

My leisure time

They say that the way people spend their leisure time reflects their character. I can agree with it. Speaking about my personality, I am an easy-going and open-minded person, and I feel elated when I am with my friends.





with my friends is always fun



We cool rest together outdoors



I like to watch movies, TV shows

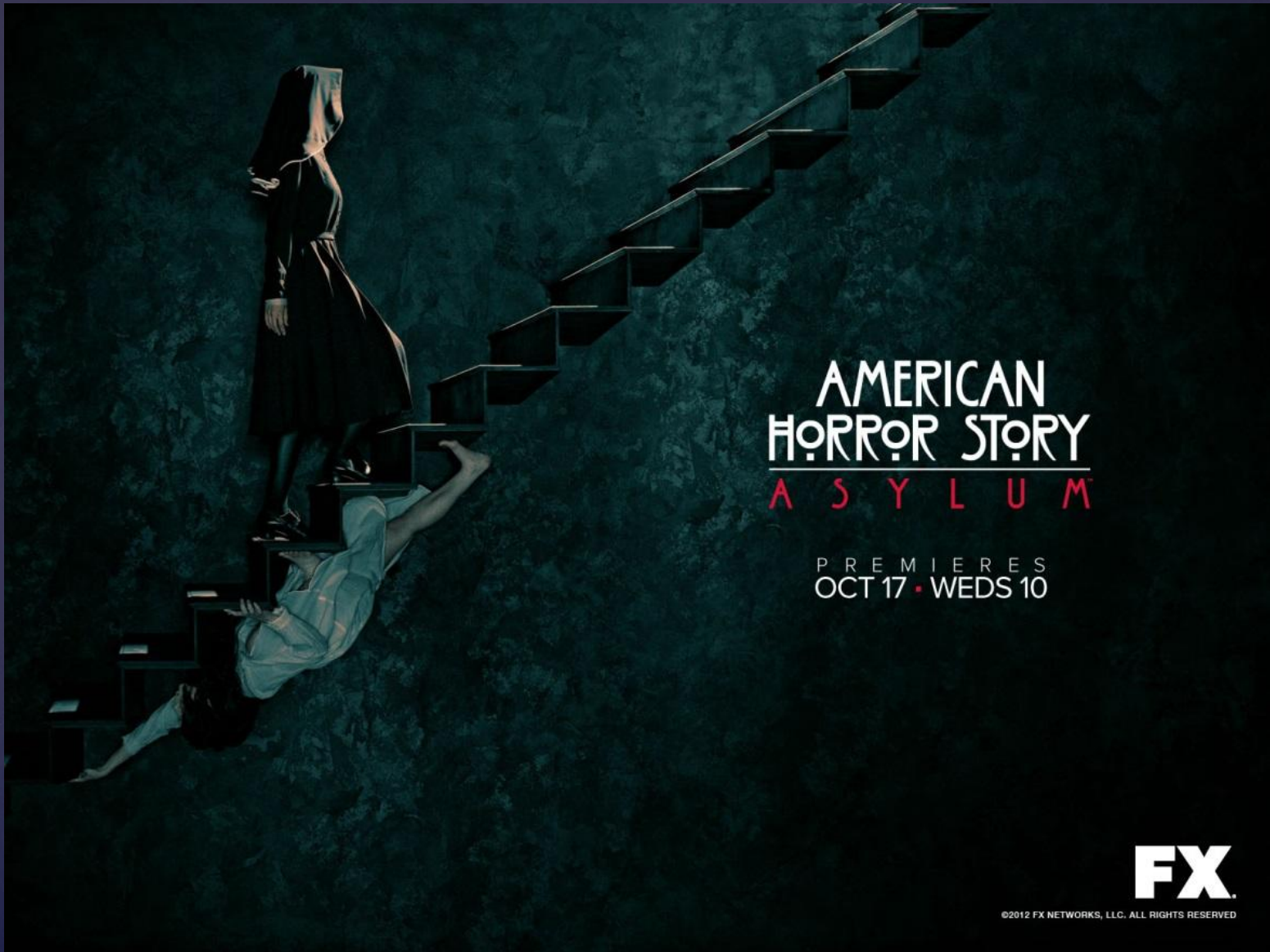
F.R.I.E.N.D.S





SinempSenemp

the Vampire Diaries



AMERICAN  
HORROR STORY  
ASYLUM

PREMIERES  
OCT 17 • WEDS 10

**FX**

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# SCREAM QUEENS

Are you strong enough to carry your secrets?



# Pretty Little Liars

RETURNS JANUARY 12  
TUESDAYS 8/7c

**FREEFORM**  
THE NEW NAME FOR  
**abc family**

# GOSSIP GIRL





**TEEN  
WOLF**  
season 4



When I have free time I do not forget about sports









**30**  
TIJERAS  
LATERALES

**30**  
SENTADILLAS  
DE SUMO

**30**  
LEVANTAMIENTOS  
LATERALES

**40**  
CRUCE HORIZONTAL  
DE PIERNAS

**30**  
LEVANTAMIENTOS  
DE PIERNAS

**20**  
CODO CON  
RODILLA CRUZADA

**20**  
PESO MUERTO CON  
UNA PIERNA

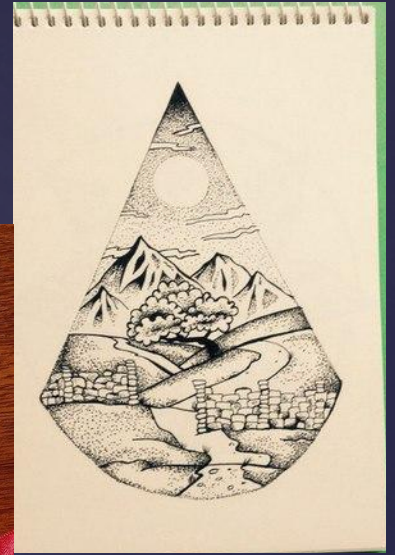
**20**  
PASOS ESCALONADOS  
CON RODILLAS

**20**  
PATADAS DE CABALLO  
CON CADA PIERNA

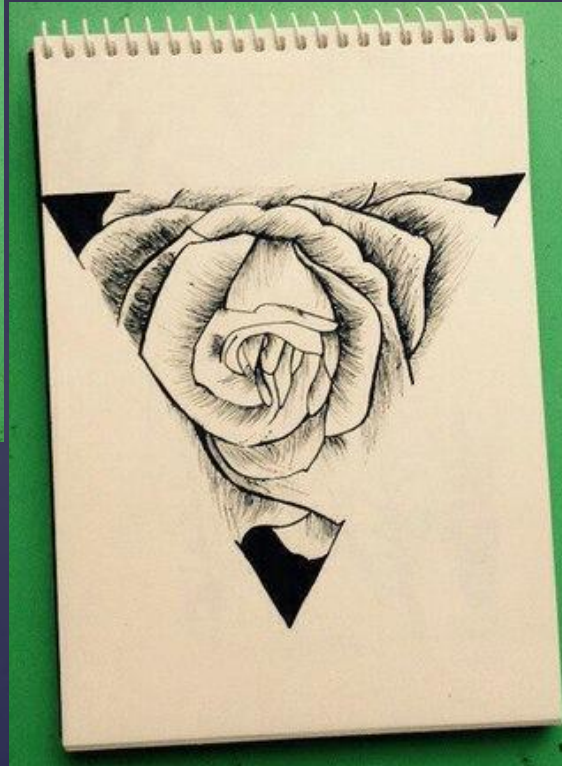
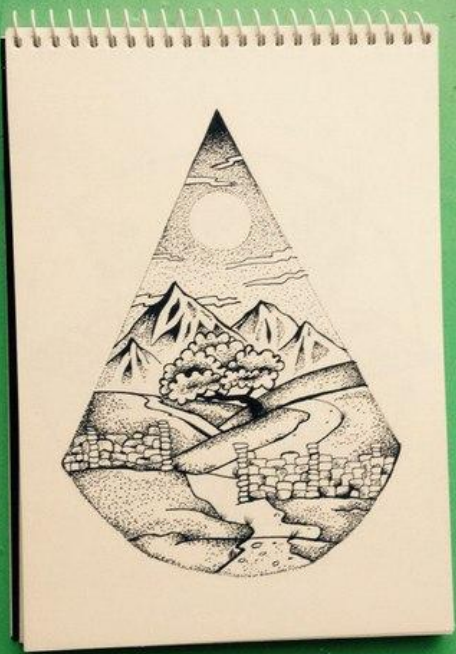
**10**  
SENTADILLAS

**20**  
PATADAS  
ALTERNADAS

**10**  
DESPLANTES  
CON CADA  
PIERNA

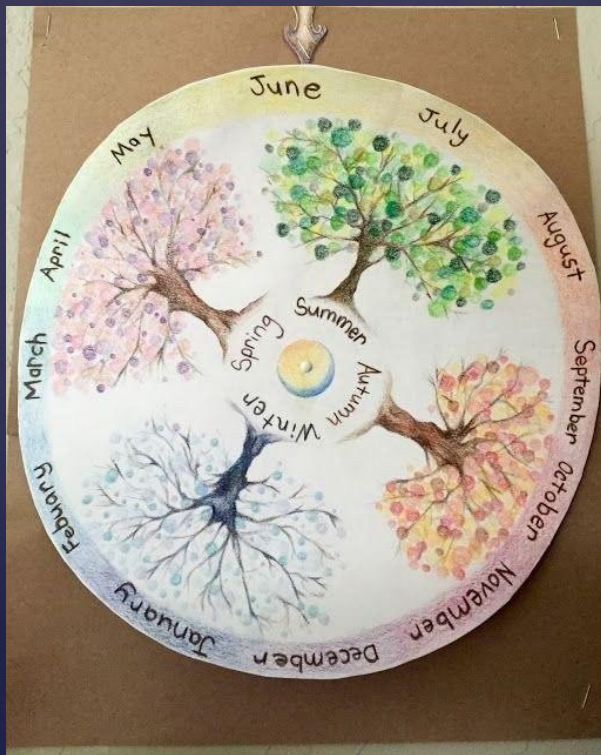
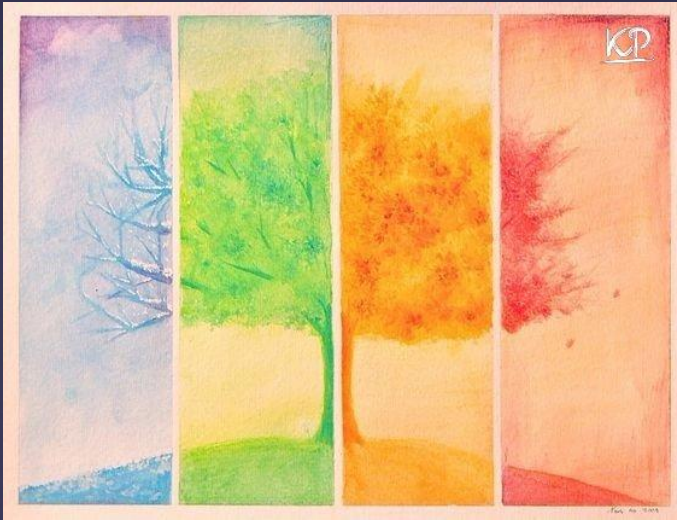


I am a creative person and love doing little things



drawing pen





Paint colors



Quilling work



and much more ...

And I spend my free time)