



I'm not robot



Next

Core abdominal exercises pdf



homemade abs

DAREBEE WORKOUT @ darebee.com
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



5 Diastasis Recti Exercises



standing abs

repeat 3 times | up to 2 minute rest between sets



Dead bug

Lie faceup with arms and legs extended toward ceiling. Slowly lower right arm and left leg until they hover above floor (as shown). Return to start. Switch sides; repeat. Continue, alternating sides, for 1 minute.

Works transverse abdominis



Pelvic floor safe core abdominal exercises. Mayo clinic core abdominal exercises. Core abdominal exercises pdf. Best core abdominal exercises. Core abdominal exercises for seniors. Core abdominal exercises back pain. Deep core abdominal exercises. 5 fundamental core and abdominal exercises for beginners.

Although you can think of your "core" only when you're doing specific abdominal movements, you actually use these muscles all day, every day, which is why core exercises are so important. Whether you're walking, reaching, balancing, getting up from a chair, or just standing, the muscles in your midsection fire to keep you stable and supported in almost every movement. Your core muscles are mobilized in flexion, extension, rotation, abdominal bracing, pelvic tilt and even the way your shoulder blades move," certified personal trainer Brian Abarca, CPT, owner of Abarca Fitness in New Jersey, tells SELF. "People often think of abs when they refer to the core, but our core is actually made up of a much more complex network of muscles found in the trunk of our body." These include the rectus abdominis (the muscles along the front of your abdomen, probably what you think of as "abs"), the transverse abdomen (the deeper inner core muscles that wrap around your sides and spine), erector spines (a set of muscles in your lower back), the pelvic floor muscles and the internal and external obliques (the muscles on the sides of your abdomen). Abarca says even rotator cuffs, lats, traps and pectoral muscles can be involved in core work. If you practice your abs when you are lifting, tightening the core muscles to stay more stable and allow you to resist movements such as rotation or arch, any exercise can become an abdominal exercise. Also, some movements you may not think of as "core exercises" also smoke those muscles, especially those where you're weighing weight on your head, such as with aerial presses, holding the weight in front of you, as with cup squats, or challenging your balance, one-legged deadlifts style. But because of how much you use your abs in everyday life and during your workouts, it's worth showing them a little extra love with some specific basic exercises, Abarca says. Not only can that help with injury prevention (including back pain!), but it can also improve your range of motion, increase strength, and maintain mobility. Below, check out 26 great core moves that top coaches swear by. Sprinkle some of these throughout your next full-body workout, or string together some for a simple center sequence. Demonstrating the moves below are Amanda Wheeler (GIF 1-7, 9-10 and 12-26), a certified strength and conditioning specialist and co-founder of Formation Strength; Cookie Janee (GIF 8), background investigator and law enforcement specialist in the Air Force Reserve; and Saneeta Harris (GIFs 11 and 16), blogger, SFG Level 1 certified kettlebell trainer and founder of @NaturalHairGirlsWhoLift. "Maintaining the board position requires strength and endurance in the abs, back and core. The plank is one of the best exercises for central conditioning, but it also works the buttocks and hamstrings, supports proper posture and improves balance. In addition, there are many plank progressions that can be done from a standard plank hold." —Julie Diamond, Master Trainer at Burn 60 "I love a board because it's super simple and creates the stability and strength of the trunk that is necessary for almost every other movement in fitness. It primarily works on your core, but it also really engages your whole body and creates real overall tension and strength." —Alex Silver-Fagan, Nike Master Trainer, Certified Yoga Instructor, and Certified Functional Strength Trainer How to Do It: Rest your forearms on the floor, with your elbows directly under your shoulders and hands facing forward so your arms are parallel. Spread your legs out behind you and rest your toes on the ground. Your body should form a straight line from your shoulders to your heels. Squeeze the entire core, buttocks, and quadriceps, and tuck your butt underneath a bit to keep your lower back straight. Be sure not to drop your hips or walk your butt to the ceiling. Place the head so that the neck is in a neutral position and the gaze is on the hands. Hold this position. I love training my core from a bear-dragging position. This is my bodyweight movement to target my core. It's fun, dynamic and challenging. —Beachbody Coach Idalis Velazquez How to do it: Start Legs. Involve your core and while keeping your back flat and butt down (as if on a plank), lift your knees off the floor one to three inches. Look at the floor a few inches in front of your hands to keep your neck in a comfortable position. Touch your right hand to your left shoulder, and then your left hand to your right shoulder, while using your core strength to keep your hips as still as possible. Continue to alternate sides. Russian turns are a great move to engage your obliques and warm up your spine. —Aly Christofferson, NASM Certified Personal Trainer at CrossTown Fitness in Chicago How to do it: Sit with your knees bent in front of you, your feet bent, and on the ground. Hold your hands against your chest and tilt your torso back until you feel your abdominal muscles get involved. For an additional challenge, add a dumbbell (as shown in the picture). Slowly turn your torso from right to left. Remember to keep your core tight (and breathe!) at all times. This is a representative. "Putting your legs in a butterfly position eliminates the option of using hip flexors, basically forcing a good shape. It's also easily modifiable in both directions (to make it easier or harder), making it perfect for group training sessions, or my abdominal exercise to add to any client routine." —Charlee Atkins, CSCS, creator of Le Sweat How to do it: Lie on your back with your soles of your feet together, knees bent sideways. Reach your arms above. This is the starting position. Using your core, roll your body until you are sitting upright. Stretch your hand forward to touch your toes. That's a repetition. Slowly lower your back to the starting position and continue immediately on the next repetition. "This is great for connecting your mind to your core. It's an all-encompassing abdominal exercise. You're not going to feel a burning sensation, but that's not always better. This type of connector is just as important for creating that deep muscle strength." —Kira Stokes, celebrity trainer and creator of the Stoked Method How to do it: Lie on your back with your

arms extended to the ceiling and your legs in a tabletop position (knees bent 90 degrees and stacked over your hips), while simultaneously dropping the left arm above the ground. Squeeze your butt and keep your core engaged all the time, with your back pressed against the floor. Bring your arm and leg back to the starting position. Repeat on the other side, extending the left leg and right arm." I love the wooden chop because it requires you to work on the transverse plane, which many people don't train on. It's also incredibly functional, working your obliques, transverse abs, lats, shoulders, and more." — Silver-FaganHow to do it:Start on your knees and then pass one leg one foot in front of the other, with your foot flat on the floor and your knee bent at 90 degrees. Hold a half-light dumbbell next to the knee that is on the ground. Grab both ends of the weight. This is the starting position. Carry the weight diagonally to the ceiling on the opposite side of your body, twisting your abs as you do so. Keep the hips facing forward, only the core muscles should rotate. Lower the weight to the starting position. Do all your repetitions on one side and then repeat on the other side." This exercise strengthens the hip flexors, the erector spine (which extends up and down on both sides of the spine), and the rectus abdominis. It's always challenging, and that's what keeps me interested and engaged." —Bethany Lyons, E-RYT 500 yoga instructor and co-founder of Lyons Den Power YogaHow to do it:Sit up straight with your legs bent, your feet resting on the floor. Keeping your legs together, slowly lift them off the ground until they form a 45-degree angle to your torso. Involve your entire core, keep your back flat and balance your tailbone. You can keep your knees bent (as shown in the picture) or straighten them for greater challenge. Extend your arms directly in front of you, parallel to the ground. If you feel you need some extra support, place your hands on the floor, under your hips. This is High Boat. Hold here for three deep breaths. Then lower your legs, straightening them, while also lowering your upper body. Both shoulder blades and legs should float a few centimeters off the ground. If that's too challenging, keep them a little higher off the floor and work to get them lower and lower. This is Low Boat. Hold a breath and then lift your legs and torso back to High Boat." With this movement, you increase awareness of your body and specific muscles, improve the stability of your core, and increase your core strength. This plank variation is certainly harder than a static board, and variation is a great way to start your core conditioning. I appreciate how this exercise really emphasizes the connection of your core to your shoulders." —EncompassHow to do it:Start on a forearm plank with your forearms on the ground, your elbows directly under your shoulders, your hands facing forward so that your arms are parallel, and your eyes are parallel, spread out behind you. Place the tailbone and hook the core, butt and quadriceps. Swing your whole body forward a couple of inches so that your shoulders pass past your elbows into your hands. Back up a couple of inches. That's a repetition. Make sure you keep your core, butt, and quadriceps occupied all the time." This is one of my favorite basic exercises because it develops both the strength and stability of the core." —Juan Hidalgo, certified trainer and group fitness instructor in Los AngelesHow to do it:Put your toes in a set of gliders or towels and then get into a forearm plank your forearms on the ground, elbows directly under your shoulders, hands facing forward so that your arms are parallel, and legs extended behind you. Place the tailbone and hook the core, butt and quadriceps. This is the starting position. Push slowly with your forearms and elbows to slide gliders or towels into the wall behind you. Move as far as you can without losing the core commitment. Don't let your hips sink. Pull slowly with your arms and elbows to return to the starting position." This exercise activates the deep core muscles and obliques. The advantage with this one is that you also work your arms and back. This is an exercise that can be done in a hotel room, in your room, virtually anywhere, and you'll feel an instant burn." —Andrea Speir, Pilates expert and owner of Speir PilatesHow to do it:Start on a side board with your right hand on the floor, directly under your right shoulder, and your feet staggered so that your left is just in front of your right (as shown). You can also stack your left foot on top of your right. Involve your core and your butt. Let your left arm relax on your left side. Dip your hips to the floor and then lift them back up. This is a representative. Do all your repetitions on one side and then repeat on the other side." Many core exercises are performed on the floor, but it is also important to condition your core when standing, as this is how we use the core most throughout the day. This movement teaches you to maintain stability while engaging the core." —Rocky Snyder, CSCS, Rocky's Fitness Center in Santa Cruz, CaliforniaHow to do it:Stand with your left foot in front of your right so you're in a staggered posture. Expand your posture to make this position feel easier. Place your resistance band under your left foot and hold one end of the resistance band on each hand. Bend your left knee slightly and turn forward at your hip so that your core is compromised and your back is straight. With the arms fully extended towards the left foot, the band should have a slight tension. That's your starting position. Stand in line, pulling your hands toward your torso and keeping your elbows, forearms, and hands in line with your rib cage. Extend your arms to return to your starting position to complete the repetition. Do all your repetitions on one side, then switch so that the other foot steps forward." This is my core exercise because it's a full core exercise, which means you have to use all of your core muscle groups to do it and stay stabilized at all times." —HidalgoHow to do it:Lie on your back with your legs extended and arms extended above your head on the ground, keeping them close to your ears. He contracts his abs to press his lower back on the floor. This is the starting position. Point your toes, squeeze your thighs, squeeze your buttocks, and at the same time lift your legs and upper back off the ground, reaching your hands forward to meet your feet so that your body forms a V.Keep your core engaged as you slowly descend to return to the starting position." I love combining these two exercises into a killer core workout. This is an advanced movement, and I recommend cutting the repetitions if you start to feel pain in your back or hip flexors. I love this because it works, it's challenging, it can be done anywhere and it can be modified (keeping your knees bent at 90 degrees) if needed. For more advanced options, you can add a weight!" —Astrid Swan, celebrity trainer in Los AngelesHow to do it:Lie on your back with your legs extended and arms straight over your head, keeping them close to your ears. He contracts his abs to press his lower back on the floor. Point your toes, squeeze your thighs, squeeze your buttocks, and lift your legs off the ground. Lift your shoulders off the ground and keep your head in a neutral position so as not to strain your neck. Your legs and middle back should be off the ground, and you should be shaped like a banana with only your lower back and hips on the floor. This is the starting position, a hollow fastening. Stay in the hollow holding position for as long as you can, up to 10 seconds. Then raise your arms and legs so that they meet so that your body forms a V-hold for breathing, and slowly lower your back down to the hollow holding position." The rock of the hollow body works basically the entire core, the rectus abdominis, transverse abdomem and obliques. I love it because it's easy to progress, teaches you how to create tension throughout the body, and has a high drag on other exercises like push-ups and push-ups in terms of abdominal engagement, so you learn how to better engage your abs in all the exercises you do." —Albert Matheny, M.S., R.D., CSCS, co-founder of Soho Strength Lab in New York CityHow to do it: Lie on your back with your legs outstretched and arms straight over your head, keeping them close to your ears. He contracts his abs to press his lower back on the floor. Point your toes, squeeze your thighs, squeeze your buttocks, and lift your legs off the ground. Lift your shoulders shoulders the floor and keep your head in a neutral position so you're not straining your neck. Your legs and middle back should be off the ground, and you should be shaped like a banana with only your lower back and hips on the floor. This is the starting position. Slowly swing back and forth, keeping everything tight, to the point that your feet and hands almost touch the ground. If this is too difficult, put yourself in the starting position and just hold." This is an isometric retention in the most intense part of a sitting. What you're doing is working your abs by keeping them under constant tension. It's also a safe position [for your back to stay] because your tailbone is tucked in and your spine is elongated rather than compressed." —StokesHow to do it:Sit in your tailbone with your knees bent and your feet flat on the ground. Hold on to each leg just above the knee. Round your spine, tuck your tailbone in, and start lowering your back from your torso, as if you're going back after a sit-down. About halfway (as in the photo above), stop and hold. Keep your entire core and quads engaged. For an additional challenge, let go of your legs and just keep your arms in front of you." To train for a stronger core, we must be in positions that require the core to actually play its role and allow segments of the body to communicate and coordinate with another. That means we need to stand and move, bend, turn and tilt. We need to move in three-dimensional space." —SnyderHow to do it:Stand with your feet together and the band spinning under your left foot. Hold one end of the band in your right hand so that when you stand, with your arm next to you, there is tension in the band. (The other end of the band may simply lie on the floor or you can hold it loose in your left hand.) Change so that all your weight is on your left foot. Hinge on your hip and tilt forward, allowing your right foot to approach directly behind you as you turn forward, eventually bringing your chest parallel to the floor. Keep your core engaged to help with balance. As you rotate, it naturally allows your right arm to fall to the ground, creating less tension in the band. Return your right foot to the ground to return to your starting position. Do all the repetitions on one side, then repeat on the other side." This is one of those movements that really helps me mentally connect with my core. You have to stay present, engaged and aware the whole time you do it or you can let your lower back take the brunt of the job. It keeps you super honest about your movement or you'll feel it in your lower back. And you can use all kinds of things for the team for this. You can do a TRX knee display, you can use sliding discs, you can use a sheet tray on the lawn, you can do it in a reformer or Megaformer if you have access to one, you can use the old-school abdominal roller, etc. It specifically works the stabilizing muscles of the abs and shoulders, and it's super challenging!" —Shauna Harrison, Ph.D., yoga trainer and instructor in CaliforniaHow to do it: Start on all fours with a glider or towel under each hand. Squeeze your core and tuck in your tailbone so that your back is flat, as if you were making a board of your knees. This is the starting position. Slowly push your hands in front of you, keeping your arms straight. Slide as far as you can while keeping your torso in a board position. Press on the floor and pull your arms back to return to the starting position." This movement is so good at activating your core, and it's also a fun way to mix in cardio. As you swing back and forth, think about controlling everything from your abs." —SpeirHow to do it:Sit high with your knees bent and your feet resting on the floor. Wrap your arms around your legs and hold on to the outside of your ankles. Curl your head and chest forward toward your knees. Collect your core muscles deeply, then roll your body back until your shoulders touch the ground. Don't roll so far that your neck or head touches the ground. Go back up to a sitting position." This exercise hits the lower abdominal area and is also a great exercise to strengthen and lengthen the hip flexors, which play a vital role in the stability and strength of the core. It's going to help with your hip mobility, which will help with all the different areas of your fitness journey, not just strengthening your abs. It's very that people have tight hip flexors, especially if you're sitting at a desk all day, so adding them will help your flexibility in that area." —Emily Jacques, Master Trainer at Burn 60How to do it:Lie on your back with your legs extended and hands on your sides or tucked under your hips for extra support. Slowly lift your legs, keeping them together and as straight as possible, until the soles of your shoes are oriented towards the ceiling. Then slowly lower your legs down. Don't let your feet touch the ground; instead, keep them floating a few inches away. That's a repetition. While doing this movement, be sure to keep your lower back on the ground. If you're having a hard time doing that, don't lower your legs that far." I love these because the focus is on the strength to resist other forces as you try to move your trunk. These improve overall motor control and your ability to accelerate and decelerate by changing direction quickly." —ChristoffersonHow to do it:Start on all fours with your hands stacked under your shoulders and your knees stacked under your hips. Raise your knees slightly off the ground. Keeping the butt low, extend the right leg below the torso, turning the body to open it to the left side. Hold your left arm in front of you (as shown). When you start to feel comfortable with movement and want an extra balance challenge, extend your arm out to hit your right foot. Return to the starting position and repeat on the other side." This is a really good exercise if you have back problems, a separate abdominal wall, or just a difficult time to really connect with your core. I call this a 'central connector'. It's one of the first things I do when I wake up in the morning; I do it while I'm literally lying in bed to connect with my core and put my lower back in a safe place. And then I lowered my legs and made some bridges." —StokesHow to do it:Lie on your back with your legs raised in a table position (your knees bent 90 degrees and stacked on your hips). He contracts his abs to press his lower back on the floor. Creak just a few centimeters and place your hands on the front of your quads. Drive your quads into your hands while pressing them simultaneously. There must be no visible movement in your body, but you must feel the battle and the intense tension in your core." I can specifically feel my oblique muscles working in this exercise and I love the tangible feeling of getting stronger." —LyonsHow to do it:Sit up straight with your legs bent, your feet resting on the floor. Keeping your legs together, slowly lift them off the ground until they form a 45-degree angle to your torso. Involve your entire core, keep your back flat and balance your tailbone. You can keep your knees bent (as shown in the picture) or straighten them for greater challenge. Extend your arms directly in front of you, parallel to the ground. If you feel you need some extra support, place your hands on the floor, under your hips. From here, squeeze your hands in front of you and turn your waist to the side, swinging your arms to the same side as if you had an oar in your hands and were paddling. Immediately turn to the opposite side and repeat the same arm movement. Continue to alternate sides." I love this movement because starting from a fully extended position requires you to engage much more in the core and use less momentum to get up from the ground. The additional challenge in this one is keeping the heels on the ground." —ChristoffersonLie face up with his arms extended above his head, resting on the ground. Float your arms up so that your wrists are directly over your shoulders and begin to slowly curve your spine up and to the ground, starting with your shoulders and ending with your lower back. Lie down in a sitting position and then continue to bend your torso over your legs, keeping the core tight all the time. Reverse the movement to roll back to the ground, going down from the lower back to the shoulders. That's a representative." I love this movement because it's a real abs burner, getting the rectus abdominis, but also working on the obliques as you get through your body. It can also be modified, so if you're right at the beginning of strengthening your abs, you can take it into a crisp one-legged reach and make your way to that full sit-in. Before you know it, you'll have mastered the one-arm, one-legged combo, and you'll be working on full V-ups, both arms and legs at the same time!" —JacquesHow to do it:Lie on your back with your legs extended and your arms at your sides. He contracts his abs to press his lower back on the floor. This is the starting position. Squeeze your thighs together, squeeze your buttocks, and at the same time lift your left leg and upper back off the ground, extending your right hand forward to meet your left foot. Your torso and left leg should form a V.Keep your core engaged as you slowly descend to return to the starting position. Repeat with the opposite leg and arm. Continue to alternate sides." A plank with taps on the it's one of my favorite basic exercises because it brings variety and challenge to regular planking. It's a difficult exercise to execute and if done right (without swinging your hips), it has a high impact on central engagement that comes from different angles as you switch which side you touch from." —Louise Green, plus-size coach, athlete, author of the book Big Fit Girl and SELF columnistHow to do it:Start in a high plank position with your palms flat on the floor, shoulder-width hands, shoulders stacked directly on your wrists, legs extended behind you, and committed core and buttocks. Touch your right hand toward your left shoulder while involving your core and buttocks to keep your hips as still as possible. Try not to rock on your hips. Do the same with your left hand on your right shoulder. Continue to alternate sides. Sides.

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