



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

dancemaster, B > @ = 8 : 18 \$ 5 2 @ 0 ; L 2020 - 00:20:54

% > G 5 H L 3 ; > 1 0 ; L = K E  
8 7 < 5 = 5 = 8 9 ! ? 24 D 5 2 @ 0 ; O - ? @ > 1 = K 9  
C @ > : Make Your Body! @ 5 > 1 @ 0 7 8 A L 4 >  
= 5 C 7 = 0 2 0 5 < > A B 8 7 0 3 < 5 A O F 0 ,  
**0 ? 8 A K 2 0 9 B 5 A L ! > B > 2 8 < A O :**  
**; 5 B C !**

24|02 2 20:00 - 0 < 5 = A : > 5

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 ! > B > 2 8 < A O : 5 B C !

# 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 I 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 I 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 I 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

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



74>@>2K<>1@07><687=8,;53:>A<>65B545;0BLB>,GB>  
@0=LH5=5?>;CG0;>AL8:070;>AL=52>7<>6=K<,A0<8  
AB0=5B5?@8<5@><4;O>:@C60NI8E. @8A>1;N45=88  
>?@545;5==KE?@028;70=OB898@568<0?8B0=8O,  
@57C;LB0B?@527>945B>6840=8OC65G5@57:>@>B:>5  
2@5<O.45<0A2=0H8EABC48OE2C:>2A:><,0<5=A:><8  
N15@F0E-C;518=>!0?8A0BLAO=0C@>:

!0<>53;02=>5,20H565;0=8583>B>2=>ABL:459AB28N!  
!45;09?5@2K9H03:CA?5EC!

& ! : B@048F8>==>24=8?@>1=KEC@>:>2A:84:0  
10%4;O=>2KE::85=B>2,?;NA5%70!"MB>970?8A82  
:>=B0:B58FaceBook=15%,?;NA?>5%70:064>3>?@8254Q==>3>  
4@C30,>110O!4>30%!