



Make Your Body - @ > 1 = K 9 C @ > :

dancemaster, ! @ 5 4 0 04 > O 1 @ L 2020 - 18:13:00

**% > G 5 H L 3 ; > 1 0 ; L = K E
8 7 < 5 = 5 = 8 9! ? 18 > : B O 1 @ O 16:00 -
? @ > 1 = K 9 C @ > : Make Your Body!**

= 5 C 7 = 0 2 0 5 <> A B 8 7 0 3 < 5 A O F 0,

! " , ! /

@ 5 > 1 @ 0 7 8 A L 4 >

18|10 16:00 - N 1 5 @ F K- C ; 5 1 8 =>, : B O 1 @ L A : 8 9 ? @ > A ? 5 : B 1 8 : 2, 89163332220

Make Your Body - = 0 G = 8 6 8 B L ? >- = > 2 > < C! @ 5 > 1 @ 0 7 8 A 2 > 5 " 5 ; > 8
4 C E!

2 5 @ 5 ==> A B L 2 A 5 1 5 8 A 2 > 8 E A 8 ; 0 E, 6 8 7 = 5 == K 9 B > = C A,
C A ? 5 E, > I C 1 5 = 8 5 7 4 > @ > 2 L O 8 A G 0 A B L O = 0 ? @ O < C N 7 0 2 8 A O B
> B A > A B > O = 8 O > @ 3 0 = 8 7 < 0 8 B 5 ; 0, > B = 0 H 5 3 > 7 4 > @ > 2 L O.
! > 7 4 0 9 A 5 1 O 8 A 2 > 5 B 5 ; > B 0 : 8 <, : 0 : 8 < B K E > G 5 H L 2 8 4 5 B L
A 5 1 O. ! 4 5 ; 0 9 ? 5 @ 2 K 9 H 0 3 : C A ? 5 E C, ? @ 8 E > 4 8 : = 0 < = 0 ? 5 @ 2 K 9
C @ > :!

@ > : 8 A > 2 < 5 1 0 N B 2 A 5 1 5 D 8 B = 5 A, A B @ 5 B G 8 = 3, ? 8 ; 0 B 5 A,
? ; 0 A B 8 : C 8 4 K E 0 B 5 ; L = C N 3 8 < = 0 A B 8 : C! @ > 3 @ 0 < < 0 « Make Your
Body » @ 0 A A G 8 B 0 = 0 = 0 3 < 5 A O F 0 8 ? > 4 E > 4 8 B 4 ; O 2 A 5 E C @ > 2 = 5 9
? > 4 3 > B > 2 : 8, > B = 0 G 8 = 0 N 1 8 E 4 > ? @ > D 5 A A 8 > = 0 ; L = K E
B 0 = F > @ > 2 8 A ? > @ B A < 5 = > 2.

@ > 3 @ 0 < < 0: 0 7 > 3 @ 5 2 8 ; 5 3 : 0 O @ 0 7 < 8 = : 0; 5 3 : 0 O @ 0 A B O 6 : 0
< K H F 2 A 5 3 > B 5 ; 0; A = > 2 = K 5 C ? @ 0 6 = 5 = 8 O = 0 = > 3 8, A ? 8 = C,
O 3 > 4 8 F K, @ C : 8; CoolDown - C ? @ 0 6 = 5 = 8 O 8 7 A B @ 5 B G 8 = 3 0 8 ? 8 ; 0 B 5 A 0;
? @ 0 6 = 5 = 8 O = 0 ? @ 5 A A; 5 ; 0 : A

Make your body- A > 7 4 0 9 A 2 > Q 8 4 5 0 ; L = > 5 B 5 ; > - M B > : > < ? ; 5 : A = 0 O
B @ 5 = 8 @ > 2 : 0, : > B > @ 0 O 2 : ; N G 0 5 B A 8 ; > 2 C N, D C = : F 8 > = 0 ; L = C N



8 : 0 @ 4 8 >- = 0 ? @ 0 2 ; 5 ==> A B L, :> B > @ 0 O ? > 4 E > 4 8 B 4 ; O 2 A 5 E
C @ > 2 = 5 9 ? > 4 3 > B > 2 ; 5 ==> A B 8. 0 = O B 8 O = 0 ? @ 0 2 ; 5 = K = 0
A = 8 6 5 = 8 5 2 5 A 0 8 :> @ @ 5 : F 8 N D 8 3 C @ K. @ > E > 4 8 B 2 B 5 G 5 = 8 5 6 0
< 8 = C B ? > 4 M = 5 @ 3 8 G = C N < C 7 K : C.

' 5 < ? >; 5 7 = K B @ 5 = 8 @ > 2 : 8 8 G B > 2 0 A 6 4 5 B :?
* 6 5 < 5 A O G = K 5 7 0 < 5 @ K 8 2 7 2 5 H 8 2 0 = 8 O 4 ; O :> = B @ > ; O;
* 7 4 > @ > 2 ; 5 = 8 5 > @ 3 0 = 8 7 < 0 : => @ < 0 ; 8 7 0 F 8 N < 5 B 0 1 >; 8 7 < 0,
? 8 1 5 2 0 @ 5 = 8 O, C : @ 5 ? ; 5 = 8 5 A 5 @ 4 5 G => - A > A C 4 8 A B > 9, :> A B => 9,
< K H 5 G => 9 A 8 A B 5 <, ? > 2 K H 5 = 8 5 8 << C = 8 B 5 B 0 ;
* A B @ > 9 = 0 O, ? > 4 B O = C B 0 O D 8 3 C @ 0, :@ 0 A 8 2 > 5 B 5 ;>;
* @ 0 7 2 8 B 8 5 :> @ 4 8 = 0 F 8 8 4 2 8 6 5 = 8 9, D > @ < 8 @ > 2 0 = 8 5
? @ 0 2 8 ; L = > 9 > A 0 = : 8, ? > E > 4 : 8 ;
* ? @ > D 8 ; 0 : B 8 : C > A B 5 > ? > @ > 7 0, B @ > < 1 > 7 0 ;
* A = 8 6 5 = 8 5 A B @ 5 A A > 2 K E 2 > 7 4 5 9 A B 2 8 9 = 0 > @ 3 0 = 8 7 <,
C < 5 = L H 5 = 8 5 = 5 @ 2 = > 3 > = 0 ? @ O 6 5 = 8 O ;
* C ; C G H 5 = 8 5 > 1 1 5 3 > A 0 <> G C 2 A B 2 8 O, ? @ 8 ; 8 2 A 8 ;, 1 > 4 @ > A B 8,
? > 2 K H 5 = 8 5 @ 0 1 > B > A ? > A > 1 = > A B 8 ;
* 2 K @ 0 1 > B : C 0 : B 8 2 = > 9 6 8 7 = 5 ==> 9 ? > 7 8 F 8 8 .

- B > = 0 ? @ 0 2 ; 5 = 8 5 4 ; O B 5 E, : B > E > G 5 B ? @ 5 : @ 0 A =>
2 K 3 ; O 4 5 B L, 4 ; O B 5 E, : B > E > G 5 B 1 K B L 7 4 > @ > 2 K <, : @ 5 ? : 8 < 8
C 2 5 @ 5 == K < 2 A 5 1 5. C @ A «Make Your Body » ? > <> 3 0 5 B ? > 4 4 5 @ 6 0 B L
< K H F K 2 B > = C A 5, 7 0 < 5 B => ? > E C 4 5 B L 8 ? @ 8 > 1 @ 5 A B 8
3 8 1 :> A B L. 0 2 K : 8, ? >; C G 5 == K 5 = 0 7 0 = O B 8 O E MakeYourBody
? > A ; C 6 0 B 2 0 < 5 1 5 <=> 3 > ; 5 B 8 1 C 4 C B ? >; 5 7 = K = 5 B > ; L :>
2 0 <, => 8 > : @ C 6 0 N 1 8 <. > ? 0 2 = 0 7 0 = O B 8 O 2 K 7 0 @ 0 7 8 B 5 A L
7 4 > @ > 2 K < > 1 @ 0 7 > < 6 8 7 = 8, ; 5 3 :> A <> 6 5 B 5 4 5 ; O B L B >, G B >
@ 0 = L H 5 = 5 ? >; C G 0 ;> A L 8 : 0 7 0 ;> A L = 5 2 > 7 <> 6 = K <, A 0 < 8
A B 0 = 5 B 5 ? @ 8 < 5 @ > < 4 ; O > : @ C 6 0 N 1 8 E. @ 8 A > 1 ; N 4 5 = 8 8
> ? @ 5 4 5 ; 5 == K E ? @ 0 2 8 ; 7 0 = O B 8 9 8 @ 5 6 8 < 0 ? 8 B 0 = 8 O,
@ 5 7 C ; L B 0 B ? @ 5 2 7 > 9 4 5 B > 6 8 4 0 = 8 O C 6 5 G 5 @ 5 7 :> @ > B :> 5
2 @ 5 < O. 4 5 < 0 A 2 A B C 4 8 8 N 1 5 @ F 0 K - C ; 5 1 8 => ! 0 ? 8 A 0 B L A O
= 0 C @ > :

! 0 <> 5 3 ; 0 2 => 5, 2 0 H 5 6 5 ; 0 = 8 5 8 3 > B > 2 ==> A B L : 4 5 9 A B 2 8 N!
! 4 5 ; 0 9 ? 5 @ 2 K 9 H 0 3 : C A ? 5 E C!

& ! : B @ 0 4 8 F 8 > ==> 2 4 = 8 ? @ > 1 = K E C @ > :> 2 A : 8 4 : 0
1 0 % 4 ; O = > 2 K E : ; 8 5 = B > 2, ? ; N A 5 % 7 0 ! " M B > 9 7 0 ? 8 A 8 2
:> = B 0 : B 5 8 FaceBook = 15%, ? ; N A ? > 5 % 7 0 : 0 6 4 > 3 > ? @ 8 2 5 4 Q ==> 3 >



[система сайта e107]

<http://shallwedance.ru/news.php?item.517>

! B @ 0 = 8 F 0 3/3

4 @ C 3 0, > 1 1 0 O ! 4 > 30%!