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web stretching hareketleri doğru uygulandığında sağlıklı ve zinde bir yaşam için son derece etkilidir hafif tempolu bir spor olan stretching pilates minder ve mat üzerinde yapılabileceği gibi masa başında bir iki dakika ayırarak da uygulanabilir

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web kelime ve terimleri çevir ve farklı aksanlarda sesli dinleme stretching esnetme muscle stretching kas germe stretching ne demek

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