

スタジオ直後に、たった8分のウェイトトレーニング
抜群の引き締め効果あり!!

5-ONE-ALL

ファイブ・ワン・オール

A person is shown using the 5-ONE-ALL exercise machine, which is a compact, multi-functional fitness device. The machine is white and black, with a person seated on it, demonstrating its use. The machine has various adjustment points and a display screen.

