

A woman in a black sports bra and shorts is performing a squat with a barbell. She is in a low squat position, with her back to the camera and her head turned slightly to the right. The barbell is resting on her shoulders. The background is dark and out of focus, suggesting a gym environment. The lighting is dramatic, highlighting the woman's muscles.

120% efektów
z każdego treningu?
skocz na solarium!

Aż 80-90% witaminy D dostarczane
jest dzięki działaniu światła.
Uzupełnienie niedoborów poprawia
siłę mięśni nawet o 20%.