spațul de agrement se află pe plajă         | RO | <a href="https://www.ct100.ro/category/primarii/">https://www.ct100.ro/category/primarii/</a>   |  |  |  |
| web | ro | CASĂ · POLITIC · JUSTIȚIE · SOCIAL · SĂNĂTATE · EDUCAȚIE · CULTURĂ · EXTERNE · GADGET · SPORT · ALERGARE MONTANĂ · ARUNCAREA CIOCANULUI · ARUNCAREA SULITEI   |    | <a href="https://quicknews.ro/category/sport/fitness-sport/">https://quicknews.ro/category/sport/fitness-sport/</a>   |  |  |  |
| web | ro | În următoarea perioadă îmi doresc să mă linștesc, momentan, apoi voi face cursurile de instructor de Fitness. Îmi incerc norocul în acest domeniu,            | RO | <a href="https://playtech.ro/stiri/marius-craciun isi schimba meseria dupa survivor romania surpriza pregatita de razboinic-368166">https://playtech.ro/stiri/marius-craciun isi schimba meseria dupa survivor romania surpriza pregatita de razboinic-368166</a>                     |  |  |  |

|           |    |  |    |   |  |  |  |
|-----------|----|--|----|---|--|--|--|
| web       | ro | În acele zile au fost pline de manifestații împotriva vaccinării. Zeci de mii de oameni au ieșit împotriva autorităților în Germania, Franța.  | RO | <a href="https://www.libertatea.ro/opinii/pfizer-si-moderna-au-marit-prețul-la-vaccin-ce-sa-le-mai-spui-anti-vaxerilor-3675980">https://www.libertatea.ro/opinii/pfizer-si-moderna-au-marit-prețul-la-vaccin-ce-sa-le-mai-spui-anti-vaxerilor-3675980</a>   |  |  |  |
| web       | ro | Ntrenarea la aceasta este simplă și sigură. Unul dintre cele mai mari avantaje este faptul că dezvoltă multă mușchi - contrar crenței populare,  |    | <a href="https://www.melarox.ro/aparat-fitness-pentru-vaslit-zipro-iconsole-dash-15-programe-greutate-maxima-admisa-135kg">https://www.melarox.ro/aparat-fitness-pentru-vaslit-zipro-iconsole-dash-15-programe-greutate-maxima-admisa-135kg</a>   |  |  |  |
| web       | en | No information is available for this page. Learn why   | RO | <a href="https://adevarul.ro/sanatate/dieta-fitness/cum-ajuta-ceapa-laprevenirea-infarctului-miocard-alte-legume-același-efect-">https://adevarul.ro/sanatate/dieta-fitness/cum-ajuta-ceapa-laprevenirea-infarctului-miocard-alte-legume-același-efect-</a>   |  |  |  |
| web       | ro | New York, primul oraș din SUA care cere dovada vaccinării pentru cei care intră în restaurante sau săli de fitness. de Andreea Tobias.   | RO | <a href="https://alephnews.ro/guvern/new-york-primul-oras-din-sua-care-cere-dovada-vaccinarii-pentru-cei-care-intra-in-restaurante-sau-sali-de-fitness/">https://alephnews.ro/guvern/new-york-primul-oras-din-sua-care-cere-dovada-vaccinarii-pentru-cei-care-intra-in-restaurante-sau-sali-de-fitness/</a> |  |  |  |
| web       | en | Walters Open Holland Cup - 7th of June, Breda, Women's Fitness Physique Award. 4 days ago  |    | <a href="https://www.wbpf-tv.com/popular-videos/video/award-women-s-fitness-physique-">https://www.wbpf-tv.com/popular-videos/video/award-women-s-fitness-physique-</a>   |  |  |  |
| instagram | en | ♥️.....#photooftheday #picoftheday #pictureoftheday #lifestyle #life #photooftheday #photo #photography #photographer #nails #nature #naturephotography #conormcgregor #style #sky #sunset #memes #model #paris #beach #fashion #fitness #tattoo #happy #artist #amazing #catsofinstagram #instagoood #instagram #insta #igers |    | <a href="https://www.instagram.com/p/CSFGILPDT4i">https://www.instagram.com/p/CSFGILPDT4i</a>   |  |  |  |
| instagram | en | i have been hard working and humble, believe me i've heard of the mumble but im just gonna leave it alone 😊  |    | <a href="https://www.instagram.com/p/CSFpKLfl4KW">https://www.instagram.com/p/CSFpKLfl4KW</a>   |  |  |  |
| instagram | en | #revolution #instagoood #instalove #instalike #instamood #instagram #igers #picoftheday #photo #photographer #polishboy #photography #polishgirl #amazing #art #artist #style #swag #fitness #fashionblogger #fashion #love #likeforlikes #likelike #cuore #cute #very #verygood #beautiful #blackandwhite                     |    | <a href="https://www.instagram.com/p/CSFvhNIKeAx">https://www.instagram.com/p/CSFvhNIKeAx</a>   |  |  |  |
| instagram | en | Ser Latina es la onda ❀ .....#xl #likeforlikes #like4likes #likeforfollow #liketime #likelike #likesforlike #followforfollowback #follow4followback #followers #following✿ #shuva #sdv #sdv✿ #chuvadeseguidores300k #chuva #follower #getfollowersnow #latinas #sexy #mexican #summer #fitness #abs #abdomen #cuttie           | MX | <a href="https://www.instagram.com/p/CSFMw7bgfKq">https://www.instagram.com/p/CSFMw7bgfKq</a>   |  |  |  |
| instagram | en | ✿✿...#door #makeup #hippiespirits #hippiestyle #flowerpower #me #malemodel #fashion #styles #travel #tbt #fitness #cool #photography✿ #modeling #man #fashiondaily #photographers #model #face #mensfashion #workout #photoshoot #fashionmodel #photooftoday #ootd #confidence #elegance                                       |    | <a href="https://www.instagram.com/p/CSFRPYJpTTr">https://www.instagram.com/p/CSFRPYJpTTr</a>   |  |  |  |
| instagram | en | Tan bello ...#door #makeup #hippiespirits #hippiestyle #flowerpower #me #malemodel #fashion #styles #travel #tbt #fitness #cool #photography✿ #modeling #man #fashiondaily #photographers #model #face #mensfashion #workout #photoshoot #fashionmodel #photooftoday #ootd #confidence #elegance                               |    | <a href="https://www.instagram.com/p/CSFrAfEg1jQ">https://www.instagram.com/p/CSFrAfEg1jQ</a>   |  |  |  |
| instagram |    | XXXCelebrity SkinXXX   |    | <a href="https://www.instagram.com/p/CSF71bGsO-5">https://www.instagram.com/p/CSF71bGsO-5</a>   |  |  |  |
| instagram | en | Quick glute workout. Can also be done without equipment1.) Glute extension 2.) Glute bridge 3.) Stepper (not shown)  |    | <a href="https://www.instagram.com/p/CSGRnMarC3y">https://www.instagram.com/p/CSGRnMarC3y</a>   |  |  |  |

|           |    |  |  |   |  |  |  |
|-----------|----|--|--|---|--|--|--|
| instagram | en | #motivationmonday I learned that need to have arthroscopic surgery on my right knee to repair a torn meniscus on my right knee. But but I can still do something for my body and health, and in my mind, there are no limits. I did it while playing soccer, which I love to do. I am going to work hard post surgery to get back to the pitch as soon as possible. Do you have injuries or other limitations? Need motivation to keep going? Or to start? Contact me or check us out @d21_fitness or on time website to sign up for a free consultation. #d21fitstudio #weared21fitnation   |  | <a href="https://www.instagram.com/p/CSFRL6tJbZU">https://www.instagram.com/p/CSFRL6tJbZU</a> |  |  |  |
| instagram | en | We win, and we lose, so, for now, let's all enjoy this view 🎉  |  | <a href="https://www.instagram.com/p/CSFmwuGop0j">https://www.instagram.com/p/CSFmwuGop0j</a> |  |  |  |
| instagram | pt | ✿ Dia dos pais chegando e que tal adquirir esse combo maravilhoso para acompanhar seu almoço de domingo com seu Pai ? ❤️   |  | <a href="https://www.instagram.com/p/CSFnhKRrXTo">https://www.instagram.com/p/CSFnhKRrXTo</a> |  |  |  |
| instagram |    | ♥️   |  | <a href="https://www.instagram.com/p/CSFnhSnJ0w4">https://www.instagram.com/p/CSFnhSnJ0w4</a> |  |  |  |
| instagram | pt | Uma ótima semana a todos!  |  | <a href="https://www.instagram.com/p/CSFnhirkod">https://www.instagram.com/p/CSFnhirkod</a>   |  |  |  |
| instagram | pt | Boa noite. ...Gostou desta publicação?Siga-nos! Marque seus amigos. Aive as Notificações! Então deixe um emoji "➡️" nos comentários como forma de agradecimento.Quanto mais comentários tivermos, mais a publicação será vista.Issso ajuda a manter nosso trabalho e faz com que entreguemos conteúdo de qualidade para você.  |  | <a href="https://www.instagram.com/p/CSFnnapJKPy">https://www.instagram.com/p/CSFnnapJKPy</a> |  |  |  |
| instagram | pt | Positivo 😊 Deixa teu comentário❤️ Curte! Ativa as notificações! Compartilha á vontade! Te ensino a trabalhar no conforto da sua casa , apenas usando celular com internet. ✅ Mim chama no direct! Tenho um presente para você (Mini curso gratuito). Já para você começar sua jornada.😊 Cola que é susseso   |  | <a href="https://www.instagram.com/p/CSFnn07lIfk">https://www.instagram.com/p/CSFnn07lIfk</a> |  |  |  |
| instagram | en | A AMRAP está sempre com você nos seus treinos #amrapbrasil #CrossFit #wod #amrap #mobility #fitness #crossfitgames #snatch #muscleup #nopainnogain #fun #metcon #amazing #motivation #powerlifting #weightlifting #321go #funcional #ipo   |  | <a href="https://www.instagram.com/p/CSFn0SCrqd6">https://www.instagram.com/p/CSFn0SCrqd6</a> |  |  |  |
| instagram |    | #gay #instagay #lgbt #gayboy #pride #lgbtq #love #gayman #gaypride #fitness #loveislove #gaymen #queer #gayguy #gaylife #gaylove #bisexual #work #follow #instagood #gayhot #boy #instagram #gayfollow #workout #selfie #mynight #gaybrasil #mode #bhfyp   |  | <a href="https://www.instagram.com/p/CSFn0oOJ_h5">https://www.instagram.com/p/CSFn0oOJ_h5</a> |  |  |  |
| instagram | en | Day 56 ✅ in the books 📖 What day are you on ?? Start day 1 today if you haven't yet....We all start day 1..... This is a journey 😊 I love the doors these work outs and programs have opened for me !!! Strength Balance Commitment Positive self talk Confidents Self love ❤️ Powerful Strong 💪 Just to name a few .... Imagine what they can do for you if you just started!! Throw out all the reasons why you can't ... think of all the possibilities of why you CAN!!! Im your hype girl you didn't know you needed im here posting in my stories daily workouts that I live by !!! So take a peak and get inspired 😊 #inspire #workout #fitness #momlife #80dayobsession #hypgirl #getit #todayisyoursday |  | <a href="https://www.instagram.com/p/CSFn08lhMe">https://www.instagram.com/p/CSFn08lhMe</a>   |  |  |  |

|           |    |  |    |   |  |  |  |
|-----------|----|--|----|---|--|--|--|
| instagram |    | #foodporn #foryou #followforfollowback #fitness #fyp #foryou<br>#followforfollowback #foodphotography  |    | <a href="https://www.instagram.com/p/CSFnqRmjqx4">https://www.instagram.com/p/CSFnqRmjqx4</a> |  |  |  |
| instagram | en | #lingerie #modaintima #modafeminina #moda #love #fashion<br>#brasil #fitness #renda #brazil #mulher #girl #body #instagood<br>#amor #calcinha #beautiful #tendencia #sensual #model<br>#lingrieluxo #tbt #photography #boudoir #luxo #beauty #photo<br>#conforto #top #vendasonline  |    | <a href="https://www.instagram.com/p/CSFnqciL8HK">https://www.instagram.com/p/CSFnqciL8HK</a> |  |  |  |
| instagram | es | mini tartas de avena, rellenas de chocolate y crema de maní<br>.INGREDIENTES (6-8 und):Para la base:~ 1/2 banano maduro .~ 3 cdas de miel o syrup sugar free.~ Pizca de sal.~ 1 y 1/2 taza de avena en hojuelas.~ 1/4 taza de crema de maní .Para el relleno: 100gr de chocolate oscuro, 30ml de aceite de coco, edulcorante al gusto (yo use splenda en polvo). Crema de maní para decorar..PREPARACIÓN:Precaliente el horno a 180°C.En un bowl tritura el banano con la ayuda de un tenedor, agrega la miel y mezcla muy bien, luego la crema de maní, pizca de sal. Agrega la avena de a poco y ve incorporando, yo fui agregando de a 1/2 taza. Une todo muy bien y coloca la preparacion en moldes para horno previamente engrasados con un poquito de aceite de coco (yo use moldes de aluminio individuales, son más fáciles de desmoldar), ayudate con las manos húmedas para darles forma..Hornea por 20 mins, luego retira de los moldes, coloca las canastitas en una bandeja y hornea por 10mins más (así me quedaron muy crujientes ).Una vez estén frías, rellena con el chocolate (derretir el chocolate en el microondas, picado en pedacitos con el aceite de coco y el edulcorante), luego agrega crema de maní por encima y con la ayuda de un palillo mezcla un poco la crema de maní con el chocolate para darle un efecto decorado. Refrigera hasta que el relleno allá endulcerido un poco y listo #Enjoy .Le coloque algunas frutas por arriba para decorar opcional .....#snackideas #chocolate #peanutbutter #soysaludable #estilodevida #instafood #emprendimiento #cucuta #healthylifestyle #fitness #oatsmeal #minitartas #saludable #cucuta #colombia #horadalooco | CO | <a href="https://www.instagram.com/p/CSFnqqDlsD">https://www.instagram.com/p/CSFnqqDlsD</a>   |  |  |  |
| instagram | en | Time well spent! Nothing but ❤ ....#denhaag #scheveningen #fit<br>#instadaily #insta #kids #family #netherlands #healthy #summer<br>#shirudo #jiujitsu #training #photooftheday #fitness #instapic   |    | <a href="https://www.instagram.com/p/CSFnqzXDy0N">https://www.instagram.com/p/CSFnqzXDy0N</a> |  |  |  |

|           |    |  |  |   |  |  |  |
|-----------|----|--|--|---|--|--|--|
| instagram | es | La almohadilla de calefacción térmica ofrece opciones de calor de modo dual (húmedo/seco) para una terapia óptima. Cuatro ajustes de calor que se gradúa con la simple pulsación de un botón. De material flexible con una funda lavable (100%) poliéster. Controlador de mano de diseño ergonómico. Función de apagado automático de 40 minutos. Cable extra largo de 8 pies para facilitar el movimiento y el posicionamiento durante su uso. Tamaño: 30 X 60 cms. Info al ➡ 3102563105#fisioterapia #barranquilla #tecnología #medicina #dolor #masajeador #ejercicio #ejerciciosencasa #fitness #vidasaludable #presionarterial #ultrasonido #estilo de vida #asesoríasonline #fisioterapiadeportiva #fisioterapiacasa #rehabilitación #deporte #pilates #espaldas #corrector #postura #columnavertebral #tunelcarpiano #cardio #entrenoencasa #entrenamientoencasa #bandas #pesas #yoga |  | <a href="https://www.instagram.com/p/CSFnqzyLzg0">https://www.instagram.com/p/CSFnqzyLzg0</a> |  |  |  |
| instagram | en | Venez sur snap -> snap : SapeyzaroHashtag (ignore): #drole #humour #vienla.69 #mooddujour #lavieestbelle #tweet #tweetfr #humeur #blague #tweetdrole #sourire #mourirderire #abonnés #mode #abonnetoi #insta #ete #dakha #video #phrasedujour #instagram #instacitation #fitness #dehka #citationamour #amour #citationamitié #citationtriste #citationcoupleamour #influencer   |  | <a href="https://www.instagram.com/p/CSFnqzyLzg0">https://www.instagram.com/p/CSFnqzyLzg0</a> |  |  |  |
| instagram | en | Beach weekend☀️ Decided to mix it up on here for once Still have lots of physical goals for myself, but I found this worthy of sharing as I've never felt confident enough to post a bikini photo of myself. Feeling proud of myself for my hard work, and I am very excited to continue working hard at tackling my goals😊 Genuinely, thank you all so much for motivating me everyday and showing me what hard work and dedication looks like. You all are amazing, so supportive, and motivate me so much❤️   |  | <a href="https://www.instagram.com/p/CSFnqzyLzg0">https://www.instagram.com/p/CSFnqzyLzg0</a> |  |  |  |
| instagram | pt | Amandooo esse lançamento!!Conjunto Floral + top trançadoQualidade que você já conhece, tecido zero transparência, toque suave➡️ Vendas ATACADO e VAREJO⬅️ Compre direto de Fábrica➡️ Enviamos para todo Brasil!  |  | <a href="https://www.instagram.com/p/CSFnqzyLzg0">https://www.instagram.com/p/CSFnqzyLzg0</a> |  |  |  |
| instagram | pt | ▲pão de banana fit▲- 3 ovos- 3 bananas - 6 colheres de sopa de faroel de aveia- 1 colher de chá de canela (opcional)- 1 colher de sobremesa de fermento em pó Bata tudo no liquidificador, deixando o fermento por último. Essa mistura colocar em uma forma untada e deixar por 40-50 minutos - 180 graus.#dieta #dietasaudável #dietasemsofrer #tortatum #tortatumlowcarb #lowcarb #dietas #emagrecer #dieta #emagrecimento #dietasemsofrer #perderpeso #emagrecercomsaude #saude #dieta lowcarb #lowcarb #fitness #reeducaçãoalimentar #detox #emagrecendo #dietasaudavel #alimentacaosaudavel #foco #foconadieta #emagrecimentosaudavel #dietasana #academia #vidasaudavel #perderbarriga #saudavel  |  | <a href="https://www.instagram.com/p/CSFnqzyLzg0">https://www.instagram.com/p/CSFnqzyLzg0</a> |  |  |  |
| instagram | pt | Tudo vai ficar bem! ☺️   |  | <a href="https://www.instagram.com/p/CSFnqzyLzg0">https://www.instagram.com/p/CSFnqzyLzg0</a> |  |  |  |

|           |    |  |  |   |  |  |  |
|-----------|----|--|--|---|--|--|--|
| instagram | es | Vitamina E  -La vitamina E es un nutriente liposoluble presente en muchos alimentos. En el cuerpo, actúa como antioxidante, al ayudar a proteger las células contra los daños causados por los radicales libres.-El organismo también necesita la vitamina E para estimular el sistema inmunitorio a fin de que éste pueda combatir las bacterias y los virus que lo invaden. Ayuda a dilatar los vasos sanguíneos y evitar la formación de coágulos de sangre en su interior. Además, las células emplean la vitamina E para interactuar entre sí y para cumplir numerosas funciones importantes.---#food #foodporn #healthy #fitt #nutricion #nutrióloga #ricoyano #aguacate #healthyfood #comida #comesano #saludable #nuez #vitaminas #semillas #salud #fitnessfood #vitaminae #ricosaludable #nutrition #nutrete #alimentacionsaludable #fitness #nutricionsalud #comidasaludable #salmon #fitnessmotivation #fitnesslifestyle #fitnessgoals |  | <a href="https://www.instagram.com/p/CSFnMCpLx">https://www.instagram.com/p/CSFnMCpLx</a>     |  |  |  |
| instagram | es | Roba como un artista  Austin Kleon....¡CONTÁCTANOS!WhatsApp: 3242976119Sitio web: evastudioofficial.com   100% ...#DS8Studios #SoyModeloWebCamYQue#Modelo #Medellin #WebCam #Trabajo #TrabajoSiHay #MedellinColombia #Trabajo #moda #antioquia #medell #like #fitness #WeMakeOurOwnLuck #SomosDS8Studios #lifestyle #Style #PhotoShoot #medellin #Colombia #SomosElLadoOscur  |  | <a href="https://www.instagram.com/p/CSFnW5r8op">https://www.instagram.com/p/CSFnW5r8op</a>   |  |  |  |
| instagram |    | Inleder veckan med rolig motion  #padel #padeltime #padeladdict #padelmania #instapadel #padelfun #worldpadeltour #padelfemenino #sport #padelon #wpt #p #padelamateur #del #padelininstagram #padelpeople #tennis #padellovers #padeltennis #deporte #padeleros #padelitaliano #lovepadel #a #padelmasculino #padelgood #fitness #padelitalia #babolat #bhfy   |  | <a href="https://www.instagram.com/p/CSFnrohDMuz">https://www.instagram.com/p/CSFnrohDMuz</a> |  |  |  |
| instagram | es | "Es la semana más feliz de mi vida" Alexander Zverev DE está viviendo uno de los momentos más álgidos de su carrera al coronarse el día de ayer con la presea de oro Y en los J.J.O.O de Tokio JP.El alemán venció al ruso RU Karen Kachanov en la final del certamen por 6-3 y 6-1 para ganar su primera medalla olímpica.El día de hoy declaró tras su victoria: "Esto es lo más grande que jamás haya ganado. Lo que estoy sintiendo no lo voy a poder describir en mi vida".Finalmente cerró sus dichos con unas polémicas declaraciones : "Todos los expertos hablan de que Stefanos y Medvedev son mejores. Pero yo tengo 16 títulos, 4 masters 1000, el Masters y la medalla de oro y ellos no".¿Qué piensas sobre estos últimos dichos? ¿Es Sascha el mejor jugador de la Next Gen?  |  | <a href="https://www.instagram.com/p/CSFnsgGAaNK">https://www.instagram.com/p/CSFnsgGAaNK</a> |  |  |  |

|           |    |  |  |   |  |  |
|-----------|----|--|--|---|--|--|
| instagram | en | Mantequilla de maní casera sabor Mazapán 🥜 100% natural, 100% maní. ¿Sabías que...? el maní contiene triptófano, un aminoácido esencial que nos ayuda a estimular la producción de hormonas del sueño y el bienestar. ✨ #productoskorima ....#food #botanas #snack #producto #mexican #promo #mexicano #mx #vegan #deli #green #deliciousfood #healthyfood #healty #flavor #vegetarian #stevia #natural #greenlife #breakfast #fitness #fit #organic #natural #mani #mazapan   |  | <a href="https://www.instagram.com/p/CSFns--nxt7">https://www.instagram.com/p/CSFns--nxt7</a> |  |  |
| instagram | en | #lingerie #modaintima #modafeminina #moda #love #fashion #brasil #fitness #renda #brazil #mulher #girl #body #instagood #amor #calcinha #beautiful #tendencia #sensual #model #lingerieluxo #tbt #photography #boudoir #luxo #beauty #photo #conforto #top #vendasonline   |  | <a href="https://www.instagram.com/p/CSFntEorwMH">https://www.instagram.com/p/CSFntEorwMH</a> |  |  |
| instagram | pt | Conforto + Estilo = Maria academia !Corre adquirir seu look ❤ .....#treino #fitness #legging #calça #lookdodia #lookfitness  |  | <a href="https://www.instagram.com/p/CSFntGaL0qc">https://www.instagram.com/p/CSFntGaL0qc</a> |  |  |
| instagram | en | .....✿✿✿#polishgirl #queens #instagood #style #selfie #photofotheday #happy #smile #i4l #f4f #photo #love #fashion #amazing #picoftheday #instalike #followme #follow4follow #fitness #nature #follow #beautiful #fun #cute #likeforlike #life #bestoftheday #followforfollow #me #model   |  | <a href="https://www.instagram.com/p/CSFntJbst_f">https://www.instagram.com/p/CSFntJbst_f</a> |  |  |
| instagram | pt | ▣ PROMOÇÃO RELÂMPAGO ▣ COMPRE 1 LEVE 2 OU COMPRE 2 LEVE 3▣ DREAM COLÁGENO ☀RECUPERE A SAÚDE DA SUA PELE EM POCAS SEMANAS✓ Hidrata a Pele✓ Ameniza as Olheiras✓ Reduz 96% das Rugas✓ Acaba com a Papada✓ Elimina o Efeito Mixirica✓ Afina as Marcas de Expressão✓ Aumenta a Elasticidade da Pele✓ Elimina até 93% dos Pés de Galinha✓ Ajuda Prevenir o Câncer de Pele✓ Auxilia na Regeneração das CartilagensFrete grátis para todo Brasil<br>▣Link na biografia<br>@colageno_hidrolisado14<br>#pele #beleza #estetica #brasil #makeup #limpezadapele #beauty #maquiagem #cuidadoscomapele #saude #brazil #dermatologia #rosto #hair #skincare #peleperfeita #cabelo #cuidados #bemestar #esteticafacial #tratamento #love #make #instagood #cabelos #esteticacorporal #fitness #colageno #estria |  | <a href="https://www.instagram.com/p/CSFntF9rL02">https://www.instagram.com/p/CSFntF9rL02</a> |  |  |
| instagram | en | FOLLOW HER@ @d3vilsofia #sexy #hot #brunette #model #fit #fitness #fitgirl #fitnessgirl #italia #italiangirl #italianmodel #italian #italy If you want linktr.ee/d3vilsofia  |  | <a href="https://www.instagram.com/p/CSFntIaq8Xk">https://www.instagram.com/p/CSFntIaq8Xk</a> |  |  |
| instagram | en | Retour a la salle #fitnessnusnia #fitness#workoutroutine #workoutmotivations#sports#instafitness#abds#fitnessmotivation#fitnessmotivation#borntowin  |  | <a href="https://www.instagram.com/p/CSFnrtHoCh4">https://www.instagram.com/p/CSFnrtHoCh4</a> |  |  |

|           |    |   |  |   |  |  |  |
|-----------|----|---|--|---|--|--|--|
| instagram | da | Blue dream ☺️❤️ ....#yoga #backbend #yogagirl #yogapants #پوچک_بازنان #یوگا_بازنان #یوگا_لایف #یوگا_پوزه #یوگا_ادای_یوگا #یوگا_اینspiration #fitness #fitnessgirl #fitnessmodel #nature #healthy_lifestyle #health #aloyoga #alomoves #scorpion #poobon #blue #dream #5 #pincha #yogapractice #yogalife #yogavinyasa #yogaeverywhere #yogini #healthy_lifestyle   |  | <a href="https://www.instagram.com/p/CSFn0IMo5TD">https://www.instagram.com/p/CSFn0IMo5TD</a>   |  |  |  |
| instagram |    | Olá rs ❤️📸 ....#morena#bomdiabrasil#segueai#seguidores #influencer#makeuptutorial#meamo #modelos #modelo#modamodesta #modellife #makeuptutorial #amor #amorpropriosempre #belas #deus #deuscuidademim #modafeminina #modaplussize #modamodesta #makeuptutorial #makes #meamo #todalinda #lindasdoinstagram #fitness #modafemininaonline #modas #saude #natureza #naturezaperfeita #sexy #seguidores #asmaislindas |  | <a href="https://www.instagram.com/p/CSFnuN6A9rp">https://www.instagram.com/p/CSFnuN6A9rp</a>   |  |  |  |
| instagram | pt | Mais uma semana para levantarmos a cabeça e irmos com tudo atrás dos nossos sonhos! VAMOS PRA CIMA SEM DESISTIR 💪💪💪#jogofitness #fitness #saude #varginha #vga  |  | <a href="https://www.instagram.com/p/CSFnnun7MKLH">https://www.instagram.com/p/CSFnnun7MKLH</a>   |  |  |  |
| instagram | en | How do I feel after #coffee #Monday #toneitup #tiu #tiuteam #fitmama #fit #fitgirl #fitness #fitinspo #life   |  | <a href="https://www.instagram.com/p/CSFn4bDzYT">https://www.instagram.com/p/CSFn4bDzYT</a>   |  |  |  |
| youtube   | en | Waiting na poh * *  |  | <a href="https://www.youtube.com/watch?v=tUc18fnAK1k&amp;lc=Ugwqtuu44E2WHkVb894AaABAg">https://www.youtube.com/watch?v=tUc18fnAK1k&amp;lc=Ugwqtuu44E2WHkVb894AaABAg</a>   |  |  |  |
| youtube   | en | thats awesome..waiting here po with fullpack..SUPERSTAR   |  | <a href="https://www.youtube.com/watch?v=tUc18fnAK1k&amp;lc=UgwJiB7Xj2Io_SvNXN4AaABAg">https://www.youtube.com/watch?v=tUc18fnAK1k&amp;lc=UgwJiB7Xj2Io_SvNXN4AaABAg</a>   |  |  |  |
| youtube   |    | Ang galing  |  | <a href="https://www.youtube.com/watch?v=tUc18fnAK1k&amp;lc=Ugw6guAx3nKMTSqDWbp4AaABAg">https://www.youtube.com/watch?v=tUc18fnAK1k&amp;lc=Ugw6guAx3nKMTSqDWbp4AaABAg</a> |  |  |  |
| youtube   | en | Enjoy workout waiting   |  | <a href="https://www.youtube.com/watch?v=tUc18fnAK1k&amp;lc=Ugx01ZtYFnQ_lfbCuGF4AaABAg">https://www.youtube.com/watch?v=tUc18fnAK1k&amp;lc=Ugx01ZtYFnQ_lfbCuGF4AaABAg</a> |  |  |  |
| youtube   |    | Tamsak done host MomEndoTer   |  | <a href="https://www.youtube.com/watch?v=tUc18fnAK1k&amp;lc=Ugx8hTjabAG9bEEAh4AaABAg">https://www.youtube.com/watch?v=tUc18fnAK1k&amp;lc=Ugx8hTjabAG9bEEAh4AaABAg</a>     |  |  |  |
| youtube   | en | Looking forward...keep safe and Godbless @Momendoter 🙏  |  | <a href="https://www.youtube.com/watch?v=tUc18fnAK1k&amp;lc=UgyaSc_X6XmTqusM50B4AaABAg">https://www.youtube.com/watch?v=tUc18fnAK1k&amp;lc=UgyaSc_X6XmTqusM50B4AaABAg</a> |  |  |  |
| youtube   | en | Here waiting, tamsak na host 🔝 22 -momendoter   |  | <a href="https://www.youtube.com/watch?v=tUc18fnAK1k&amp;lc=UgwRnB-JAJ7mCyzXX4F4AaABAg">https://www.youtube.com/watch?v=tUc18fnAK1k&amp;lc=UgwRnB-JAJ7mCyzXX4F4AaABAg</a> |  |  |  |
| youtube   | en | Eto Ang dko magawa .dapat focus like you to lose a pound.see you  |  | <a href="https://www.youtube.com/watch?v=tUc18fnAK1k&amp;lc=Ugzyj1wafwGUFHxhHqR4AaABAg">https://www.youtube.com/watch?v=tUc18fnAK1k&amp;lc=Ugzyj1wafwGUFHxhHqR4AaABAg</a> |  |  |  |
| youtube   | en | Sana all May time mag sayaw! Mimi were Pinay of team MOMENDOTER   |  | <a href="https://www.youtube.com/watch?v=tUc18fnAK1k&amp;lc=UgzpHIQcv7lr5wB5N14AaABAg">https://www.youtube.com/watch?v=tUc18fnAK1k&amp;lc=UgzpHIQcv7lr5wB5N14AaABAg</a>   |  |  |  |
| youtube   |    | Sana ako din maging consistent magexercise ✨  |  | <a href="https://www.youtube.com/watch?v=tUc18fnAK1k&amp;lc=Ugy-b2WDeHfkSE7roD14AaABAg">https://www.youtube.com/watch?v=tUc18fnAK1k&amp;lc=Ugy-b2WDeHfkSE7roD14AaABAg</a> |  |  |  |
| youtube   | en | Mayank bhai mr. India me gold jitke lana  |  | <a href="https://www.youtube.com/watch?v=bC5UIsGCI9A&amp;lc=UgyQg6fwcU140jlWnbF4AaABAg">https://www.youtube.com/watch?v=bC5UIsGCI9A&amp;lc=UgyQg6fwcU140jlWnbF4AaABAg</a> |  |  |  |
| youtube   | en | Hi big fan first comment please reply bro   |  | <a href="https://www.youtube.com/watch?v=bC5UIsGCI9A&amp;lc=UgwK5RpLIe0yY_3K_GN4AaABAg">https://www.youtube.com/watch?v=bC5UIsGCI9A&amp;lc=UgwK5RpLIe0yY_3K_GN4AaABAg</a> |  |  |  |

|         |    |  |    |   |  |  |  |
|---------|----|--|----|---|--|--|--|
| youtube | vi | <p>Song : Kesi - Camilo Choreo by Quỳnh Hoa Bùi Lamita Hà<br/> Tinh luôn mong muôn mang đến những giá trị tốt đẹp về sức khoẻ cũng như tinh thần đến với cộng đồng, đặc biệt là với chị em phụ nữ và gia đình họ.  </p> <p>FANPAGE:<a href="https://m.facebook.com/lazum3hatinh/">https://m.facebook.com/lazum3hatinh/</a><br/> FACEBOOK:<a href="https://m.facebook.com/lazum3hatinh/">https://m.facebook.com/lazum3hatinh/</a> LAMITA_LAN TOÀ NĂNG LƯỢNG TÍCH CỰC. ☎ 0983 49 59 69(Ms Hoa) 094 118 9797 (Ms Ngân) 0946 132 987 (Ms Huyền) Cơ sở 1: Khu tái định cư mới Vinhomes sau Vincom.Cơ sở 2: Số 06 đường Trường Chinh. (Ngã 5 đường Lê Duẩn kéo dài giao đường Vũ Quang).Cơ sở 3: Tầng 4 Bình Thuỷ, số 24 Phan Đình Phùng.Cơ sở 4: Nhà văn hoá khối phố 4 Tân Giang, ngõ 02 đường Nguyễn Tất Thành.Cơ sở 5: NVH tổ dân phố 6, đường Nguyễn Thiệp( phía sau cục thuế) thị trấn Thạch Hà.Cơ sở 6: Đối diện trường tiểu học Thạch Hưng.#LamitaHaTinh #ZumbaDanceFitness #ZumbaKids #SexyDance #Muacotrang #Kpop #Nhayhiendai _coverdance #Tiktokdance #Hiphop #Kizomba</p>   |    | <a href="https://www.youtube.com/watch?v=h6ntjD9zvww">https://www.youtube.com/watch?v=h6ntjD9zvww</a>   |  |  |  |
| youtube | en |  |    | <a href="https://www.youtube.com/watch?v=bC5UIsGCI9A">https://www.youtube.com/watch?v=bC5UIsGCI9A</a>   |  |  |  |
| youtube | en | Me getting tired from the very start LMAO! Great job!  |    | <a href="https://www.youtube.com/watch?v=l7ChbNwZ0f4&amp;lc=UgzX9Ozxfefjy23nsU54AaABAg">https://www.youtube.com/watch?v=l7ChbNwZ0f4&amp;lc=UgzX9Ozxfefjy23nsU54AaABAg</a> |  |  |  |
| youtube | en | THE SEXY GIRL ARE DRISEX.UNOYoutube: This is fineSomeone: Says "help"Youtube: BE GONEHistory: deletedphone: yeetedBody :heatedHoly water needed#Чо #т #делает #на #2 #месте #в #тренде #однако #я #люблю #таких #рыбаков #垃圾   |    | <a href="https://www.youtube.com/watch?v=uYv-WfZVM1M&amp;lc=Ugxua28IV6QYoYV5-QJ4AaABAg">https://www.youtube.com/watch?v=uYv-WfZVM1M&amp;lc=Ugxua28IV6QYoYV5-QJ4AaABAg</a> |  |  |  |
| youtube | en | #shorts  |    | <a href="https://www.youtube.com/watch?v=uYv-WfZVM1M&amp;lc=Ugxua28IV6QYoYV5-QJ4AaABAg">https://www.youtube.com/watch?v=uYv-WfZVM1M&amp;lc=Ugxua28IV6QYoYV5-QJ4AaABAg</a> |  |  |  |
| youtube | ro | Ce părere ai de proteinele decahton  |    | <a href="https://www.youtube.com/watch?v=_xNNJ_5eq54&amp;lc=Ugy3ICz2qxLhfgLwnv54AaABAg">https://www.youtube.com/watch?v=_xNNJ_5eq54&amp;lc=Ugy3ICz2qxLhfgLwnv54AaABAg</a> |  |  |  |
| youtube | ro | <p>Ați aflat de îndulcitorul fără calorii Stevia? În acest episod la Academiei de Fitness veți afla tot despre această plantă, ce beneficii și efecte are, dar și de ce este o alternativă naturală, excelentă pentru înlocuirea zahărului. Aflați mai multe despre beneficiile sale pentru sănătate din videoclip.Îndulcitorii puteți găsi aici → <a href="https://bit.ly/3eo4vSu">https://bit.ly/3eo4vSu</a> Pentru a afla mai multe despre Stevia, citiți articolul nostru → <a href="https://bit.ly/33IAkoPUrmariține">https://bit.ly/33IAkoPUrmariține</a>:</p> <ul style="list-style-type: none"> <li>➡ pe website: <a href="https://bit.ly/2KK509S">https://bit.ly/2KK509S</a> ➡ pe Instagram: <a href="https://bit.ly/2RvZ0A">https://bit.ly/2RvZ0A</a> ➡ pe Facebook: <a href="https://bit.ly/3bOkUvE">https://bit.ly/3bOkUvE</a></li> <li>► GymBeam - Magazin online cu suplimente și super-alimente 00:38 – 01:15 – Stevia 01:15 – 02:00 – Istorice 02:00 – 05:33 – Stevia și Efectele Sale 05:33 – 06:37 – Cum Să Introduceți Stevia În Alimentație? 06:37 – 06:56 – Dozele De Administrare A Steviei? #gymbeam #fitnessacademy #dragosyyko</li> </ul> | RO | <a href="https://www.youtube.com/watch?v=_xNNJ_5eq54">https://www.youtube.com/watch?v=_xNNJ_5eq54</a>   |  |  |  |
| youtube |    |  | RO | <a href="https://www.youtube.com/watch?v=0uK5Z8vgZjc">https://www.youtube.com/watch?v=0uK5Z8vgZjc</a>   |  |  |  |
| youtube | en | it looks like fun. I will try it tomorrow!!  |    | <a href="https://www.youtube.com/watch?v=l7ChbNwZ0f4&amp;lc=UgzxloeTvedh5erZbgV4AaABAg">https://www.youtube.com/watch?v=l7ChbNwZ0f4&amp;lc=UgzxloeTvedh5erZbgV4AaABAg</a> |  |  |  |
| youtube | en |  |    | <a href="https://www.youtube.com/watch?v=oA_2i3k9U">https://www.youtube.com/watch?v=oA_2i3k9U</a>   |  |  |  |

|         |    |   |    |   |   |  |  |
|---------|----|---|----|---|---|--|--|
| youtube | en | #winner #justdance #innercircleJust Dance!!!! Here's another Winner fitness video ❤️Thanks to my dad for suggesting most of the steps. I just realized how fun the song was while dancing to it! hope you enjoy sweating with this one! |    | <a href="https://www.youtube.com/watch?v=l7CHbNwZ0f4">https://www.youtube.com/watch?v=l7CHbNwZ0f4</a>   |   |  |  |
| web     | ro | ești bune pentru locuitorii de la malul mării. În doar două săptămâni constățenii vor putea beneficia de un spațiu modern, echipat corespunzător,   |    | <a href="https://scanteiaonline.ro/actualitate/fitness-in-aer-liber-pe-plaja-modern/">https://scanteiaonline.ro/actualitate/fitness-in-aer-liber-pe-plaja-modern/</a>   |   |  |  |
| web     | ro | avinia Petrea, ședință de fitness în parc. Embed. Embed. Link. Copiază. Cod Embed. Copiază. Share Tweet · Adauga in playlist.   | RO | <a href="https://protvplus.ro/emisiuni/lamaruta/clip/30038-lavinia-petrea-sedinta-de-fitness-in-parc?utm_source=lamaruta.protv.ro&amp;utm_medium=carousel.Focused&amp;utm_content=Lavinia+Petre">https://protvplus.ro/emisiuni/lamaruta/clip/30038-lavinia-petrea-sedinta-de-fitness-in-parc?utm_source=lamaruta.protv.ro&amp;utm_medium=carousel.Focused&amp;utm_content=Lavinia+Petre</a> | x |  | It is a story about woman who started sports in a rather regular, professional manner and she has agreed to show the viewers of the show how she trains every day in the park. |
| web     | ro | emei Balet Tricou Cu Fusta Sifon Clasic Gimnastica Yoga De Fitness Femei Negru Rochie Fără Mânci De Dans Practică Haine.  |    | <a href="https://www.poarta-masca.ro/fresh/67555_Product.htm">https://www.poarta-masca.ro/fresh/67555_Product.htm</a>   |   |  |  |
| web     | ro | iteste despre fitness in cele 298 articolele Manager.ro pagina 19.  | RO | <a href="https://www.manager.ro/articole/fitness/pagina_19/">https://www.manager.ro/articole/fitness/pagina_19/</a>   |   |  |  |
| web     | ro | informatii interesante despre moda si frumusete, tendinte, shopping, home&deco, dieta si fitness, parinti si copii, ghiduri utile si multe altele.  |    | <a href="https://conde.ro/rochii-de-seara-cum-le-alegi-si-cum-le-pui-in-valoare/">https://conde.ro/rochii-de-seara-cum-le-alegi-si-cum-le-pui-in-valoare/</a>   |   |  |  |
| web     | ro | icicleta copii 16 inch Rich Bike. Biciclete – Fitness - Suplimente » Biciclete copii. 210 lei. Negociabil. Bucuresti, Sectorul 6 28 iul   | RO | <a href="https://www.olx.ro/oferte/q-biciclete-rich/">https://www.olx.ro/oferte/q-biciclete-rich/</a>   |   |  |  |
| web     | en |   |    | <a href="https://islanda.ro/category/lifestyle/health-">https://islanda.ro/category/lifestyle/health-</a>   |   |  |  |
| web     | en |   |    | <a href="https://islanda.ro/category/lifestyle/health-">https://islanda.ro/category/lifestyle/health-</a>   |   |  |  |
| web     | en |   |    | <a href="https://islanda.ro/category/lifestyle/health-">https://islanda.ro/category/lifestyle/health-</a>   |   |  |  |
| web     | en |   |    | <a href="https://islanda.ro/category/lifestyle/health-">https://islanda.ro/category/lifestyle/health-</a>   |   |  |  |
| web     | en |   |    | <a href="https://islanda.ro/category/lifestyle/health-">https://islanda.ro/category/lifestyle/health-</a>   |   |  |  |
| web     | en |   |    | <a href="https://islanda.ro/category/lifestyle/health-">https://islanda.ro/category/lifestyle/health-</a>   |   |  |  |
| web     | en |   |    | <a href="https://recentrat.ro/forums/forum/general-">https://recentrat.ro/forums/forum/general-</a>   |   |  |  |
| web     | en |   |    | <a href="https://recentrat.ro/fitness-home/">https://recentrat.ro/fitness-home/</a>   |   |  |  |
| web     | en |   |    | <a href="https://recentrat.ro/event/free-fitness-">https://recentrat.ro/event/free-fitness-</a>   |   |  |  |
| web     | en |   |    | <a href="https://recentrat.ro/forums/forum/general-">https://recentrat.ro/forums/forum/general-</a>   |   |  |  |
| web     | en |   |    | <a href="https://recentrat.ro/fitness-home/">https://recentrat.ro/fitness-home/</a>   |   |  |  |
| web     |    |   |    | <a href="https://macma.ro/category/B021">https://macma.ro/category/B021</a>   |   |  |  |
| web     |    |   |    | <a href="https://macma.ro/category/A017">https://macma.ro/category/A017</a>   |   |  |  |
| web     |    |   |    | <a href="https://macma.ro/category/B059">https://macma.ro/category/B059</a>   |   |  |  |
| web     |    |   |    | <a href="https://macma.ro/category/B021">https://macma.ro/category/B021</a>   |   |  |  |
| web     |    |   |    | <a href="https://macma.ro/category/B059">https://macma.ro/category/B059</a>   |   |  |  |
| web     |    |   |    | <a href="https://macma.ro/category/A017">https://macma.ro/category/A017</a>   |   |  |  |
| web     | ro |   | RO | <a href="https://www.otter.ro/incaltaminte-barbati/pantofi/pantofi-fitness-barbati">https://www.otter.ro/incaltaminte-barbati/pantofi/pantofi-fitness-barbati</a>   |   |  |  |
| web     | ro |   | RO | <a href="https://www.otter.ro/incaltaminte-femei/pantofi/pantofi-fitness-dama">https://www.otter.ro/incaltaminte-femei/pantofi/pantofi-fitness-dama</a>   |   |  |  |
| web     | ro |   | RO | <a href="https://www.salamandershop.ro/incaltaminte-barbati/pantofi/pantofi-fitness-barbati">https://www.salamandershop.ro/incaltaminte-barbati/pantofi/pantofi-fitness-barbati</a>   |   |  |  |
| web     | ro |   | RO | <a href="https://www.salamandershop.ro/incaltaminte-femei/pantofi/pantofi-fitness-dama">https://www.salamandershop.ro/incaltaminte-femei/pantofi/pantofi-fitness-dama</a>   |   |  |  |
| web     | ro | acilitățile de la Elysees Dream Beach includ și sală de fitness. Se oferă acces gratuit la internet Wi-fi în spațiile publice. Parcarea este disponibilă la   |    | <a href="https://www.nextvoyage.ro/vacante/beach-dream-elysees-3-stars-hurghada-dahab/din-timisoara/">https://www.nextvoyage.ro/vacante/beach-dream-elysees-3-stars-hurghada-dahab/din-timisoara/</a>   |   |  |  |

|     |    |   |    |   |   |  |  |
|-----|----|---|----|---|---|--|--|
| web | en | acilitățile de la Crystal Sunrise Queen Luxury Resort & Spa includ sălă de fitness, teren de tenis și business centre. Pentru petrecerea timpului liber                           |    | <a href="https://www.centraltravel.ro/vacante/crystal-luxury-queen-resort-spa-sunrise-5-stars-side-incekum/din-bacau/">https://www.centraltravel.ro/vacante/crystal-luxury-queen-resort-spa-sunrise-5-stars-side-incekum/din-bacau/</a>   |   |  |  |
| web | ro | acilitățile de la Katya Beach includ sălă de fitness și business center. Pentru petrecerea timpului liber oaspeții au la dispoziție activități de agrement                        |    | <a href="https://www.elginitour.ro/vacante/beach-katya-5-stars-alanya-alanya/din-targu-mures/">https://www.elginitour.ro/vacante/beach-katya-5-stars-alanya-alanya/din-targu-mures/</a>   |   |  |  |
| web | en | xcellent health and fitness; and non-smoker. Must be able to swim 50 meters unattended. Responsibilities: Responsible for the safety and standards                                |    | <a href="http://www.trainavitation.ro/2021/08/02/cabin-crew-at-flydeal-jeddah-riyadh/">http://www.trainavitation.ro/2021/08/02/cabin-crew-at-flydeal-jeddah-riyadh/</a>   |   |  |  |
| web |    | ste un aparat multifunctional, universal ce poate fi folosit în săli de sport, centre de fitness, cluburi sportive, săli de antrenament dar și acasă.                             |    | <a href="https://zocobodyfit.ro/produs/set-aparat-multifunctional-tractiuni-zoco-body-fit-kk-lq3-impreuna-cu-banca-de-antrenament-jx-750-">https://zocobodyfit.ro/produs/set-aparat-multifunctional-tractiuni-zoco-body-fit-kk-lq3-impreuna-cu-banca-de-antrenament-jx-750-</a>               |   |  |  |
| web | ro | NAD vrea să se convertească în poliția săliilor de fitness și să folosească banii din amenzi pentru îmbuiajarea propriilor funcționari. July 19, 2021 No comments                 | RO | <a href="http://www.agorapress.ro/">http://www.agorapress.ro/</a>   |   |  |  |
| web | ro | icicleta magnetică Kettler pentru uz casnic pentru îmbunătățirea ritmului cardiac, slabire și antrenarea mușchilor picioarelor.   | RO | <a href="https://www.sfatulmedicului.ro/arhiva-medicala;branuri-magnetice-pagina_2">https://www.sfatulmedicului.ro/arhiva-medicala;branuri-magnetice-pagina_2</a>   |   |  |  |
| web | ro | ntrenor de fitness: "Mănâncă grăsimi ca să slăbești din grăsimi". 28 iulie 2021. Gastrita poate duce la perforarea stomacului și la cancer gastric.                               | RO | <a href="https://www.doctorulzilei.ro/author/elena/">https://www.doctorulzilei.ro/author/elena/</a>   | x |  | The article is about the implications of physical training and healthy dieting, formulating a few simple ideas that women should stick to. |
| web | ro | umpara Seturi EndoFit Tenis Fitness cu prețuri mici.  |    | <a href="https://www.newsport.biz/wilson-golf/seturi?filter=4388/l/565611%7C11101/l/563">https://www.newsport.biz/wilson-golf/seturi?filter=4388/l/565611%7C11101/l/563</a>   |   |  |  |
| web | en | ews; Fashion. New Look 2015 · Street Fashion · Style Hunter · Vogue. Gadgets; Lifestyle. Business · Health & Fitness · Recipes · Travel. Video; Homepages.                        |    | <a href="https://alaska.ro/">https://alaska.ro/</a>   |   |  |  |
| web | ro | anusi Sala Amara - comanda acum online acest produs la cel mai bun pret. Total sport distribution - 0377 100 944.   |    | <a href="https://www.expert-sport.ro/sporturi/echipament-fitness/manusi-fitness/manusi-sala-amara-5847-detalii.html">https://www.expert-sport.ro/sporturi/echipament-fitness/manusi-fitness/manusi-sala-amara-5847-detalii.html</a>   |   |  |  |
| web | ro | Centrul SPA (piscina, sauna, jacuzzi, sala de fitness) este deschis în perioada 1 aprilie - 31 decembrie 2021 și este oferit gratuit la pachetul de cazare,                       | RO | <a href="https://www.3bis.ro/hotel-president-baile-olanesti">https://www.3bis.ro/hotel-president-baile-olanesti</a>   |   |  |  |
| web | ro | ermania: A doua zi a vizitei suveranilor Willem Alexander și Maxima ai Țărilor de Jos la Berlin · Health & Fitness · Olanda acuză că avioane rusești                              |    | <a href="https://rotterdam.ro/">https://rotterdam.ro/</a>   |   |  |  |
| web | ro | iteste despre fitness în cele 298 articole Manager.ro.  | RO | <a href="https://www.manager.ro/articole/fitness/">https://www.manager.ro/articole/fitness/</a>   |   |  |  |
| web | ro | i puteți câștiga fiecare căte unul din cele 101 de abonamente la sală cu toate facilitățile incluse (fitness, cardio, antrenamente de grup, piscină,                              |    | <a href="https://www.vivertine.ro/tombola-olimpica/">https://www.vivertine.ro/tombola-olimpica/</a>   |   |  |  |
| web | ro | tirile zilei din Social : La ora actuală, Constanța duce o lipsă acută de parcuri tematice, care să fie destinate unui public întă și care să satisfacă                           | RO | <a href="https://www.cugeliber.ro/mobile/stiri-social-iubiti-sportul-se-amenajeaza-un-parc-fitness-pe-plaja-modern-434248">https://www.cugeliber.ro/mobile/stiri-social-iubiti-sportul-se-amenajeaza-un-parc-fitness-pe-plaja-modern-434248</a>   |   |  |  |
| web | ro | e slăbește de nu te vez! La propriu! Vorbind despre cea mai căutată antrenoare de fitness din România, la ora actuală. Carmen Fit face fitness de 10 ani și                       | RO | <a href="https://www.click.ro/vedete/romanesti/ea-scoate-untul-din-vedete-la-sala-de-fitness">https://www.click.ro/vedete/romanesti/ea-scoate-untul-din-vedete-la-sala-de-fitness</a>   |   |  |  |
| web | en | IVE THE LEGEND OF POIANA! Teleferic Grand Hotel offers a total of 127 rooms and premium suites. The facilities were designed to provide all necessary ... Rating: 5 · 240 reviews |    | <a href="https://www.telefericgrandhotel.ro/en/?gclid=CjwKCAjwr56IBhAvEiwa1fuqGrBZARfnTgYrJmoCLOlGRdyo9kCvii62n5d-GNluWRZm6P09B2jhBoCegAQAvD_BwE">https://www.telefericgrandhotel.ro/en/?gclid=CjwKCAjwr56IBhAvEiwa1fuqGrBZARfnTgYrJmoCLOlGRdyo9kCvii62n5d-GNluWRZm6P09B2jhBoCegAQAvD_BwE</a> |   |  |  |
| web | en | cmodation: The complex consists of 4 apartment buildings and a multifunctional building with SPA (fitness room, jacuzzi, indoor pool, heated infinity                             | RO | <a href="https://romania.directbooking.ro/booking-silver-mountain-resort-spa-poiana-brasov-reservation-offer-1856469.aspx">https://romania.directbooking.ro/booking-silver-mountain-resort-spa-poiana-brasov-reservation-offer-1856469.aspx</a>   |   |  |  |
| web | en | pa access - indoor swimming pool, wet sauna, dry sauna, fitness room; Two relaxing massages per stay; Late check-out on Sundays   |    | <a href="https://www.hotelsofianu.ro/en/offers/item/357-romantic-weekend">https://www.hotelsofianu.ro/en/offers/item/357-romantic-weekend</a>   |   |  |  |

|     |    |  |  |   |   |  |   |
|-----|----|--|--|---|---|--|---|
| web | ro |  |  | <a href="https://www.alegrialife.ro/listing/zumba-fitness-live-26-iulie-2021/">https://www.alegrialife.ro/listing/zumba-fitness-live-26-iulie-2021/</a>   | x |  | Live streaming of a zumba class for women to enroll in for this days of pandemic situation. |
| web | ro | Fitness este un antrenament distractiv care combina exercitiile de fitness cu pasii de dans. Rezultatul este o adevarata petrecere unde te distrezi, dansezi, transpiri si arzi sute de calorii. Acesta este si motivul pentru care Zumba a revolutionat pur si simplu industria fitness-ului. Te      |  | <a href="https://www.alegrialife.ro/listing-category/zumba-fitness/">https://www.alegrialife.ro/listing-category/zumba-fitness/</a>   | x |  | The same situation as the one above, live streaming of zumba classes                        |
| web | ro |  |  | <a href="https://www.alegrialife.ro/listing/zumba-fitness-live-28-iulie-2021/">https://www.alegrialife.ro/listing/zumba-fitness-live-28-iulie-2021/</a>   | x |  | Live streaming of zumba class   |
| web | ro | Fitness este un antrenament distractiv care combina exercitiile de fitness cu pasii de dans. Rezultatul este o adevarata petrecere unde te distrezi, dansezi, transpiri si arzi sute de calorii. Acesta este si motivul pentru care Zumba a revolutionat pur si simplu industria fitness-ului. Te      |  | <a href="https://www.alegrialife.ro/listing-category/zumba-fitness/">https://www.alegrialife.ro/listing-category/zumba-fitness/</a>   | x |  | Live streaming of zumba class   |
| web | ro |  |  | <a href="https://www.alegrialife.ro/listing/zumba-fitness-live-30-iulie-2021/">https://www.alegrialife.ro/listing/zumba-fitness-live-30-iulie-2021/</a>   | x |  | Live streaming of zumba class   |
| web | ro | Fitness este un antrenament distractiv care combina exercitiile de fitness cu pasii de dans. Rezultatul este o adevarata petrecere unde te distrezi, dansezi, transpiri si arzi sute de calorii. Acesta este si motivul pentru care Zumba a revolutionat pur si simplu industria fitness-ului. Te      |  | <a href="https://www.alegrialife.ro/listing-category/zumba-fitness/">https://www.alegrialife.ro/listing-category/zumba-fitness/</a>   | x |  | Live streaming of zumba class   |
| web |    |  |  | <a href="https://www.alegrialife.ro/listing/zumba-step-live-2-august-2021/">https://www.alegrialife.ro/listing/zumba-step-live-2-august-2021/</a>   | x |  | Live streaming of zumba class   |
| web | ro | Fitness este un antrenament distractiv care combina exercitiile de fitness cu pasii de dans. Rezultatul este o adevarata petrecere unde te distrezi, dansezi, transpiri si arzi sute de calorii. Acesta este si motivul pentru care Zumba a revolutionat pur si simplu industria fitness-ului. Te      |  | <a href="https://www.alegrialife.ro/listing-category/zumba-fitness/">https://www.alegrialife.ro/listing-category/zumba-fitness/</a>   | x |  | Live streaming of zumba class   |
| web | ro | un program de fitness inspirat din balet. Barre Fitness armonizeaza antrenamentele de Pilates, elemente de Kinetoterapie si miscările de baza din Balet, pentru un corp armonios si tonifiat. Este foarte intens, vei tremura la propriu sub pulsatile antrenamentului. De cele mai multe ori vei avea |  | <a href="https://www.alegrialife.ro/listing-category/barre-fitness/">https://www.alegrialife.ro/listing-category/barre-fitness/</a>   | x |  | Live streaming of barre fitness   |
| web | ro | un program de fitness inspirat din balet. Barre Fitness armonizeaza antrenamentele de Pilates, elemente de Kinetoterapie si miscările de baza din Balet, pentru un corp armonios si tonifiat. Este foarte intens, vei tremura la propriu sub pulsatile antrenamentului. De cele mai multe ori vei avea |  | <a href="https://www.alegrialife.ro/listing-category/barre-fitness/">https://www.alegrialife.ro/listing-category/barre-fitness/</a>   | x |  | Live streaming of barre fitness   |
| web | ro | arcul va fi dotat cu 47 de aparate de fitness, o pistă pentru alergat și va fi ... săptămâni viitoare vom avea un spațiu de agrement pentru fitness.   |  | <a href="https://www.ctnews.ro/foto-primaria-constanta-incepe-lucrarile-la-primul-parc-tematic-din-oras-acesta-dedicated-fitnessului-va-fi-amenajat-pe-plaja">https://www.ctnews.ro/foto-primaria-constanta-incepe-lucrarile-la-primul-parc-tematic-din-oras-acesta-dedicated-fitnessului-va-fi-amenajat-pe-plaja</a> |   |  |   |
| web |    | odel aparat, NIKON D750. Data realizare imagine, 2019:12:06 20:20:12. Timp expunere, 1/200 sec. Apertura, 4.5. Distanța focală, 50 mm.   |  | <a href="https://www.photomaniacs.ro/galerie_foto_detalii.php?id_poza=10161&amp;pozitie=36&amp;pagina_select=1&amp;id_categorie=0&amp;radio_sortare=1">https://www.photomaniacs.ro/galerie_foto_detalii.php?id_poza=10161&amp;pozitie=36&amp;pagina_select=1&amp;id_categorie=0&amp;radio_sortare=1</a>               |   |  |   |
| web | la | health Fitness Manager. Lorem ipsum dolor sit amet, consectetur adipisicng elit. Aenean feugiat dictum lacus, ut hendrerit mi pulvinar vel. Fusce id nibh.   |  | <a href="https://recentrat.ro/our-team/">https://recentrat.ro/our-team/</a>   |   |  |   |

|     |    |  |    |   |  |  |  |
|-----|----|--|----|---|--|--|--|
| web |    | II; Bălți; București; Business; Chișinău; Chișinăul vechi; Drochia; Fashion; Featured; Florești; Gadgets; Găgăuzia; Giurgiu; Iași; Health & Fitness; Iași  |    | <a href="https://moldova.ro/">https://moldova.ro/</a>   |  |  |  |
| web | en | ntwerpen; Anvers; Belgia; Business; Fashion; Featured; Gadgets; Health & Fitness; Lifestyle; New Look 2015; Recipes; Street Fashion; Style Hunter; Travel  |    | <a href="https://anvers.ro/">https://anvers.ro/</a>   |  |  |  |
| web | en | ews; Fashion. New Look 2015 · Street Fashion · Style Hunter · Vogue. Gadgets; Lifestyle. Business · Health & Fitness · Recipes · Travel. Video; Homepages. |    | <a href="https://elsalvador.ro/">https://elsalvador.ro/</a>   |  |  |  |
| web | ro | ala de fitness; lift; usa metalica; telecomanda garaj; bucatarie deschisa; bucatarie mobilata; bucatarie echipata; servicii de administrare                |    | <a href="https://www.uniquehome.ro/sale/pipera-apartament-cu-3-camere-si-gradina-proprie-in-ansamblu-residential/">https://www.uniquehome.ro/sale/pipera-apartament-cu-3-camere-si-gradina-proprie-in-ansamblu-residential/</a>                             |  |  |  |
| web | en | ews; Fashion. New Look 2015 · Street Fashion · Style Hunter · Vogue. Gadgets; Lifestyle. Business · Health & Fitness · Recipes · Travel. Video; Homepages. |    | <a href="http://nouacaledonie.ro/">http://nouacaledonie.ro/</a>   |  |  |  |
| web | tr | ardin Çilek Spor Kadınlara Özel Şubesi Adres: Ravza Caddesi, Ender yapı Apt, No:19 Artuklu MARDİN Telefon: 05320518449 Etkinlikler: Hidrolik Fitness,      |    | <a href="http://www.cilekspor.com/tag/mardin-bayanlara-ozel-spor-salonu/">http://www.cilekspor.com/tag/mardin-bayanlara-ozel-spor-salonu/</a>   |  |  |  |
| web | ro | ăstrăvul este o specie de peste de apă dulce. Păstrăvul este, de asemenea, folosit ca parte a numelui unor pești non-salmonizi precum păstrăvul marin sau  | RO | <a href="https://www.libertatea.ro/lifestyle/pastravul-retete-caracteristici-cum-arata-3674820">https://www.libertatea.ro/lifestyle/pastravul-retete-caracteristici-cum-arata-3674820</a>   |  |  |  |
| web | ro | anda reflectorizanta pentru alergare - comanda acum online acest produs la cel mai bun pret. Total sport distribution - 0377 100 944.                      |    | <a href="https://www.expert-sport.ro/sporturi/echipament-fitness/accesorii-fitness/banda-reflectorizanta-pentru-alergare-">https://www.expert-sport.ro/sporturi/echipament-fitness/accesorii-fitness/banda-reflectorizanta-pentru-alergare-</a>             |  |  |  |
| web | ro | umpara Copii 44 1/3 EU Fitness cu preturi mici.  |    | <a href="https://www.newsport.biz/wilson-incaltaminte/copii?filter=1448/I/120119%7C1110">https://www.newsport.biz/wilson-incaltaminte/copii?filter=1448/I/120119%7C1110</a>   |  |  |  |
| web | ro | ltimele stiri online despre parc fitness in ziarul Cuget Liber de Constanta. Citeste zilnic stirile din Constanta, Romania si de pe Mapamond.              | RO | <a href="https://www.cugetliber.ro/parc-fitness">https://www.cugetliber.ro/parc-fitness</a>   |  |  |  |
| web | ro | icicleta fitness te ajuta sa slabesti si sa te mentii in forma! Iata cateva antrenamente. Situatia din prezent ne determina sa gasim solutii pentru        | RO | <a href="https://ziare.com/viata-sanatoasa/fitness/bicicleta-fitness-te-ajuta-sa-slabesti-si-sa-te-mentii-in-forma-iata-cateva-">https://ziare.com/viata-sanatoasa/fitness/bicicleta-fitness-te-ajuta-sa-slabesti-si-sa-te-mentii-in-forma-iata-cateva-</a> |  |  |  |
| web | ro | rei bratara fitness copii? ✓ La cel.ro ai livrare rapida in toata tara, plata in rate fara dobanda sau cu credit online.                                   | RO | <a href="https://www.cel.ro/cauta/bratara+fitness+copii/">https://www.cel.ro/cauta/bratara+fitness+copii/</a>   |  |  |  |
| web | en |  |    | <a href="https://easygifts.ro/category/B059">https://easygifts.ro/category/B059</a>   |  |  |  |
| web | en |  |    | <a href="https://easygifts.ro/category/B021">https://easygifts.ro/category/B021</a>   |  |  |  |
| web | en |  |    | <a href="https://easygifts.ro/category/B059">https://easygifts.ro/category/B059</a>   |  |  |  |
| web | en |  |    | <a href="https://easygifts.ro/category/A017">https://easygifts.ro/category/A017</a>   |  |  |  |
| web | en |  |    | <a href="https://easygifts.ro/category/B021">https://easygifts.ro/category/B021</a>   |  |  |  |
| web | en |  |    | <a href="https://easygifts.ro/category/A017">https://easygifts.ro/category/A017</a>   |  |  |  |
| web | en |  |    | <a href="http://cubanezul.ro/category/lifestyle/health-">http://cubanezul.ro/category/lifestyle/health-</a>   |  |  |  |
| web | en |  |    | <a href="http://cubanezul.ro/category/lifestyle/health-">http://cubanezul.ro/category/lifestyle/health-</a>   |  |  |  |
| web | en |  |    | <a href="http://cubanezul.ro/category/lifestyle/health-">http://cubanezul.ro/category/lifestyle/health-</a>   |  |  |  |
| web | en |  |    | <a href="http://cubanezul.ro/category/lifestyle/health-">http://cubanezul.ro/category/lifestyle/health-</a>   |  |  |  |
| web | en | YMCA's New Enhance Fitness Class to Engage Older Adults — Muncie Journal&nbsp;&nbsp;Muncie Journal   |    | <a href="http://munciejournal.com/2021/08/ymcas-new-enhance-fitness-class-to-engage-older-adults/">http://munciejournal.com/2021/08/ymcas-new-enhance-fitness-class-to-engage-older-adults/</a>   |  |  |  |
| web | ro | acilitățile de la Limak Limra Hotel & Resort includ sală de fitness și teren de tenis. Pentru petrecerea timpului liber oaspeții au la dispoziție          |    | <a href="https://www.allure-travel.ro/vacante/limak-limra-resort-5-stars-kemer-sigacik/">https://www.allure-travel.ro/vacante/limak-limra-resort-5-stars-kemer-sigacik/</a>   |  |  |  |
| web | en | or the past few weeks, MAMAMOO's Solar has been candidly sharing her fitness journey as she worked to get in shape for her August issue of Men's Health    |    | <a href="https://pinaychickenheart.com/news/mamamoos-solar-is-a-total-knockout-in-new-photos-from-mens-health-korea/">https://pinaychickenheart.com/news/mamamoos-solar-is-a-total-knockout-in-new-photos-from-mens-health-korea/</a>                       |  |  |  |

|     |    |   |    |   |  |  |  |
|-----|----|---|----|---|--|--|--|
| web | ro | a Pașcani nu prea sunt alternative pentru petrecerea timpului liber, mai ales pentru mișcare. Cele câteva aparate de fitness amplasate în Parcul Municipal                |    | <a href="https://bittv.info/terenurile-de-sport-de-la-scoliraman-inchise-in-vacanta-unde-facem-miscare/">https://bittv.info/terenurile-de-sport-de-la-scoliraman-inchise-in-vacanta-unde-facem-miscare/</a>   |  |  |  |
| web | ro | ană de alergare T81- Greutate max utilizator 115kg; putere motor 1.75CP; 4 programe antrenament (obiectiv cal, scadere în greutate, tonifierea picioarelor                |    | <a href="https://fitmarket.ro/banda-de-alergare-t81">https://fitmarket.ro/banda-de-alergare-t81</a>   |  |  |  |
| web | ro | anusi pentru fitness DacEnergy®, forma anatomică, culoare verde/negru, din poliester... 160.00 lei 71.84 lei. Adaugat în cos. Salvat 60%.                                 |    | <a href="https://dacenergy.ro/sport-and-activitati-in-aer-liber/accesorii-sportive/manusi-sport/">https://dacenergy.ro/sport-and-activitati-in-aer-liber/accesorii-sportive/manusi-sport/</a>   |  |  |  |
| web | ro | femeile își pot monitoriza rezultatele fitness, pot verifica până și pulsul pe care îl au, ceasurile smart având funcția de numărare a pașilor,                           | RO | <a href="https://www.capital.ro/comunicate/reprezentant-ele-sexului-frumos-vor-fi-cu-adevarat-avantajate-de-ceasurile-inteligente.html">https://www.capital.ro/comunicate/reprezentant-ele-sexului-frumos-vor-fi-cu-adevarat-avantajate-de-ceasurile-inteligente.html</a>               |  |  |  |
| web | en | usiness; Fashion; Featured; Gadgets; Groenlanda; Health & Fitness; Lifestyle; New Look 2015; Norvegia; Oceanul Arctic; Politica; Recipes; Rusia; Sisimiut                 |    | <a href="https://arctica.ro/">https://arctica.ro/</a>   |  |  |  |
| web | en | usiness; Danemarca; Fashion; Featured; Gadgets; Groenlanda; Health & Fitness; Lifestyle; New Look 2015; Nuuk; Qaqortoq; Recipes; Sisimiut; Street Fashion                 |    | <a href="https://groenlanda.ro/">https://groenlanda.ro/</a>   |  |  |  |
| web | en | ews; Fashion. New Look 2015 · Street Fashion · Style Hunter · Vogue. Gadgets; Lifestyle. Business · Health & Fitness · Recipes · Travel. Video; Homepages.                |    | <a href="https://bucurica.ro/">https://bucurica.ro/</a>   |  |  |  |
| web |    | xpert Fitness&Culturism. Expert Fitness & Culturism, caut angajare la un club sportiv, sau în privat iniție:  | RO | <a href="https://www.publi24.ro/anunturi/timp-liber-sport/sport-hobby/anunt/expert-fitness-culturism/2if792i710d073g4ege0e8h808275573.h">https://www.publi24.ro/anunturi/timp-liber-sport/sport-hobby/anunt/expert-fitness-culturism/2if792i710d073g4ege0e8h808275573.h</a>             |  |  |  |
| web | en | hicago; Fashion; Featured; Gadgets; Health & Fitness; Lifestyle; New Look 2015; O'Hare; Recipes; Statele Unite; Street Fashion; Style Hunter; Travel; Video               |    | <a href="https://chicago.ro/">https://chicago.ro/</a>   |  |  |  |
| web | ro | âna la epuizarea stocului! Detalii produs. Categorie principală >Îngrijire personală / Sănătate / Fitness >Tratamente pentru păr / Produse styling ...RON 90.00 · În stoc |    | <a href="https://www.saptieftin.ro/ro/Daling-DL-1067-hajvago">https://www.saptieftin.ro/ro/Daling-DL-1067-hajvago</a>   |  |  |  |
| web |    | port Femei Jambiere Pantaloni De Yoga Antrenament De Fitness Îmbrăcăminte De Funcționare Jogging Pantaloni De Sport Colanti Stretch Print Sport Yoga                      |    | <a href="https://www.viralinfo.ro/unique/budget_123048">https://www.viralinfo.ro/unique/budget_123048</a>   |  |  |  |
| web | en | ews; Fashion. New Look 2015 · Street Fashion · Style Hunter · Vogue. Gadgets; Lifestyle. Business · Health & Fitness · Recipes · Travel. Video; Homepages.                |    | <a href="https://ungaria.net/">https://ungaria.net/</a>   |  |  |  |
| web | en | ealth & Fitness. The model is talking about booking her latest gig, modeling WordPress underwear in the brand latest Perfectly Fit campaign, which was shot               |    | <a href="https://emiratlearabe.ro/">https://emiratlearabe.ro/</a>   |  |  |  |
| web | ro | ULTYGYM – Plăcă de fitness nouă multifuncțională robustă pentru exerciții acasă. 248,00lei 149,00lei. Evaluat la 4.4 din 5. Adaugă în cos: -44%                           |    | <a href="https://bestnfast.ro/">https://bestnfast.ro/</a>   |  |  |  |
| web | ro | roLex Club Iași – Fitness Center - admin 15 ianuarie 2020. Tipul serviciilor Sală de Fitness. Avantaje pentru membrii Pro Lex Reducere 30% Fitness + Bandă                |    | <a href="https://prolexiasi-politialocala.eu/tag/prolex-club/">https://prolexiasi-politialocala.eu/tag/prolex-club/</a>   |  |  |  |
| web |    | escrivere. Alege cel mai cool model pentru orele de fitness. Detalii produs. Categorie. Fitness. Taguri. sala, fitness, yoga, sport, compleu ...RON 99.00 · În stoc       |    | <a href="http://www.exclusive-boutique.ro/cumpara/compleu-fitness-lora-967">http://www.exclusive-boutique.ro/cumpara/compleu-fitness-lora-967</a>   |  |  |  |
| web |    | icicleta fitness cu spatar, orizontală, de recuperare, TOORX, BRX-R95-COMFORT.  |    | <a href="https://shop.sportgo.ro/biciclete-fitness-orizontala/bicicleta-fitness-cu-spatar-orizontala-de-recuperare-toorx-brx-r95-comfort.html">https://shop.sportgo.ro/biciclete-fitness-orizontala/bicicleta-fitness-cu-spatar-orizontala-de-recuperare-toorx-brx-r95-comfort.html</a> |  |  |  |
| web |    | OLAND GARROS - Rachete · Genti · Mingi · Grip & Overgrip · Racordaje · Accesorii. -. Nou. Cutie Overgrip Wilson Pro, alb. Cod WRZ4024WH. Stoc suficient!                  |    | <a href="https://www.newsport.biz/wilson-tenis?filter=1443/l/572743%7C1110/l/564801">https://www.newsport.biz/wilson-tenis?filter=1443/l/572743%7C1110/l/564801</a>   |  |  |  |

|     |    |  |    |  |  |  |  |
|-----|----|--|----|--|--|--|--|
| web | ro | n scurt timp, conștanțenii vor avea un spațiu de agrement pentru fitness în aer liber, amplasat pe plaja Modern. De către. Redacția Ziarul Amprenta. -.. 2   |    | <a href="https://ziarulamprenta.ro/stirile-zilei/in-scurt-timp-constanțenii-vor-avea-un-spațiu-de-agrement-pentru-fitness-in-aer-liber-amplasat-pe">https://ziarulamprenta.ro/stirile-zilei/in-scurt-timp-constanțenii-vor-avea-un-spațiu-de-agrement-pentru-fitness-in-aer-liber-amplasat-pe</a>    |  |  |  |
| web | ro | tirile zilei din Social : La ora actuală, Constanța duce o lipsă acută de parcuri tematice, care să fie destinate unui public întă și care să satisfacă  | RO | <a href="https://www.cugelibero.ro/stiri-social-iubiti-sportul-se-amenajeaza-un-parc-fitness-pe-plaja-modern-434248">https://www.cugelibero.ro/stiri-social-iubiti-sportul-se-amenajeaza-un-parc-fitness-pe-plaja-modern-434248</a>  |  |  |  |
| web | ro | MPORTANT : Clientii clubului (Fitness,Aerobic, Inot si Kinetoterapie) trebuie sa anunte anularea rezervarilor efectuate, cu minim 3 ore inainte de intrare.  |    | <a href="http://bery-fitness-spa.ro/schedule.php">http://bery-fitness-spa.ro/schedule.php</a>  |  |  |  |
| web | ro | mai grele pentru vânzarea substanelor dopante de mare risc în sălile de fitness28.07.2021   JURIDICE.ro LinkedInFacebookMessengerWhatsAppPrintFriendlyin Monitorul Oficial, Partea I nr. 739 din 28 iulie 2021 a fost publicată Legea nr. 219/2021 pentru modificarea și completarea Legii nr. | RO | <a href="https://www.juridice.ro/742602/pedepse-mai-grele-pentru-vanzarea-substanelor-dopante-de-mare-risc-in-salile-de-fitness.html">https://www.juridice.ro/742602/pedepse-mai-grele-pentru-vanzarea-substanelor-dopante-de-mare-risc-in-salile-de-fitness.html</a>                                |  |  |  |
| web | en | ane was due to undergo a Covid-19 test and blood tests with a view to taking part in fitness sessions on Tuesday. But the 28-year-old was not seen at  |    | <a href="https://www.motordecautare.ro/harry-kane-fails-to-report-for-tottenham-training-amid-manchester-city-transfer-link-146578.html">https://www.motordecautare.ro/harry-kane-fails-to-report-for-tottenham-training-amid-manchester-city-transfer-link-146578.html</a>                          |  |  |  |
| web | ro | otul a început ca o oră de sport în sala de fitness, care s-a transformat în ore bune de efort. Pe măsură ce timpul trecea, Adele slăbea tot mai mult,   | RO | <a href="https://www.glsa.ro/vedeta-zilei-dieta-cantaretei-adale-cum-a-reusit-artista-sa-puna-pe-fuga-50-de-kilograme/">https://www.glsa.ro/vedeta-zilei-dieta-cantaretei-adale-cum-a-reusit-artista-sa-puna-pe-fuga-50-de-kilograme/</a>  |  |  |  |
| web | ro | Iex Morar, CEO al NEPI Rockcastle, a anunțat oficial că va pleca din companie. 30 iulie 2021. accident cluj. Accident mortal produs în localitatea Luna,   |    | <a href="https://infotoday.ro/stiri-sanatate/diете-fitness/">https://infotoday.ro/stiri-sanatate/diете-fitness/</a>  |  |  |  |
| web | ro | estul sumelor se vor folosi pentru achiziționarea de echipamente pentru sala de fitness și pentru reparația capitală a ambarcațiunii aflată deja în dotare"  |    | <a href="https://www.gazetavalceana.ro/administratie/cj-valcea-bani-pentru-mirajul-olтуlui-va-fi-cumparata-o-noua-ambarcatiune/">https://www.gazetavalceana.ro/administratie/cj-valcea-bani-pentru-mirajul-olтуlui-va-fi-cumparata-o-noua-ambarcatiune/</a>  |  |  |  |
| web | ro | entră a îmbina pasiunea pentru mișcare cu munca, Marius Crăciun s-a gândit că este momentul propice pentru a urma un curs de instructor de fitness,  | RO | <a href="https://www.bzi.ro/marius-craciun-pregatit-pentru-o-noua-etapa-din-viata-lui-imicerc-norocul-4242142">https://www.bzi.ro/marius-craciun-pregatit-pentru-o-noua-etapa-din-viata-lui-imicerc-norocul-4242142</a>  |  |  |  |
| web | en | ngland captain Harry Kane was due back at Tottenham's training headquarters for a coronavirus test and a fitness assessment following his three-week   |    | <a href="https://newsfunnel.live/sports/kane-skips-spurs-return-amid-man-city-transfer-talk-sports/">https://newsfunnel.live/sports/kane-skips-spurs-return-amid-man-city-transfer-talk-sports/</a>  |  |  |  |
| web | ro | pentru un nou proiect, Parcul Fitness, ce va fi amenajat pe Plaja Modern... de băncuțe de odihnă și de un loc de joacă, dar și spațiu fitness.   |    | <a href="https://focuspress.ro/video-felicia-ovanesian-a-presentat-primal-proiect-pentru-constanțenii-investitia-unui-privat-intr-un-parc/">https://focuspress.ro/video-felicia-ovanesian-a-presentat-primal-proiect-pentru-constanțenii-investitia-unui-privat-intr-un-parc/</a>                    |  |  |  |
| web | ro | elicia Ovanesian: "Până la sfârșitul săptămânii viitoare vom avea un spațiu de agrement pentru fitness. Vom avea parte și de o zonă de spațiu verde care va fi   | RO | <a href="https://www.agerpres.ro/comunicate/2021/08/02/comunicat-de-presa-primaria-municipiului-constanta--757493">https://www.agerpres.ro/comunicate/2021/08/02/comunicat-de-presa-primaria-municipiului-constanta--757493</a>  |  |  |  |
| web | ro | ieteticienii, experții în îngrijirea pielii, profesioniștii în fitness și wellness sunt de acord că aceste legume sunt unul dintre cele mai ieftine,   | RO | <a href="https://playtech.ro/stiri/leguma-pe-care-trebuie-sa-o-mananci-obligatoriu-vara-totii-romani-trebuie-sa-si-o-puna-zilnic-in-salata-367503">https://playtech.ro/stiri/leguma-pe-care-trebuie-sa-o-mananci-obligatoriu-vara-totii-romani-trebuie-sa-si-o-puna-zilnic-in-salata-367503</a>      |  |  |  |
| web | en | No information is available for this page.Learn why  | RO | <a href="https://adevarul.ro/sanatate/dieta-fitness/poate-prevenit-cancerul-mamar-schimbare-adietei-raspund-specialistii-">https://adevarul.ro/sanatate/dieta-fitness/poate-prevenit-cancerul-mamar-schimbare-adietei-raspund-specialistii-</a>  |  |  |  |
| web | ro | nii medici specializați în nutriție și alimentație sănătoasă nu exclud desertul din alimentația lor. De exemplu, medicul Dom D'Agostino, expert în dieta   | RO | <a href="https://www.eva.ro/dietafitness/nutritie/desertul-pe-care-un-expert-in-dieta-keto-il-mananca-inficieare-seara-articol-254851.html">https://www.eva.ro/dietafitness/nutritie/desertul-pe-care-un-expert-in-dieta-keto-il-mananca-inficieare-seara-articol-254851.html</a>                    |  |  |  |
| web | ro | n următoarea perioadă îmi doresc să mă liniștesc, momentan, apoi voi face cursurile de instructor de Fitness. Îmi încerc norocul în acest domeniu, mai ales că   | RO | <a href="https://www.wowbiz.ro/marius-craciun-are-degand-sa-se-reprofileze-dupa-incheierea-competitiei-survivor-imicerc-norocul-in-acest-">https://www.wowbiz.ro/marius-craciun-are-degand-sa-se-reprofileze-dupa-incheierea-competitiei-survivor-imicerc-norocul-in-acest-</a>                      |  |  |  |
| web | ro | armen Brumă, autor, jurnalist, tehnician nutritionist și instructor de fitness, este un nume foarte cunoscut din showbiz-ul autohton și este celebră pentru  | RO | <a href="https://romania-libera.ro/lifestyle/eturia-lanseaza-o-vacanta-in-kenya-cu-workhopuri-de-nutritie-si-miccare-alaturi-de-carmen-bruma-843852">https://romania-libera.ro/lifestyle/eturia-lanseaza-o-vacanta-in-kenya-cu-workshopuri-de-nutritie-si-miccare-alaturi-de-carmen-bruma-843852</a> |  |  |  |

|           |    |  |    |   |   |  |  |
|-----------|----|--|----|---|---|--|--|
| web       | ro | ăzboinicul este foarte mândru de parcursul său în cadrul competiției, iar acum se gândește serios să urmeze un curs de instructor de fitness, cu ajutorul      | RO | <a href="https://www.cancan.ro/marius-craciun-se-reprofileaza-ce-decizie-a-luat-dupa-participarea-in-show-ul-survivor-romania-20465101">https://www.cancan.ro/marius-craciun-se-reprofileaza-ce-decizie-a-luat-dupa-participarea-in-show-ul-survivor-romania-20465101</a>   |   |  |  |
| web       | en | ndulge in a premium fitness and wellbeing experience at our Spa. Discover the lowest rates for all available rooms at: Lango Hotel Official Booking Engine.    |    | <a href="https://islandwhitehotels.com/hotels/kos/">https://islandwhitehotels.com/hotels/kos/</a>   |   |  |  |
| web       | ro | e are de gând Războinicul. Dacă până acum Tânărul de 25 de ani a lucrat ca manager marketing la Departamentul Fitness al unui magazin extrem de cunoscut, iată | RO | <a href="https://www.fanatik.ro/marius-craciun-de-la-survivor-romania-gata-de-o-noua-aventura-ce-are-razboinicul-in-plan-19715810">https://www.fanatik.ro/marius-craciun-de-la-survivor-romania-gata-de-o-noua-aventura-ce-are-razboinicul-in-plan-19715810</a>   |   |  |  |
| web       | ro | e ce e bine să pui bicarbonat de sodiu în pământul pentru flori? Află mai jos cum poți să îți păstrezi florile și plantele în viață cu ajutorul său.           | RO | <a href="https://www.libertatea.ro/lifestyle/de-ce-e-bine-sa-pui-bicarbonat-de-sodiu-la-plante-3674973">https://www.libertatea.ro/lifestyle/de-ce-e-bine-sa-pui-bicarbonat-de-sodiu-la-plante-3674973</a>   |   |  |  |
| web       | ro | arcul va fi dotat cu 47 de aparate de fitness, o pistă pentru alergat și va fi înfrumusețat cu arbori, arbusto și flori. Nu vor lipsi nici bâncile,            | RO | <a href="https://www.ct100.ro/nordis-a-sponsorizat-primaria-constanta-cu-250-000-de-lei-bani-cu-care-aceasta-va-construi-o-zona-de-fitness/">https://www.ct100.ro/nordis-a-sponsorizat-primaria-constanta-cu-250-000-de-lei-bani-cu-care-aceasta-va-construi-o-zona-de-fitness/</a>                                 |   |  |  |
| web       | ro | roiectul a fost prezentat de City Managerul Felicia Ovanesian, care a fost prezentă la demararea lucrărilor de amenajare a spațiului de fitness, care a fost   |    | <a href="https://www.ordinea.ro/ovanesian-a-lansat-primul-proiect-major-al-administratiei-chitac-spatiu-de-fitness-in-aer-liber/">https://www.ordinea.ro/ovanesian-a-lansat-primul-proiect-major-al-administratiei-chitac-spatiu-de-fitness-in-aer-liber/</a>   |   |  |  |
| web       | ro | rticole asemănătoare cu: "spațiu fitness". Administratie5 minute în urmă. Ovanesian a lansat primul  |    | <a href="https://www.ordinea.ro/eticheta/spatiu-fitness/">https://www.ordinea.ro/eticheta/spatiu-fitness/</a>   |   |  |  |
| web       |    | ngajare Instructor Kangoo Jumps Sala de fitness Energia Firness - Anuntul.ro - Oferta cu norma intreaga. Adauga anunt pe site. Te invitam pe site.             | RO | <a href="https://m.anuntul.ro/anunt-angajare-instructor-aerobic-instructor-m0NNYQ">https://m.anuntul.ro/anunt-angajare-instructor-aerobic-instructor-m0NNYQ</a>   |   |  |  |
| web       | ro | itness · Incredibil   Și-a dat jos pantalonii și le-a închis gura tuturor fanilor. Gestul care a șocat o lume întreagă! Privește · Fitness                     |    | <a href="https://recordnews.ro/category/lifestyle/fitness/">https://recordnews.ro/category/lifestyle/fitness/</a>   |   |  |  |
| web       | ro | itness influenceră Ana Cheri, cu peste 12,5 milioane de următori pe Instagram, nu încetează să-și surprindă fanii cu ipostaze provocatoare.                    | RO | <a href="https://www.protv.ro/divertisment/ana-cheri-aparitie-incendiara-pe-plaja-zesti-perfектa-i-auscris-fanii.html">https://www.protv.ro/divertisment/ana-cheri-aparitie-incendiara-pe-plaja-zesti-perfектa-i-auscris-fanii.html</a>   |   |  |  |
| web       | ro | orian Popa ar putea liniștit să se reprofileze. Iar astă pentru că are mare succes ca antrenor de fitness. Prietenii se îngrămadesc să-i ceară sfatul,         | RO | <a href="https://www.click.ro/vedete/romanesti/dorian-popa-s-facut-antrenor-de-fitness-pentru-prietenii">https://www.click.ro/vedete/romanesti/dorian-popa-s-facut-antrenor-de-fitness-pentru-prietenii</a>   |   |  |  |
| web       | ro | n fiecare zi mii de produse pentru casa ta, serviciu, exterior, grădină, jocuri, produse pentru copii și fitness la cel mai bun preț.                          |    | <a href="https://www.aosom.ro/">https://www.aosom.ro/</a>   |   |  |  |
| web       | ro | estii bune pentru iubitorii de sport din Constanta. Constanta duce o lipsa acuta de parcuri tematice, parcuri care sa fie destinate unui public tinta si       | RO | <a href="https://www.ziuacentral.ro/stiri/actualitate/pa-rc-echipat-cu-zeci-de-aparate-fitness-si-o-pista-pentru-alergat-in-constanta-cum-va-arata-galerie-">https://www.ziuacentral.ro/stiri/actualitate/pa-rc-echipat-cu-zeci-de-aparate-fitness-si-o-pista-pentru-alergat-in-constanta-cum-va-arata-galerie-</a> |   |  |  |
| web       | ro | reocupati de sanatatea lor, dar si de un aspect fizic armonios si bine lucrat, unii dintre impatimatii sportului aleg sa faca fitness, chiar daca              | RO | <a href="https://www.manager.ro/articole/sport-63/6-ponturi-pentru-antrenamentele-de-fitness-in-aer-liber-109279.html">https://www.manager.ro/articole/sport-63/6-ponturi-pentru-antrenamentele-de-fitness-in-aer-liber-109279.html</a>   | x |  | The tricks a woman needs to know when she wants to engage in a physical activity in the summer heat. |
| web       | ro | aca faci parte din categoria persoanelor care cred ca 20 de minute petrecute lucrând pe bicicleta eliptica ard 250 de calorii sau ca ridicările de greutăți    | RO | <a href="https://ziare.com/viata-sanatoasa/fitness/cele-mai-mari-greseli-legate-de-fitness-care-te-pot-ingrasa-1103174">https://ziare.com/viata-sanatoasa/fitness/cele-mai-mari-greseli-legate-de-fitness-care-te-pot-ingrasa-1103174</a>   | x |  | Mistakes to avoid when engaging in a physical activity.  |
| instagram |    | ⌚ day off  | IT | <a href="https://www.instagram.com/p/CSCnKNrjIqY">https://www.instagram.com/p/CSCnKNrjIqY</a>   |   |  |  |

|           |    |  |    |   |  |  |  |
|-----------|----|--|----|---|--|--|--|
| instagram | en | <p>It was the first week of his business. But well, it was obviously not his dream job. Do people really ever get those, he wondered as he chopped hair all day, all afternoon, all evening. How he wished he had an hour to breathe. Now, thirty one years later, free time is all he has. People now go to fancier salons where they charge more than he earns in a month. But what else can he do? All he knew was to cut hair and shave beards and he could never give up his pride to work in those fancy places under someone else. So there he was, in the worn out leather sofa, looking out of the dusty windows of Novelty Saloon. How easily can Novelty turn to Nobody, he wondered as people passed by his shop, not once entering that half opened door.</p> |    | <a href="https://www.instagram.com/p/CSCrj0_B7B1">https://www.instagram.com/p/CSCrj0_B7B1</a>   |  |  |  |
| web       | ro | 50 lei: 850 lei: vezi și celealte anuturi ale mele în stoc 2 buc<br>Filmare cu sissy squat   | RO | <a href="https://www.olx.ro/d/oferta/sissy-squat-genuflexiuni-picioare-genofle-fitness-presa-">https://www.olx.ro/d/oferta/sissy-squat-genuflexiuni-picioare-genofle-fitness-presa-</a> |  |  |  |
| web       | ro | MPORTANT : Clientii clubului (Fitness,Aerobic, Inot si Kinetoterapie) trebuie sa anunte anularea rezervarilor efectuate, cu minim 3 ore inainte de intrare.  |    | <a href="http://www.bery-fitness-spa.ro/schedule.php">http://www.bery-fitness-spa.ro/schedule.php</a>   |  |  |  |
| web       |    | pelează la un specialist Next Door Fitness în nutriție , care te va consilia și îți va oferi informații și meniuuri personalizate online   |    | <a href="https://nextdoorfitness.ro/">https://nextdoorfitness.ro/</a>   |  |  |  |
| web       | ro | și recomandă serviciile celor de la Hotel Minut Vatra Dornei, Moving Sense Vatra Dornei (sală fitness) și Sala Sporturilor Poiana Stampei (recuperare).  |    | <a href="https://ascotelul.ro/final-de-cantonament-multumim-vatra-dornei/">https://ascotelul.ro/final-de-cantonament-multumim-vatra-dornei/</a>   |  |  |  |
| web       | ro | PowerMaxx Fitness Trampoline poți avea parte de un antrenament de fitness unic, dinamic și intens. Trambulina pentru fitness îți va antrena peste 400 de mușchi ai corpului într-o singură sesiune de fitness, fără a solicita excesiv încheieturile picioarelor și mâinilor. O sesiune de   |    | <a href="https://aloshop.tv/sanatate-si-frumusete/powermaxx-fitness-trampoline">https://aloshop.tv/sanatate-si-frumusete/powermaxx-fitness-trampoline</a>                               |  |  |  |
| web       | ro | până la sala de forță nu îți este la îndemâna? Păstrezi preocuparea față de forma fizică, însă spațiul nu îți permite achiziționare unui aparat de fitness voluminos? Noi avem soluția! Îți propunem fantasticul aparat de fitness Swing Maxx Basic. Acesta este un aparat multifuncțional, ce permite   |    | <a href="https://aloshop.tv/sanatate-si-frumusete/swing-maxx-basic">https://aloshop.tv/sanatate-si-frumusete/swing-maxx-basic</a>   |  |  |  |
| web       | ro | Plate este un aparat de fitness revoluționar, care îți antrenează întregul corp. Produsul este o inovație a cercetătorilor în domeniul fitnessului, ce asigură sporirea condiției fizice și modelarea musculaturii, prin intermediul unor exerciții ușoare, executate cu minim de  |    | <a href="https://aloshop.tv/sanatate-si-frumusete/vibrating-plate">https://aloshop.tv/sanatate-si-frumusete/vibrating-plate</a>   |  |  |  |
| web       | ro | conține: Două benzi elastice de rezistențăDVD cu antrenament completPoster cu toate combinațiile de exercițiiDescriereTe menții în formă cu placă fitness Wayflex Corewave. Aparat fitness multifuncțional de făcut sport acasă, ideal pentru picioare, mușchi și abdomen. Placă fitbalance oscilantă  |    | <a href="https://aloshop.tv/sanatate-si-frumusete/wayflex-corewave-1">https://aloshop.tv/sanatate-si-frumusete/wayflex-corewave-1</a>   |  |  |  |
| web       | en |  |    | <a href="https://aloshop.tv/sanatate-si-frumusete/total-">https://aloshop.tv/sanatate-si-frumusete/total-</a>   |  |  |  |

|     |    |  |    |   |  |  |  |
|-----|----|--|----|---|--|--|--|
| web | ro | În varianta clasică a lui Total Crunch apreciat pentru eficiență și extraordinară, creatorii mult îndrăgitului aparat de fitness au creat Total Crunch Evolution. Un aparat de fitness multifuncțional care are integrată și funcția de bicicletă. Acum ai două aparate într-unul singur. Doar |    | <a href="https://aloshop.tv/sanatate-si-frumusete/total-crunch-evolution">https://aloshop.tv/sanatate-si-frumusete/total-crunch-evolution</a>   |  |  |  |
| web | ro |  |    | <a href="https://aloshop.tv/promovara/sanatate-si-">https://aloshop.tv/promovara/sanatate-si-</a>   |  |  |  |
| web | ro |  |    | <a href="https://aloshop.tv/promovara/sanatate-si-">https://aloshop.tv/promovara/sanatate-si-</a>   |  |  |  |
| web | tr | İralama Türü: Ad; Tarih. Yön: ASC; DESC. Daha fazla yükle. ÇAĞRI SPOR KULÜBÜ DERNEĞİ. Bahçelievler mah, 509/11 Sokak No:10/A Karabağlar / İzmir.   |    | <a href="http://www.cagrispor.com/brans/fitness/">http://www.cagrispor.com/brans/fitness/</a>   |  |  |  |
| web |    | ORTOFOLIU · Despre · Cum lucram · Contact · FORM · FORM · PORTOFOLIU · Despre · Cum lucram · Contact · Crossfit · basaltkraft · superilla  |    | <a href="https://formstudio.ro/fitness/">https://formstudio.ro/fitness/</a>   |  |  |  |
| web | ro | colanti fitness modelatori dama Reduceri online * Modele colanti cu talie inalta si efect de push up * Pantaloni sport super ieftini in 2021.  |    | <a href="https://www.summerdays.ro/colanti-fitness-modelatori-talie-inalta-push-up/">https://www.summerdays.ro/colanti-fitness-modelatori-talie-inalta-push-up/</a>                         |  |  |  |
| web | en | încă gasesti toate produsele din Home > Default Category > Fitness și Gimnastica > Biciclete de Fitness. Preturi, poze, descrieri.   | RO | <a href="https://sportist.allshops.ro/produse/Home-Default-21/50/250/">https://sportist.allshops.ro/produse/Home-Default-21/50/250/</a>   |  |  |  |
| web | en | Afghanistan; Bagram; Business; Farah; Fashion; Featured; Gadgets; Health & Fitness; i-Naw; Kabul; Kandahar; Lifestyle; New Look 2015; Qala-i-Naw; Recipes  |    | <a href="https://afghanistan.ro/">https://afghanistan.ro/</a>   |  |  |  |
| web | ro |  | RO | <a href="https://www.gds.ro/Sanatate/diete-si-fitness/">https://www.gds.ro/Sanatate/diete-si-fitness/</a>   |  |  |  |
| web | ro |  | RO | <a href="https://www.gds.ro/Sanatate/diete-si-fitness/">https://www.gds.ro/Sanatate/diete-si-fitness/</a>   |  |  |  |
| web | ro |  | RO | <a href="https://www.gds.ro/Sanatate/diete-si-fitness/">https://www.gds.ro/Sanatate/diete-si-fitness/</a>   |  |  |  |
| web |    |  |    | <a href="https://rotterdam.ro/category/lifestyle/health-">https://rotterdam.ro/category/lifestyle/health-</a>   |  |  |  |
| web |    |  |    | <a href="https://rotterdam.ro/category/lifestyle/health-">https://rotterdam.ro/category/lifestyle/health-</a>   |  |  |  |
| web |    |  |    | <a href="https://rotterdam.ro/category/lifestyle/health-">https://rotterdam.ro/category/lifestyle/health-</a>   |  |  |  |
| web |    |  |    | <a href="https://rotterdam.ro/category/lifestyle/health-">https://rotterdam.ro/category/lifestyle/health-</a>   |  |  |  |
| web |    |  |    | <a href="https://rotterdam.ro/category/lifestyle/health-">https://rotterdam.ro/category/lifestyle/health-</a>   |  |  |  |
| web | ro | Ceasuri smart în Brătari fitness după Vizualizează ca: Afisare Lista Afisare galerie Livrare gratuită la comenzi de 175 lei Livrare gratuită la comenzi de 400 lei Livrare gratuită la comenzi de 400 lei Livrare gratuită la comenzi de 400 lei Livrare gratuită la comenzi de 500            | RO | <a href="https://www.okazii.ro/cautare/ceasuri+smart/gadget/fitness-tracker.html">https://www.okazii.ro/cautare/ceasuri+smart/gadget/fitness-tracker.html</a>                               |  |  |  |
| web | ro | Ceasuri smart în Brătari fitness după Vizualizează ca: Afisare Lista Afisare galerie Livrare gratuită la comenzi de 175 lei Livrare gratuită la comenzi de 400 lei Livrare gratuită la comenzi de 400 lei Livrare gratuită la comenzi de 400 lei Livrare gratuită la comenzi de 500            | RO | <a href="https://www.okazii.ro/cautare/ceasuri+smart/gadget/fitness-tracker.html">https://www.okazii.ro/cautare/ceasuri+smart/gadget/fitness-tracker.html</a>                               |  |  |  |
| web | ro | Ceas Sport Smart Fitness Tracker Smartwatch C6T, Negru În lista Doresc să primesc o alertă pe mail cu înainte de expirarea acestui produs Doresc să fiu informat dacă produsul are o reducere de preț Doresc să fiu informat dacă este vândut un articol din acest                             | RO | <a href="https://www.okazii.ro/ceas-sport-smart-fitness-tracker-smartwatch-c6t-negru-a215753900">https://www.okazii.ro/ceas-sport-smart-fitness-tracker-smartwatch-c6t-negru-a215753900</a> |  |  |  |
| web | ro | Ceas Sport Smart Fitness Tracker Smartwatch C6T, Rosu În lista Doresc să primesc o alertă pe mail cu înainte de expirarea acestui produs Doresc să fiu informat dacă produsul are o reducere de preț Doresc să fiu informat dacă este vândut un articol din acest                              | RO | <a href="https://www.okazii.ro/ceas-sport-smart-fitness-tracker-smartwatch-c6t-rosu-a215754070">https://www.okazii.ro/ceas-sport-smart-fitness-tracker-smartwatch-c6t-rosu-a215754070</a>   |  |  |  |

|     |    |  |    |   |  |  |  |
|-----|----|--|----|---|--|--|--|
| web | ro | Bratara / Smart Ceas fitness în listaDoresc să primesc o alertă pe mail cu înainte de expirarea acestui produsDoresc sa fiu informat daca produsul are o reducere de pret Doresc sa fiu informat daca este vandut un articol din acest                 | RO | <a href="https://www.okazii.ro/bratara-smart-ceas-fitness-a216548878">https://www.okazii.ro/bratara-smart-ceas-fitness-a216548878</a>   |  |  |  |
| web | ro | Ceas Sport Fitness Tracker Smart SMAEL în listaDoresc să primesc o alertă pe mail cu înainte de expirarea acestui produsDoresc sa fiu informat daca produsul are o reducere de pret Doresc sa fiu informat daca este vandut un articol din acest       | RO | <a href="https://www.okazii.ro/ceas-sport-fitness-tracker-smart-smael-a213664614">https://www.okazii.ro/ceas-sport-fitness-tracker-smart-smael-a213664614</a>   |  |  |  |
| web | ro | Ceas smart watch barbati new fitness bratară în listaDoresc să primesc o alertă pe mail cu înainte de expirarea acestui produsDoresc sa fiu informat daca produsul are o reducere de pret Doresc sa fiu informat daca este vandut un articol din acest | RO | <a href="https://www.okazii.ro/ceas-smart-watch-barbati-new-fitness-bratara-a213109623">https://www.okazii.ro/ceas-smart-watch-barbati-new-fitness-bratara-a213109623</a>   |  |  |  |
| web | en | Senior fitness program goes beyond exercise   Englewoodherald.net&nbsp;&nbsp;Englewood Herald  |    | <a href="https://englewoodherald.net/stories/senior-fitness-program-goes-beyond-exercise,380163">https://englewoodherald.net/stories/senior-fitness-program-goes-beyond-exercise,380163</a>   |  |  |  |
| web | ro | acilitățile de la Trendy Lara includ sălă de fitness, teren de tenis și business centre. Pentru petrecerea timpului liber oaspeții au la dispoziție  |    | <a href="https://www.elginitor.ro/vacante/lara-trendy-5-stars-lara-alanya/din-constanta/">https://www.elginitor.ro/vacante/lara-trendy-5-stars-lara-alanya/din-constanta/</a>   |  |  |  |
| web | ro | acilitățile de la Long Beach Resort Hotel & Spa includ și sălă de fitness. Pentru petrecerea timpului liber oaspeții au la dispoziție activități de  |    | <a href="https://www.centraltravel.ro/vacante/beach-long-resort-spa-5-stars-alanya-sigacik/din-sibiu/">https://www.centraltravel.ro/vacante/beach-long-resort-spa-5-stars-alanya-sigacik/din-sibiu/</a>   |  |  |  |
| web |    | abilitatea postului: Locatie stabila, Recrutare la distanta: , Tip job: Full time,   |    | <a href="https://anuntbucuresti.ro/anunt-bucuresti-receptionera-club-fitness/">https://anuntbucuresti.ro/anunt-bucuresti-receptionera-club-fitness/</a>   |  |  |  |
| web | ro | ti ofera posibilitatea de a-ți antrena o multitudine de grupe musculare si din partea superioara si din cea inferioara a corpului.   |    | <a href="https://www.yakosport.ro/gantera-bila">https://www.yakosport.ro/gantera-bila</a>   |  |  |  |
| web | ro | otelul include acces gratuit la Wi-Fi în zonele publice, piscină în aer liber, centru de fitness nonstop, sauna și baie de aburi. Localizare.  |    | <a href="https://www.travel4you.ro/vacante/al-barsha-by-doubletree-dubai-hilton-residences-4-stars-dubai-emiralele-arabe-unite/din-bucuresti/">https://www.travel4you.ro/vacante/al-barsha-by-doubletree-dubai-hilton-residences-4-stars-dubai-emiralele-arabe-unite/din-bucuresti/</a> |  |  |  |
| web | ro | asual Tricot Cu Nervuri Femei Salopeta Cruce Bandaj Joggeri Fitness Slash Gât Cordon De Iarnă Romper Femei Salopeta Salopete.  |    | <a href="https://www.primaria-urzicuta.ro/Department/stock-79531/">https://www.primaria-urzicuta.ro/Department/stock-79531/</a>   |  |  |  |
| web | ro | entrul de Fitness si Sport al JCC Centrul de Fitness JCC este dotat cu o sala cu aparate, sala pentru exercitiile de grup, sauna si grupuri sanitare.  |    | <a href="http://www.jcc.ro/proiectie-interactiva-in-memoriam-rudy-rosenfeld">http://www.jcc.ro/proiectie-interactiva-in-memoriam-rudy-rosenfeld</a>   |  |  |  |
| web | ro | iete si fitness · Mama si copilul · Medicina · Viata sanatoasa. Materiale documentate, sfaturi din partea celor mai buni specialiști din sistemul medical,   | RO | <a href="https://www.gds.ro/Sanatate/">https://www.gds.ro/Sanatate/</a>   |  |  |  |
| web | ro | umpara Copii Pantaloni Sintetic, Textil, Cauciuc cu preturi mici.  |    | <a href="https://www.newsport.biz/wilson-incaltaminte/copii?filter=1452/l/21304%7C3075/l">https://www.newsport.biz/wilson-incaltaminte/copii?filter=1452/l/21304%7C3075/l</a>   |  |  |  |
| web | ro | roducator. Wilson (16). Culoare. Roz (16). Albastru (5). Multicolor (9). Mov (3). Verde lime (10). Sport. Tenis (16). Fitness (5). Alergare (6).   |    | <a href="https://www.newsport.biz/wilson-incaltaminte/copii?filter=1437/l/10350%7C1452/l/21304">https://www.newsport.biz/wilson-incaltaminte/copii?filter=1437/l/10350%7C1452/l/21304</a>   |  |  |  |
| web | ro | opii au si ei un loc de joaca si un mini-club. Alte activitati disponibile la hotel sunt : fitness, tenis, tenis de masa, sah si diferite sporturi nautice.  |    | <a href="https://www.terravista.ro/vacante/adalya-resort-spa-5-stars-antalya-turcia/din-sibiu/">https://www.terravista.ro/vacante/adalya-resort-spa-5-stars-antalya-turcia/din-sibiu/</a>   |  |  |  |
| web | ro | acilitățile de la Kleopatra Dreams Beach includ și sălă de fitness. Pentru petrecerea timpului liber oaspeții au la dispoziție activități de agrement pe   |    | <a href="https://www.adonis-travel.com/vacante/beach-dreams-kleopatra-4-stars-alanya-sigacik/din-constanta/">https://www.adonis-travel.com/vacante/beach-dreams-kleopatra-4-stars-alanya-sigacik/din-constanta/</a>   |  |  |  |
| web | ro | ele mai bune preturi! Rezerva unul din Hotelurile cu sala de fitness Annecy (Ron Alpi, Franta) 2021 - 2022. Alege hotelul perfect citind comentarii si   | RO | <a href="https://franta.directbooking.ro/hoteluri_cu-sala-de-fitness_annecy.aspx?mk=linksCollapsiblemob_fac">https://franta.directbooking.ro/hoteluri_cu-sala-de-fitness_annecy.aspx?mk=linksCollapsiblemob_fac</a>   |  |  |  |

|     |    |   |    |   |  |  |  |
|-----|----|---|----|---|--|--|--|
| web | ro | ată care sunt beneficiile unei brățări de fitness · 30 iulie 2021 (R.C.) 4. Alegerea brățării dvs. de fitness va depinde în mare măsură de caracteristicile                         | RO | <a href="https://www.cotidianul.ro/articole/lifestyle/">https://www.cotidianul.ro/articole/lifestyle/</a>   |  |  |  |
| web | ro | mbassy of the Netherlands in Romania Ambasadorul olandez pe bicicleta și ofera lalele portocalii de Ziua Regelui / Koningsdag · Health & Fitness                                    |    | <a href="https://rotterdam.ro/category/lifestyle/">https://rotterdam.ro/category/lifestyle/</a>   |  |  |  |
| web | la | uis iaculis dui in interdum tincidunt. Vestibulum in diam vitae dui consectetur interdum eu et justo. Vestibulum quis massa et nulla ultrices convallis vel                         |    | <a href="https://fit9.ro/dance">https://fit9.ro/dance</a>   |  |  |  |
| web | en | ews; Fashion. New Look 2015 · Street Fashion · Style Hunter · Vogue. Gadgets; Lifestyle. Business · Health & Fitness · Recipes · Travel. Video; Homepages.                          |    | <a href="https://sardinia.ro/">https://sardinia.ro/</a>   |  |  |  |
| web |    | OTTO Solista 100 III Gravity SR FG. €188.48. UUSI. SAMPLE. Jade Tank. Osta nyt. SAMPLE. Jade Tank. €24.74. UUSI. SAMPLE. Sunglasses. Osta nyt. SAMPLE.                              |    | <a href="https://www.sporttico.eu/kauppa/">https://www.sporttico.eu/kauppa/</a>   |  |  |  |
| web | ro | laca tip platforma balans HMS PLAB1, Placa balans PLAB1 HMS este un instrument de fitness cu forma unui disc sferic, destinat echilibrarii cu propriul corp                         |    | <a href="https://afisport.ro/disc-de-balans-hms-plab1-40-cm-negru-portocaliu?queryID=4c703f53440d70a6f6e7b12e4">https://afisport.ro/disc-de-balans-hms-plab1-40-cm-negru-portocaliu?queryID=4c703f53440d70a6f6e7b12e4</a>   |  |  |  |
| web | ro | and bilet Untold General Acces pe toate cele 4 zile. Pentru o mai usoara tranzactionare ar fi de preferat ca doritorul sa fie din Cluj, pentru a evita                              | RO | <a href="https://www.publi24.ro/anunturi/timp-liber-sport/sport-hobbi/?q=bilete">https://www.publi24.ro/anunturi/timp-liber-sport/sport-hobbi/?q=bilete</a>   |  |  |  |
| web | ro | ulturism si fitness de Vrancea pentru RomaniaSambata 22 mai 2021, la Cluj Napoca, C.S.Ulise Fo... mai 26, 2021. Motociclism de Vrancea pentru Romania. ACS                          |    | <a href="https://sdvtv.ro/">https://sdvtv.ro/</a>   |  |  |  |
| web | ro | olanti Fitness Dama Rosii cu talie inalta si efect modelator SHAPE CDFIT032 - cdfit032-red - Colanti - Ghid marimi Modelul poarta marimea S- lungime: aprox ...RON 69.00 · In stock |    | <a href="https://brandsmania.ro/imbracaminte-fitness/colanti-fitness-dama-rosii-talie-inalta-efect-modelator-shape-cdfit032">https://brandsmania.ro/imbracaminte-fitness/colanti-fitness-dama-rosii-talie-inalta-efect-modelator-shape-cdfit032</a>                           |  |  |  |
| web | ro | etalii Produs. Material, Elastan Poliester. Stil, Sport Fitness Yoga Workout. Alte detalii, Talie inalta. Uscare rapida. Anti-staticRON 69.00 · In stock                            |    | <a href="https://brandsmania.ro/imbracaminte-fitness/bluechho-colanti-fitness-dama-negru-dunga-lateralala-alba-cdfit033">https://brandsmania.ro/imbracaminte-fitness/bluechho-colanti-fitness-dama-negru-dunga-lateralala-alba-cdfit033</a>                                   |  |  |  |
| web |    | espre noi. Depozit aparate fitness profesionale technogym , life fitness , Precor ,cybex , Matrix , star trac , Importator direct nu. Revanzator.                                   | RO | <a href="https://fitness.olx.ro/">https://fitness.olx.ro/</a>   |  |  |  |
| web | ro | ndreea marin nemachiată transpirata fitness. Andreea Marin s-a pozat nemachiată și transpirată, la sala de fitness. foto: arhiva personală.   | RO | <a href="https://www.click.ro/vedete/romanesti/transpirata-nemachiatata-si-epuizata-asa-arata-andreea-marin-la-sala-de-fitness">https://www.click.ro/vedete/romanesti/transpirata-nemachiatata-si-epuizata-asa-arata-andreea-marin-la-sala-de-fitness</a>                     |  |  |  |
| web |    | umpara bratara fitness xiaomi mi band 3 hr black mgw4041gl iefin de la cel.ro. ✓ Ai livrare rapida in toata tara, plata cu card, in rate fara dobanda sau ... Rating: 4 · 1 vote    | RO | <a href="https://www.cel.ro/bratari-fitness/bratara-fitness-xiaomi-mi-band-3-hr-black-pnCozNzAo-I/">https://www.cel.ro/bratari-fitness/bratara-fitness-xiaomi-mi-band-3-hr-black-pnCozNzAo-I/</a>   |  |  |  |
| web | ro | rei biciclete eliptice fitness? ✓ La cel.ro ai livrare rapida in toata tara, plata in rate fara dobanda sau cu credit online.   | RO | <a href="https://m.cel.ro/cauta/biciclete+eliptice+fitness/">https://m.cel.ro/cauta/biciclete+eliptice+fitness/</a>   |  |  |  |
| web | en | he model is talking about booking her latest gig, modeling WordPress underwear in the brand latest Perfectly Fit campaign, which was shot by Lachian.                               |    | <a href="https://guyana.ro/category/lifestyle/health-fitness/">https://guyana.ro/category/lifestyle/health-fitness/</a>   |  |  |  |
| web | ro | icicleta fitness este unul dintre cele mai apreciate aparate in randul celor care vor sa slabasca sau sa isi imbunatateasca starea generala de sanatate                             | RO | <a href="https://ziare.com/viata-sanatoasa/fitness/stiai-ca-bicicleta-fitness-permite-antramente-eficiente-chiar-si-in-15-minute-1537228">https://ziare.com/viata-sanatoasa/fitness/stiai-ca-bicicleta-fitness-permite-antramente-eficiente-chiar-si-in-15-minute-1537228</a> |  |  |  |
| web |    | olanti Fitness Viva Persian-Blue. Colanti fitness cu talie inalta din material elastic si squat-proof perfecti pentru sala , fitness, yoga orice activitate                         |    | <a href="https://www.leggance.ro/cumpara/colanti-fitness-viva-persian-blue-893">https://www.leggance.ro/cumpara/colanti-fitness-viva-persian-blue-893</a>   |  |  |  |

|     |    |  |    |   |  |  |  |
|-----|----|--|----|---|--|--|--|
| web |    | emei Sexy Yoga de Fitness Colanti, Talie Mare Yoga Pantaloni, Funcționare în aer liber Casual, Colanti. Caracteristici: Design de moda, 100% Brand Nou, de   |    | <a href="https://speedygo.ro/Fast/137703-world.html">https://speedygo.ro/Fast/137703-world.html</a>   |  |  |  |
| web | ro | rătări fitness pentru o interacțiune mai avantajoasă cu telefonul tău mobil! Comandă produse de pe Lerato © și beneficiezi de livrare GRATUITĂ peste 99 de ...Starting from RON 19.00 · In stock   |    | <a href="https://www.lerato.ro/bratara-fitness">https://www.lerato.ro/bratara-fitness</a>   |  |  |  |
| web | ro | umpara Copii Symbiofit Fitness cu preturi mici.  |    | <a href="https://www.newsport.biz/wilson-incalzaminte/copii?filter=4388/l/971876%7C1110">https://www.newsport.biz/wilson-incalzaminte/copii?filter=4388/l/971876%7C1110</a>   |  |  |  |
| web | ro | wist Stepper Jocca Fitness Albastru. PRODUSE SIMILARE. Fitness image0. Fitness. 374,99 Lei. Vezi detalii · Mini Step image1. Mini Step.  |    | <a href="https://www.homesport.ro/fitness-76102.html">https://www.homesport.ro/fitness-76102.html</a>   |  |  |  |
| web | en | martwatch cu Bluetooth, monitorizare ritm cardiac, notificari, functii fitness S178 - DESCARCA AICI Aplicatia dedicata acestui model pentru ... Rating: 4.8 · 11 reviews   |    | <a href="https://www.watch24.ro/smartwatch/generic/7608-cu-bluetooth-monitorizare-ritm-cardiac-notificari-functii-fitness-s178/">https://www.watch24.ro/smartwatch/generic/7608-cu-bluetooth-monitorizare-ritm-cardiac-notificari-functii-fitness-s178/</a>                         |  |  |  |
| web | en | instructor Anca Bucur has won the title of world champion of 'Miss Fitness Universe' international fitness competition in Miami, according to a press release. "I had tears in my eyes when I found out about the result. It is an extraordinary success for me – any athlete wishes to become | RO | <a href="https://www.romaniajournal.ro/sports/anca-bucur-wins-miss-fitness-universe-title-for-the-fifth-time/">https://www.romaniajournal.ro/sports/anca-bucur-wins-miss-fitness-universe-title-for-the-fifth-time/</a>   |  |  |  |
| web | en | instructor Anca Bucur has won the title of world champion of 'Miss Fitness Universe' international fitness competition in Miami, according to a press release. "I had tears in my eyes when I found out about the result. It is an extraordinary success for me – any athlete wishes to become | RO | <a href="https://www.romaniajournal.ro/sports/anca-bucur-wins-miss-fitness-universe-title-for-the-fifth-time/">https://www.romaniajournal.ro/sports/anca-bucur-wins-miss-fitness-universe-title-for-the-fifth-time/</a>   |  |  |  |
| web | ro | utienul este căptușit cu spumă moale la interior, care protejează pieptul. Cauciucul larg asigură stabilitate și confort în timpul fiecărei sesiuni de   |    | <a href="https://intimitis.ro/sutien-sport-fitness-top-l5160-lorin-lr582087">https://intimitis.ro/sutien-sport-fitness-top-l5160-lorin-lr582087</a>   |  |  |  |
| web | ro | cest set compus din colanti si top va fi alegerea ideală pentru atat pentru orele de fitness, cat si pentru plimbarile in aer liber.   |    | <a href="https://serail.shop/acasa/43-set-fitness-bodyfit.html">https://serail.shop/acasa/43-set-fitness-bodyfit.html</a>   |  |  |  |
| web | ro | otificari apeluri, mesaje, aplicatii Primesti pe bratara notificarile importante si le poti vizualiza rapid. Compatibilitate Smartwatch M1 este.   |    | <a href="https://topx.ro/anunt/ceas-smartwatch-m116-monitorizare-fitness-activitati-sanatate-somn-puls-notificari-negru-factura-garantie/">https://topx.ro/anunt/ceas-smartwatch-m116-monitorizare-fitness-activitati-sanatate-somn-puls-notificari-negru-factura-garantie/</a>     |  |  |  |
| web | en | Djokovic of Serbia reacts after losing his bronze medal match against Pablo Carreno of Spain during the Men's Singles match at the Ariake Tennis Park  |    | <a href="https://newsfunnel.live/sports/djokovic-not-sure-about-us-open-fitness-after-olympics-nightmare-sports/">https://newsfunnel.live/sports/djokovic-not-sure-about-us-open-fitness-after-olympics-nightmare-sports/</a>   |  |  |  |
| web |    | antitate COLANTI FITNESS SIMART 4179 - +. ADAUGA IN COS. TABEL DE MARIMI. Cod produs N/A Categorie Colanti, Reduceri   |    | <a href="https://asirazen.ro/produs/colanti-fitness-simart-4179/">https://asirazen.ro/produs/colanti-fitness-simart-4179/</a>   |  |  |  |
| web | ro | nformatiile prezentate in aceasta pagina (categoria Accesorii fitness) au caracter informativ si pot fi modificate de catre vanzator fara o anuntare prealabila  | RO | <a href="https://www.pcgarage.ro/accesorii-fitness/filtre/general-tip-suport-ajustabil-bară-si-greutati/">https://www.pcgarage.ro/accesorii-fitness/filtre/general-tip-suport-ajustabil-bară-si-greutati/</a>   |  |  |  |
| web | ro | ări - Accesorii bare fitness. ... 2 Rezultate pentru "Accesorii bare fitness". Se filtrează și sortare. Alege. Filtrează după.   |    | <a href="https://www.electronic-star.ro/Fitness-si-sport/Sala/Bari/Accesorii-pentru-bari/?followSearch=9986&amp;navigation=true&amp;cl=alis">https://www.electronic-star.ro/Fitness-si-sport/Sala/Bari/Accesorii-pentru-bari/?followSearch=9986&amp;navigation=true&amp;cl=alis</a> |  |  |  |
| web | en | itness, Sauna and Massage. Hotel Dacia Sud Services. Those who want to spend their time in an active mode can visit our fitness room.  |    | <a href="http://www.dacia-sud.ro/en/Servicii_Fitness">http://www.dacia-sud.ro/en/Servicii_Fitness</a>   |  |  |  |
| web | en | he model is talking about booking her latest gig, modeling WordPress underwear in the brand latest Perfectly Fit campaign, which was shot by Lachian.  |    | <a href="https://benelux.ro/category/lifestyle/health-fitness/">https://benelux.ro/category/lifestyle/health-fitness/</a>   |  |  |  |

|     |    |   |    |   |  |  |  |
|-----|----|---|----|---|--|--|--|
| web | ro | Iena Popa, Tânără antrenoare de fitness care a murit în Spania, la doar 34 de ani, și despre care s-a scris că și-ar fi luat zilele în urma unei drame                                | RO | <a href="https://www.click.ro/vedete/romanesti/video-elena-pop-a-antrenoarea-de-fitness-care-s-sinucis-spania-fost-immortanta-ati">https://www.click.ro/vedete/romanesti/video-elena-pop-a-antrenoarea-de-fitness-care-s-sinucis-spania-fost-immortanta-ati</a> |  |  |  |
| web | ro | 2]Decathlon.ro - Echipament Cardio-Fitness de 4 la 5 - Sport acasa, Decathlon.ro: peste 70 de sporturi sub același acoperiș - online și în magazine.                                  | RO | <a href="https://www.decathlon.ro/C-667124-echipament-cardio_fitness/N-659597-opinia-utilizatorilor~de-4-la-5/T-659586D_659616">https://www.decathlon.ro/C-667124-echipament-cardio_fitness/N-659597-opinia-utilizatorilor~de-4-la-5/T-659586D_659616</a>       |  |  |  |
| web | ro | omanca ce detine titlul de Miss Fitness Universe 2013, despre cum obtii corpul perfect - Interviu. La doar 26 de ani, romanca Anca Bucur este nouă                                    | RO | <a href="https://ziare.com/viata-sanatoasa/fitness/romanca-ce-detine-titlul-de-miss-fitness-universe-2013-despre-cum-obtii-">https://ziare.com/viata-sanatoasa/fitness/romanca-ce-detine-titlul-de-miss-fitness-universe-2013-despre-cum-obtii-</a>             |  |  |  |
| web | ro | ompleu Catifea Sonya Green Zip - Va oferim Acest produs de o calitate exceptionala. gloriashop.roTrening Sonya Leopard White - Va oferim Acest produs de o                            |    | <a href="https://gloriashop.ro/compleu-fitness-vogue-black.html?tag=snake&amp;limit=50">https://gloriashop.ro/compleu-fitness-vogue-black.html?tag=snake&amp;limit=50</a>   |  |  |  |
| web | ro | et 11 piese Extensor fitness cu corzi elastice, Zootie, Latex, Protectie corzi, ... Banda Fitness elastica de cauciuc pentru exercitii, antrenament, ... Rating: 4.4 · Review by VERO |    | <a href="https://tancul.ro/extensor-fitness-decathlon">https://tancul.ro/extensor-fitness-decathlon</a>   |  |  |  |
| web | ro | rei Biciclete Fitness Second Hand? Pe Okazii.ro cumpери online produse cu reducere și livrare gratuită din stoc. 100% sigur prin Garanția de Livrare.                                 | RO | <a href="https://www.okazii.ro/cautare/biciclete+fitness+s+econd+hand.html">https://www.okazii.ro/cautare/biciclete+fitness+s+econd+hand.html</a>   |  |  |  |
| web | ro | RCE Stil Chinezesc Barbat Trening Sală de Fitness Compresie Costum de Sport Haine de Funcționare Jogging Sport Purta Exercițiu de Antrenament Set. Rating: 5 · 2 reviews              |    | <a href="https://www.arhisanzlazarus.ro/Start/60536-Trade/">https://www.arhisanzlazarus.ro/Start/60536-Trade/</a>   |  |  |  |
| web | ro | rticole despre dietă, detoxifiere și nutriție, diete de slăbit și rețete culinare sănătoase, sfaturi practice pentru sport și un regim alimentar sănătos.                             | RO | <a href="https://doc.ro/dieta-si-sport">https://doc.ro/dieta-si-sport</a>   |  |  |  |
| web | ro | ICTORY FITNESS S.R.L. anunta lansarea proiectul cu titlul "Granturi pentru capital de lucru acordate beneficiarilor" proiect nr RUE 15174 înscris în                                  | RO | <a href="https://www.finantare.ro/anunt-demarare-project-granturi-capital-de-lucru-victory-fitness-s-r-l.html">https://www.finantare.ro/anunt-demarare-project-granturi-capital-de-lucru-victory-fitness-s-r-l.html</a>   |  |  |  |
| web | ro | 5,00lei 55,00lei. 2 în stoc. Set fitness / S. 95,00lei 55,00lei. Cantitate Set fitness / S. Cumpără. Recenzii (0). Recenzii.  |    | <a href="https://thepineapple.ro/produs/set-fitness-s/">https://thepineapple.ro/produs/set-fitness-s/</a>   |  |  |  |
| web | en | ake phone calls and send text messages on independent 3G, Nano SIM, Wifi enabled; 2-inch curved super AMOLED capacitive touchscreen (360 x 480 pixels                                 |    | <a href="https://all-shop.ro/product/fitness-and-activity-tracker-wrist-watch/">https://all-shop.ro/product/fitness-and-activity-tracker-wrist-watch/</a>   |  |  |  |
| web | ro | ita de pilulele magice sau de alte metode miraculoase pe care le vezi uneori pe Internet sau la televizor. Pentru a avea un abdomen sculptat perfect,                                 |    | <a href="https://www.wonder.ro/articole/sanatate/fitness/">https://www.wonder.ro/articole/sanatate/fitness/</a>   |  |  |  |
| web | ro | paratul Power Tower este un aparat stabil ce permite executarea unui numar mare de exercitii pentru partea superioara a corpului, folosind propria greutate ...RON 3,120.00           |    | <a href="https://www.fitlife.ro/power-tower-ifpt/">https://www.fitlife.ro/power-tower-ifpt/</a>   |  |  |  |
| web | ro | itness Yoga Workout. Alte detalii, Talie inalta. Uscare rapida. Anti-static. Anti-UV Tesatura respirabila, ajuta la reglarea temperaturii corpului ...RON 99.00                       |    | <a href="https://brandsmania.ro/imbracaminte-fitness/colanți-fitness-yoga-gri-roz-talie-inalta-cdfit023">https://brandsmania.ro/imbracaminte-fitness/colanți-fitness-yoga-gri-roz-talie-inalta-cdfit023</a>   |  |  |  |
| web | ro | agazine și prețuri - Smartwatch-uri, bratari fitness CANYON CNE-SB11BB de la 90,97 RON!: (CNE SB 11 BB) Bratara ergonomică de fitness SB-11 Această bandă ...RON 90.97 to RON 102.48  | RO | <a href="https://smartwatch-bratara-fitness.compari.ro/canyon/cne-sb11bb-p463691553/">https://smartwatch-bratara-fitness.compari.ro/canyon/cne-sb11bb-p463691553/</a>   |  |  |  |
| web | ro | ai sunt doar câteva zile pană când săliile de fitness se vor redeschide, dar pregăririle pentru primirea clienților s-au și finalizat în Râmniciu Vâlcea.                             |    | <a href="http://tvr-craiova.ro/stiri/salile-de-fitness-pregatite-pentru-deschidere/">http://tvr-craiova.ro/stiri/salile-de-fitness-pregatite-pentru-deschidere/</a>   |  |  |  |
| web | ro | patii comerciale disponibile pentru inchiriere in zona Centru Civic. Avem mai multe spatii disponibile, vezi lista cu anunțurile.   |    | <a href="https://www.galaxyimob.ro/inchiriere-spatiu-comercial-3-camere-centrul-civic-brasov-glx9472bv0711-345798.html">https://www.galaxyimob.ro/inchiriere-spatiu-comercial-3-camere-centrul-civic-brasov-glx9472bv0711-345798.html</a>                       |  |  |  |

|     |    |  |    |   |   |  |                                   |
|-----|----|--|----|---|---|--|-----------------------------------|
| web | ro | ucură-te de rezultate incredibile cu primul și singurul aparat de fitness cu sistem dublu de rezistență la mișcare, ce îți permite să personalizezi                              |    | <a href="https://octobanking.com/shop/2021/07/31/aparat-de-fitness-wonder-core-slide-fit/">https://octobanking.com/shop/2021/07/31/aparat-de-fitness-wonder-core-slide-fit/</a>   |   |  |                                   |
| web | ro | ajoritatea instrumentelor de fitness urmăresc numărul de pași parcursi, ritmul cardiac și tiparele de somn. Unele au, de asemenea, aplicații conectate care                      | RO | <a href="https://www.cotidianul.ro/iata-care-sunt-beneficiile-unei-bratari-de-fitness/">https://www.cotidianul.ro/iata-care-sunt-beneficiile-unei-bratari-de-fitness/</a>   |   |  |                                   |
| web |    | umba Fitness · Zumba Step · Pilates · Step Aerobic · Barre Fitness · Gravidute · Toate Clasele · LIVE · Abonamente · Blog  |    | <a href="https://www.alegrialife.ro/listing/pilates-live-29-iulie-2021/">https://www.alegrialife.ro/listing/pilates-live-29-iulie-2021/</a>   | x |  | Live streaming of a pilates class |
| web | ro | educer! Așteaptă imaginea pentru produs. Pachet fitness El. 60,00 lei  |    | <a href="https://mieredealbine.net/produs/pachet-fitness-el/">https://mieredealbine.net/produs/pachet-fitness-el/</a>   |   |  |                                   |
| web | ro | itness cu Diana Stejereanu la Neatza cu Răzvan și Dani. ... Diana Stejereanu, instructor de fitness, ne prezintă un antrenament full body progresiv.                             | RO | <a href="https://a1.ro/neatza-cu-razvan-si-dani/fitness/">https://a1.ro/neatza-cu-razvan-si-dani/fitness/</a>   |   |  |                                   |
| web |    | ovoras aerobic puzzle Energy Fit Dimensiuni: 61.5*61.5*1.2cm; Perfecta pentru exerci?ii de fitness la sol, tonifiearea ?i definirea musculaturii la ... Rating: 3.5 · 11 reviews |    | <a href="https://www.atelier.ro/pentru-intretinere/covor-fitness-energy-fit-puzzle/">https://www.atelier.ro/pentru-intretinere/covor-fitness-energy-fit-puzzle/</a>   |   |  |                                   |
| web | ro | u ajutorul acestei tehnologii, peste 350 de copii vor participa la exerci?ii de fitness, concursuri on-line, vor învă?ta să facă mi?cări corecte și vor                          |    | <a href="http://dordeneamt.ro/2021/07/29/c-s-e-i-alexandru-rosca-parte-a-proiectului-campionatului-de-fitness-si-zambete/">http://dordeneamt.ro/2021/07/29/c-s-e-i-alexandru-rosca-parte-a-proiectului-campionatului-de-fitness-si-zambete/</a>   |   |  |                                   |
| web | ro | olanti Fitness Dama cu design abstract Negru cu dungi albe lines CDFIT029 - cdfit029-blackwhite - Colanti -  |    | <a href="https://superbo.ro/imbracaminte-fitness/colanti/bluechho-colanti-fitness-dama-design-abstract-negru-dungi-albe-lines-cdfit029">https://superbo.ro/imbracaminte-fitness/colanti/bluechho-colanti-fitness-dama-design-abstract-negru-dungi-albe-lines-cdfit029</a>   |   |  |                                   |
| web | ro | din 17. Top articole. Fosta soție a lui Ben Affleck a mers abătu? la pia?ă, în timp ce actorul. Lifestyle. Tuesday 27 July 2021  | RO | <a href="https://okmagazine.ro/nu-renunta-la-viata-pe-strazi-fost-model-de-fitness-si-fosta-sotie-a-unui-actor-din-baywatch-a-surprins-din-nou-nu-mai-seamana-deloc-cu-femeia-de-">https://okmagazine.ro/nu-renunta-la-viata-pe-strazi-fost-model-de-fitness-si-fosta-sotie-a-unui-actor-din-baywatch-a-surprins-din-nou-nu-mai-seamana-deloc-cu-femeia-de-</a>         |   |  |                                   |
| web | ro | escriere Timp liber și sport. Vand bratara inlocuitoare pentru bratara fitness Huawei Band 2 Pro. Sunt disponibile in 8 culori.  | RO | <a href="https://www.publi24.ro/anunturi/timp-liber-sport/sport-hobby/anunt/curea-bratara-inlocuitoare-pentru-bratara-fitness-huawei-band-2-pro-40f723g4114873g12i1g7014e1dd6eff.html">https://www.publi24.ro/anunturi/timp-liber-sport/sport-hobby/anunt/curea-bratara-inlocuitoare-pentru-bratara-fitness-huawei-band-2-pro-40f723g4114873g12i1g7014e1dd6eff.html</a> |   |  |                                   |
| web | ro | ANCAN.RO plusează și dezvăluie că cele mai sexy bunăcini de pe Instagram. Se anun?ă cod roșu de erotism, în fiecare zi, la ora 20.00. Sta?ă cu noi.                              | RO | <a href="https://www.cancan.ro/roberta-este-campioana-la-fitness-si-la-forme-e-nr-1-20463106">https://www.cancan.ro/roberta-este-campioana-la-fitness-si-la-forme-e-nr-1-20463106</a>   |   |  |                                   |
| web | ro | utritia corolata cu practicarea unui sport,cele mai importante momente in viata ta.Descoptera metode slabire,fitness,aerobic,yoga,pilates in sala de sport.                      |    | <a href="https://celebritatea.ro/category/lifestyle/sport/">https://celebritatea.ro/category/lifestyle/sport/</a>   |   |  |                                   |
| web | ro | um alegi cei mai buni ochelari de schi? Ce proprietă?i și caracteristici trebuie să ai?ă ochelarile de schi... Sport & Fitness - Cele mai bune schiuri.                          | RO | <a href="https://www.myblog.ro/hobby-timp-liber/sport-fitness/">https://www.myblog.ro/hobby-timp-liber/sport-fitness/</a>   |   |  |                                   |
| web | ro | icicleta fitness este unul din cele mai populare dispozitive de antrenament, datorita faptului ca te ajuta sa ai o musculatura tonifiata si,                                     | RO | <a href="https://www.roportal.ro/articole/tag--fitness/">https://www.roportal.ro/articole/tag--fitness/</a>   |   |  |                                   |
| web | ro | oarte multumit de produsul cumparat. Ar fi frumos ca intre plasarea si trimiterea acestuia sa primesc un telefon de confirmare a comen?ii deoarece,                              | RO | <a href="https://sportconcept.ro/fitness/inclataminte/7214-Under-Armour-ua-tribase-reign">https://sportconcept.ro/fitness/inclataminte/7214-Under-Armour-ua-tribase-reign</a>   |   |  |                                   |
| web | ro | icicleta fitness Zipro Drift, Greutate maxima admisa 120 kg, Volanta 6 kg, 8 trepte de rezisten?ă - disponibil pentru comanda online la un pret foarte bun                       |    | <a href="https://www.melarox.ro/bicicleta-fitness-zipro-drift-greutate-maxima-admisa-120-kg-volanta-6-kg-8-trepte-de-rezisten?ă-ro.html">https://www.melarox.ro/bicicleta-fitness-zipro-drift-greutate-maxima-admisa-120-kg-volanta-6-kg-8-trepte-de-rezisten?ă-ro.html</a>   |   |  |                                   |
| web | ro | ulgi cu cereale integrale de grau si ovaz, vitamine si minerale. Vezi toate detaliiile. In aceasta pagina. Promotii; Ai putea fi interesat de                                    | RO | <a href="https://www mega-image.ro/ro-ro/Paine-cafea-cereale-si-mic-dejun/Musli-fulgi-si-cereale/Fulgi/Cereale-Original-425g/p/96992">https://www mega-image.ro/ro-ro/Paine-cafea-cereale-si-mic-dejun/Musli-fulgi-si-cereale/Fulgi/Cereale-Original-425g/p/96992</a>   |   |  |                                   |

|     |    |  |    |   |   |  |  |
|-----|----|--|----|---|---|--|--|
| web | ro | et fitness compus din 2 piese: pantaloni + tricou Material: Acril Caracteristici: Elasticitate ridicată, componitie respirabilă, uscare rapidă,              |    | <a href="https://sofiaconcept.ro/acasa/512-set-fitness-gold-greyorange.html">https://sofiaconcept.ro/acasa/512-set-fitness-gold-greyorange.html</a>   |   |  |  |
| web | ro | esătura lycra cu imprimare de design este moale, foarte flexibilă și țesătură de calitate respirabilă potrivită pentru costume de baie, îmbrăcăminte         |    | <a href="https://takoy.ro/tesatura-pentru-costume-de-baie-imbr-c-minte-fitness-albastru-inchis">https://takoy.ro/tesatura-pentru-costume-de-baie-imbr-c-minte-fitness-albastru-inchis</a>   |   |  |  |
| web | ro | agazin fizic si on-line unde poti sa vinzi, sa cumperi, si sa faci schimburi de o multime de produse.Bratara Fitness FitBit Charge 4 - Produs insotit de     |    | <a href="https://usedproducts.ro/bratara-fitness-fitbit-charge-4">https://usedproducts.ro/bratara-fitness-fitbit-charge-4</a>   |   |  |  |
| web | ro | 9 lei: 89 lei: ***ANUNT ACTUALIZAT 26.05.2021*** Colanti/pantaloni dama GYMSHARK Originali in punga cu eticheta. Culori: Negru, Gri Masuri: XS, S,           | RO | <a href="https://www.olx.ro/d/oferta/colanti-gymshark-sport-fitness-yoga-IDebJtu.html">https://www.olx.ro/d/oferta/colanti-gymshark-sport-fitness-yoga-IDebJtu.html</a>   |   |  |  |
| web | en | itness - Accesorii - Lenjerie - UNDER ARMOUR UA Tech 6 Boxerjock 2-Pack. Cod produs: 1363619. EAN:194513212941. Men's UA Tech™ 6" Boxerjock® – 2-Pack.       | RO | <a href="https://sportconcept.ro/fitness/accesorii/7206-Under-Armour-ua-tech-6?cr=26439">https://sportconcept.ro/fitness/accesorii/7206-Under-Armour-ua-tech-6?cr=26439</a>   |   |  |  |
| web | ro | xplicatii PRDP: Pret Recomandat de Producator. ** Produsele afiate in campanii speciale nu pot fi rezervate in magazine (ex: Outlet, Pop-Up, Reduceri,       | RO | <a href="https://www.hervis.ro/shop/Echipamente/Saci-de-Dormit-&amp;-Saltele-Saltele-Antrenament/Schildkr%C3%B6t-">https://www.hervis.ro/shop/Echipamente/Saci-de-Dormit-&amp;-Saltele-Saltele-Antrenament/Schildkr%C3%B6t-</a>   |   |  |  |
| web | en | Local could be finalist in Ms.Health & Fitness Magazine contest &nbsp;&nbsp;thewestsidejournal.com   |    | <a href="https://www.thewestsidejournal.com/news/local-could-be-finalist-in-ms-health-fitness-magazine-contest/article_84ad9120-f007-11eb-bbcf-732c617cd64.html">https://www.thewestsidejournal.com/news/local-could-be-finalist-in-ms-health-fitness-magazine-contest/article_84ad9120-f007-11eb-bbcf-732c617cd64.html</a> |   |  |  |
| web |    | icilete fitness la pret bun, bicicleta eliptica, bicicleta magnetica.Oferte biciclete fitness. Bicicleta mecanica. Promotii bicicleta fitness.               |    | <a href="https://www.sher.ro/bicicleta-fitness">https://www.sher.ro/bicicleta-fitness</a>   |   |  |  |
| web |    | NC Pro Performance Essential Amino Complete cu Aroma de Capsuni si Kiwi, 450 g. 229,00 Lei. -10% cu MyGNC Rewards sub forma de puncte.                       |    | <a href="https://www.gnc.com.ro/proteine-si-fitness/suplimente-intra-workout.html?dir=desc&amp;order=bestseller&amp;p=2">https://www.gnc.com.ro/proteine-si-fitness/suplimente-intra-workout.html?dir=desc&amp;order=bestseller&amp;p=2</a>   |   |  |  |
| web | ro | xerciții pe bicicleta de fitness. Embed. Embed. Link. Copiază. Cod Embed. Copiază. Share Tweet · Adauga in playlist · Elena Chiriac luptă cu kilogramele în  | RO | <a href="https://protvplus.ro/emisiuni/vorbeste-lumea/clip/32223-exercitii-pe-bicicleta-de-fitness">https://protvplus.ro/emisiuni/vorbeste-lumea/clip/32223-exercitii-pe-bicicleta-de-fitness</a>   | x |  | A show that explains how to do properly physical exercises on a bycicle. |
| web | ro | unctul termic dezafectat din zona nefuncțională de lângă "Clubul Pensionarilor" va deveni o mini sală de sport și fitness. Consiliul.                        |    | <a href="http://www.ziaruldevaslui.ro/tag/fitness/">http://www.ziaruldevaslui.ro/tag/fitness/</a>   |   |  |  |
| web | ro | OTĂRI... Autoritățile locale vor instala aparate de fitness în aer liber în parc și în funcție de alocările bugetare, vor amenaja un parc de copii atractiv. | RO | <a href="https://www.vremeanoua.ro/aparate-de-fitness-in-parc-la-negresti/">https://www.vremeanoua.ro/aparate-de-fitness-in-parc-la-negresti/</a>   |   |  |  |
| web | en | he model is talking about booking her latest gig, modeling WordPress underwear in the brand latest Perfectly Fit campaign, which was shot by Lachian.        |    | <a href="https://valletta.ro/category/lifestyle/health-fitness/">https://valletta.ro/category/lifestyle/health-fitness/</a>   |   |  |  |
| web | ro | rei Ceas Fitness? Pe Okazii.ro cumperi online produse de la Suunto, Garmin, Polar cu reducere și livrare gratuită din stoc. 100% sigur prin Garantia de      | RO | <a href="https://www.okazii.ro/cautare/ceas+fitness.html">https://www.okazii.ro/cautare/ceas+fitness.html</a>   |   |  |  |
| web | ro | xplicatii PRDP: Pret Recomandat de Producator. ** Produsele afiate in campanii speciale nu pot fi rezervate in magazine (ex: Outlet, Pop-Up, Reduceri,       | RO | <a href="https://www.hervis.ro/shop/Echipamente/Fitness---Aparate-&amp;-Accesorii/Accesorii-Fitness/Schildkr%C3%B6t-Fitness/Han-">https://www.hervis.ro/shop/Echipamente/Fitness---Aparate-&amp;-Accesorii/Accesorii-Fitness/Schildkr%C3%B6t-Fitness/Han-</a>   |   |  |  |
| web | ro | xplicatii PRDP: Pret Recomandat de Producator. ** Produsele afiate in campanii speciale nu pot fi rezervate in magazine (ex: Outlet, Pop-Up, Reduceri,       | RO | <a href="https://www.hervis.ro/shop/Echipamente/Fitness---Aparate-&amp;-Accesorii/Extensoare-&amp;-Minci-de-Fitness/Jocca/Fitness/p/COLOR-3023056">https://www.hervis.ro/shop/Echipamente/Fitness---Aparate-&amp;-Accesorii/Extensoare-&amp;-Minci-de-Fitness/Jocca/Fitness/p/COLOR-3023056</a>                             |   |  |  |
| web | ro | olanti Sport Femei Fitness fără Sudură Jambiere Sport Colanti Sport Legging de Înălță Talie Pantaloni de Yoga pentru Femei haine Sport. Rating: 5 · 1 review |    | <a href="https://ajutsieu.ro/Original/stock_171721.html">https://ajutsieu.ro/Original/stock_171721.html</a>   |   |  |  |

|           |    |  |    |   |   |  |  |
|-----------|----|--|----|---|---|--|--|
| web       | ro | ărbati cu glugă fitness maieu de Bumbac, fără Mâneci Vesta Pentru antrenamente de Fitness Antrenament Casual Topuri de Moda de sex Masculin Stringer   |    | <a href="https://patrickpizza.ro/Easy/192249-value/">https://patrickpizza.ro/Easy/192249-value/</a>   |   |  |  |
| web       | ro | Iex Solomin a devenit instructor de fitness profesionist după ani întregi în care a fost obez, boala pe care a dobândit-o în urma unor vicii.  | RO | <a href="https://a1.ro/news/inedit/alex-solomin-a-devenit-instructor-de-fitness-dupa-ani-intregi-de-obezitate-si-vicii-i-sa-spus-ca-nu-va-trece-de-30-">https://a1.ro/news/inedit/alex-solomin-a-devenit-instructor-de-fitness-dupa-ani-intregi-de-obezitate-si-vicii-i-sa-spus-ca-nu-va-trece-de-30-</a>   | x | The story of an obese young man who managed to achieve an active lifestyle and to involve regularly in sports. |  |
| web       |    | ea mai mare game de colanti fitness (leggings) , bustiere si tricouri sport. Colanti de dama lungi sau scurti, diferite modele si culori.  |    | <a href="https://www.leggance.ro/">https://www.leggance.ro/</a>   |   |  |  |
| instagram |    |  | IT | <a href="https://www.instagram.com/p/CRxyx45DkEM">https://www.instagram.com/p/CRxyx45DkEM</a>   |   |  |  |
| instagram | en | Purposefully Accidentally Wes Anderson   |    | <a href="https://www.instagram.com/p/Cry_A_FlwZX">https://www.instagram.com/p/Cry_A_FlwZX</a>   |   |  |  |
| web       | en | Olivet Boys & Girls Club Announces Partnership For 'Fun And Fitness' Services&nbsnbsp;&nbsnbsp;bctv.org  |    | <a href="https://www.bctv.org/2021/07/26/olivet-boys-girls-club-announces-partnership-for-fun-and-fitness-services">https://www.bctv.org/2021/07/26/olivet-boys-girls-club-announces-partnership-for-fun-and-fitness-services</a>   |   |  |  |
| instagram |    | Qué curiosa la vida 🌎#fav  |    | <a href="https://www.instagram.com/p/CRxLxC9jdWo">https://www.instagram.com/p/CRxLxC9jdWo</a>   |   |  |  |
| instagram | en | I am inherently an angry person. And mostly the anger is directed towards myself. I almost always curse myself for everything I say. For everything I don't. For decisions I take. And for those I shy away from. Sometimes I wonder if this anger is from me pitying myself or me hating myself.  |    | <a href="https://www.instagram.com/p/CRrgeCJl5Nn">https://www.instagram.com/p/CRrgeCJl5Nn</a>   |   |  |  |
| web       | en | Shake Up A Stale Workout To Keep Fitness Fresh&nbsnbsp;&nbsnbsp;Escalon Times  |    | <a href="https://www.escalontimes.com/sports/shake-stale-workout-keep-fitness-fresh/">https://www.escalontimes.com/sports/shake-stale-workout-keep-fitness-fresh/</a>   |   |  |  |
| web       | ro | AGEN Jucărie pe sfoiră cu 2 mingii Zeus K9 Fitness preț oferă, cele mai bune preturi numai pe slepicar.roHAGEN Jucărie pe sfoiră cu 2 mingii Zeus K9   |    | <a href="https://slepicar.ro/produs/hagen-jucarie-pe-sfoara-cu-2-mingii-zeus-k9-fitness/">https://slepicar.ro/produs/hagen-jucarie-pe-sfoara-cu-2-mingii-zeus-k9-fitness/</a>   |   |  |  |
| instagram | en | #білацерківка #kiev #небо #sky #парк #лего #білацерківка #park #body #fitness #love #people #кіев #город #city #instagram #nature #spring #summer#beautiful #photo #ukraine #instalike #фото #photography  |    | <a href="https://www.instagram.com/p/CRkuuSps6B">https://www.instagram.com/p/CRkuuSps6B</a>   |   |  |  |
| instagram | en | #білацерківка #kiev #небо #sky #парк #лего #білацерківка #park #body #fitness #love #people #кіев #город #city #instagram #nature #spring #summer#beautiful #photo #ukraine #instalike #фото #photography  |    | <a href="https://www.instagram.com/p/CRgic_Uss5O">https://www.instagram.com/p/CRgic_Uss5O</a>   |   |  |  |
| web       | ro | nainte de toate, noi nu facem minuni, noi doar muncim si aplicam ce am invatat in cei 12 ani de experienta.  |    | <a href="https://lunaboutiquefitness.ro/2511-adulti/">https://lunaboutiquefitness.ro/2511-adulti/</a>   |   |  |  |
| web       | en | Key Biscayne fitness instructors seeing lasting changes from pandemic&nbsnbsp;&nbsnbsp;Islander News.com   |    | <a href="https://www.islandernews.com/news/keybiscayne/key-biscayne-fitness-instructors-seeing-lasting-changes-from-pandemic/article_5c434b6c-e878-11eb-87e8-57b4982ab296.html">https://www.islandernews.com/news/keybiscayne/key-biscayne-fitness-instructors-seeing-lasting-changes-from-pandemic/article_5c434b6c-e878-11eb-87e8-57b4982ab296.html</a> |   |  |  |
| instagram |    | repost.  |    | <a href="https://www.instagram.com/p/CRbQuIosOg3">https://www.instagram.com/p/CRbQuIosOg3</a>   |   |  |  |
| instagram |    | ✿✿   |    | <a href="https://www.instagram.com/p/CRW6CvTM0ET">https://www.instagram.com/p/CRW6CvTM0ET</a>   |   |  |  |
| instagram | en | afternoon shenanigans  |    | <a href="https://www.instagram.com/p/CRW9XCjMQFc">https://www.instagram.com/p/CRW9XCjMQFc</a>   |   |  |  |
| instagram | es | Mi hogar es un lienzo sonoro bordado con pentagramas. Les comparto un poco de síntesis de mis cósmicas noches porteñas.Buen viaje 🚔💡.Live Session13/07/2021Valparaíso, Chile ....@korgofficial@korglatinoamerica @korg_volca_daily ...#mujeresenlamúsica #musicachilena #korg #synthwave #volcabeats #jam #waldorf #blofeld #synth #electronicmusic #techno #livesession #synthmusic #beat #technomusic #piano #music #glitch #womenproducers #womandj #lesbian #tech #valparaiso #volcakeys #chile #volcakorg #technoculture #producer #fitness #ambientmusic |    | <a href="https://www.instagram.com/p/CRUDKDZp-z9">https://www.instagram.com/p/CRUDKDZp-z9</a>   |   |  |  |

|           |    |  |    |   |  |  |  |
|-----------|----|--|----|---|--|--|--|
| instagram | en | 77 degree weather. And working out in my sweat suit. Defense sprints for volleyball  |    | <a href="https://www.instagram.com/p/CRUfAcuj3xl">https://www.instagram.com/p/CRUfAcuj3xl</a>   |  |  |  |
| instagram | en | SWEET MOOD 🌸.....#brunette #beauty #russiangirlsgram #curlyhair #девушка #photooftheday #smile #happy #me #photo #model #fashion #style #instagood #picoftheday #selfie #instalike #девушкимосквы #red #fitness #girl #cute #fit #goodvibes #instadaily #russia #love #beautiful #москва #life   |    | <a href="https://www.instagram.com/p/CRUIq69j0az">https://www.instagram.com/p/CRUIq69j0az</a>   |  |  |  |
| web       | en | World's top fitness influencer Kayla Itsines sells empire for \$400m&nbsp;&nbsp;Insider  |    | <a href="https://www.insider.com/worlds-top-fitness-influencer-kayla-itsines-sells-empire-sweat-400m-">https://www.insider.com/worlds-top-fitness-influencer-kayla-itsines-sells-empire-sweat-400m-</a>   |  |  |  |
| web       | en | Pottstown LA Fitness, Others Rename as Esporta Fitness - The Post&nbsp;&nbsp;The Sanatoga Post   |    | <a href="https://sanatogapost.com/2021/07/09/la-fitness-rename-esporta-fitness/">https://sanatogapost.com/2021/07/09/la-fitness-rename-esporta-fitness/</a>   |  |  |  |
| instagram | en | 45 minute full body slow burn resistance work.Equipment - gliders - light hand weights - light booty band Class Donations: Venmo or PayPal @MEGANLEYEN#pilates #igive #workout #lagree #resistancebandsworkout #bootybandworkout #bootyworkout #armworkout #coreworkout #obliqueworkout #athomeworkouts #strongwomen #strengthtraining #leanmuscle #liveworkout #virtualworkout #fitness #fitnesstrainer #motivation #movement #selflove #selfcare #meganleyen #megleyen |    | <a href="https://www.instagram.com/p/CREj2qDhUYD">https://www.instagram.com/p/CREj2qDhUYD</a>   |  |  |  |
| web       | ro | și fitness – Focșaneanul Marian Dănuț Grozea, de două ori locul 4 la Balcaniadă! DeBUTUC Petrica-joi, 17-06-2018 ShareFacebookWhatsAppTwitterPinterestEmailRomânia a găzduit la sfârșitul săptămânii trecute Campionatul Balcanic de Culturism și Fitness. Competiția s-a desfășurat la  | RO | <a href="https://monitoruldevrancea.ro/2021/06/17/culturism-si-fitness-focsaneanul-marian-danut-grozea-de-doua-ori-locul-4-la-balcaniada/">https://monitoruldevrancea.ro/2021/06/17/culturism-si-fitness-focsaneanul-marian-danut-grozea-de-doua-ori-locul-4-la-balcaniada/</a> |  |  |  |
| instagram | vi | Một chiếc áo tay cánh tiên cực xinh à với họa tiết mang phong cách cổ điện kết hợp với phần khoét hình trái tim ở ngực tạo nên 1 phong cách rất riêng cho chiếc áo, áo được làm bằng chất liệu là gấm nén khi nén áo form cứng không bị rủ đầu à ✓✓ GIÁ: 280k✓✓ SIZE: S/M✓✓ CHẤT LIỆU: gấm, tơ óng✓✓ MÀU SẮC: den  |    | <a href="https://www.instagram.com/p/CPiu-3Yrh7R">https://www.instagram.com/p/CPiu-3Yrh7R</a>   |  |  |  |
| instagram | sv | Kvällsgolf med lilleman ❤️ I ☺♂ I ☺♀   | SE | <a href="https://www.instagram.com/p/CPbe-lRnr67">https://www.instagram.com/p/CPbe-lRnr67</a>   |  |  |  |
| web       | en | bonamente fitness Cluj Big Fitness. ... (Aerobic + Fitness + Kangoo Jumps + Cycling) 06:00 – 22:00. Big Fitness Happy Hour – 109 RON   |    | <a href="https://www.bigfitness.ro/abonamente/abonament-big-fitness/">https://www.bigfitness.ro/abonamente/abonament-big-fitness/</a>   |  |  |  |
| instagram | en | If u can't become light in someones lifeThan don't try to become dark...#model #fashion #photography #love #style #instagood #photooftheday #beauty #like #beautiful #modeling #instagram #portrait #photoshoot #follow #photo #cute #art #picoftheday #photographer #makeup #girl #likeforlikes #fitness #fashionblogger #me #smile #portraitphotography #myself #bfyp  | IN | <a href="https://www.instagram.com/p/CO3KjcOBd6i">https://www.instagram.com/p/CO3KjcOBd6i</a>   |  |  |  |
| web       | ro | ampionatul Virtual de Fitness Unificat s-a desfășurat în județul Constanța, între 12 martie – 22 aprilie. 2021. Au fost implicate 9 școli de masă,   |    | <a href="https://liceulovidius.ro/competitia-virtuala-de-fitness-unificat-special-olympic/">https://liceulovidius.ro/competitia-virtuala-de-fitness-unificat-special-olympic/</a>   |  |  |  |
| web       | ro | Iată de antrenorii și terapeutii Pure Shapes îți vei atinge obiectivele de fitness, îți vei regăsi starea de bine și pofta de viață.   |    | <a href="https://pureshapes.ro/xbody-oferta-reducere-duo/">https://pureshapes.ro/xbody-oferta-reducere-duo/</a>   |  |  |  |
| instagram |    |  |    | <a href="https://www.instagram.com/p/CKkskgln3OT">https://www.instagram.com/p/CKkskgln3OT</a>   |  |  |  |
| instagram |    |  |    | <a href="https://www.instagram.com/p/CKiNSC2nwZR">https://www.instagram.com/p/CKiNSC2nwZR</a>   |  |  |  |

|           |    |  |    |   |   |  |                                 |
|-----------|----|--|----|---|---|--|---------------------------------|
| instagram |    |  |    |   |   |  |                                 |
| web       | ro | i făcut rezervarea folosind contul de 7card? Dacă ai folosit contul tău de membru 7card pentru a efectua o rezervare la o clasă, completează în formularul |    | <a href="https://www.instagram.com/p/CKiQZS1HmaC">https://www.instagram.com/p/CKiQZS1HmaC</a>   |   |  |                                 |
| web       | ro |  |    | <a href="https://www.nextfitness.ro/orar-clase-group-fitness/">https://www.nextfitness.ro/orar-clase-group-fitness/</a>   | x |  | Live streaming of a zumba class |
| web       | ro |  |    | <a href="https://www.alegrilife.ro/zumba-online/">https://www.alegrilife.ro/zumba-online/</a>   | x |  | Live streaming of a zumba class |
| web       | ro | redem că oricine își poate atinge obiectivele de fitness cu efort intelligent și cu îndrumarea potrivită. La SWEAT știi mereu ce ai de făcut și cum.       |    | <a href="https://sweat.ro/program-the-light/">https://sweat.ro/program-the-light/</a>   |   |  |                                 |
| web       | en |  |    | <a href="http://dobroeana.ro/homepage-big-slide-2/#">http://dobroeana.ro/homepage-big-slide-2/#</a>   |   |  |                                 |
| web       | en |  |    | <a href="http://dobroeana.ro/homepage-big-slide-2/#">http://dobroeana.ro/homepage-big-slide-2/#</a>   |   |  |                                 |
| web       | en |  |    | <a href="https://dobroeana.ro/category/lifestyle/health-">https://dobroeana.ro/category/lifestyle/health-</a>   |   |  |                                 |
| web       | en |  |    | <a href="https://dobroeana.ro/category/lifestyle/health-">https://dobroeana.ro/category/lifestyle/health-</a>   |   |  |                                 |
| web       | ro | omânia va fi reprezentată de 50 de sportivi la Campionatele Mondiale de culturism și fitness, categoria juniori (sub 21 de ani) și masters (peste 40 de    | RO | <a href="https://a1.ro/neatza-cu-razvan-si-dani/invitatii/reginele-cu-muschi-daniela-andrei-si-alina-stanciu-zeitele-culturismului-romanesc-">https://a1.ro/neatza-cu-razvan-si-dani/invitatii/reginele-cu-muschi-daniela-andrei-si-alina-stanciu-zeitele-culturismului-romanesc-</a> |   |  |                                 |
| web       |    | espre noi · Cont de membru · Programări · Clase OUTDOOR · Clase LIVE · Instructori · Galerie · Cumpara abonament · Abonamente.                             |    | <a href="https://www.bigfitness.ro/">https://www.bigfitness.ro/</a>   |   |  |                                 |
| web       | en |  |    | <a href="https://investor.ro/category/lifestyle/health-">https://investor.ro/category/lifestyle/health-</a>   |   |  |                                 |
| web       | en |  |    | <a href="https://investor.ro/category/lifestyle/health-">https://investor.ro/category/lifestyle/health-</a>   |   |  |                                 |
| web       | en |  |    | <a href="https://investor.ro/category/lifestyle/health-">https://investor.ro/category/lifestyle/health-</a>   |   |  |                                 |
| web       | en |  |    | <a href="https://investor.ro/category/lifestyle/health-">https://investor.ro/category/lifestyle/health-</a>   |   |  |                                 |