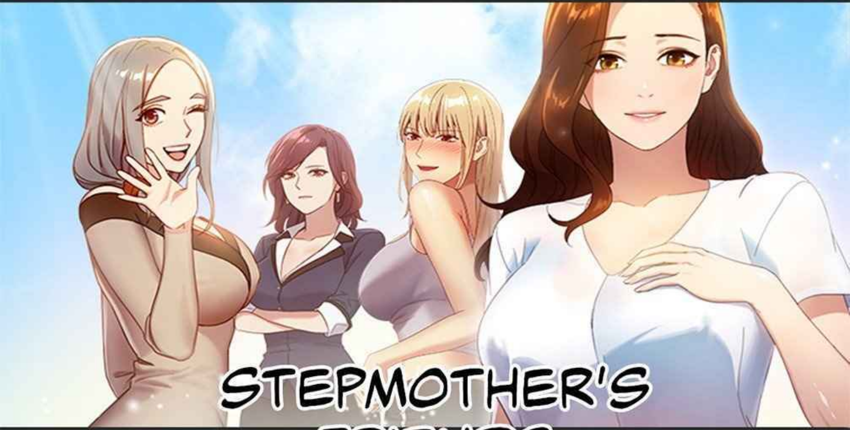
復讐を希う最強勇者は、闇の力で殲滅無双する
Fukushuu No Yuusha



STEPMOTHER'S FRIENDS

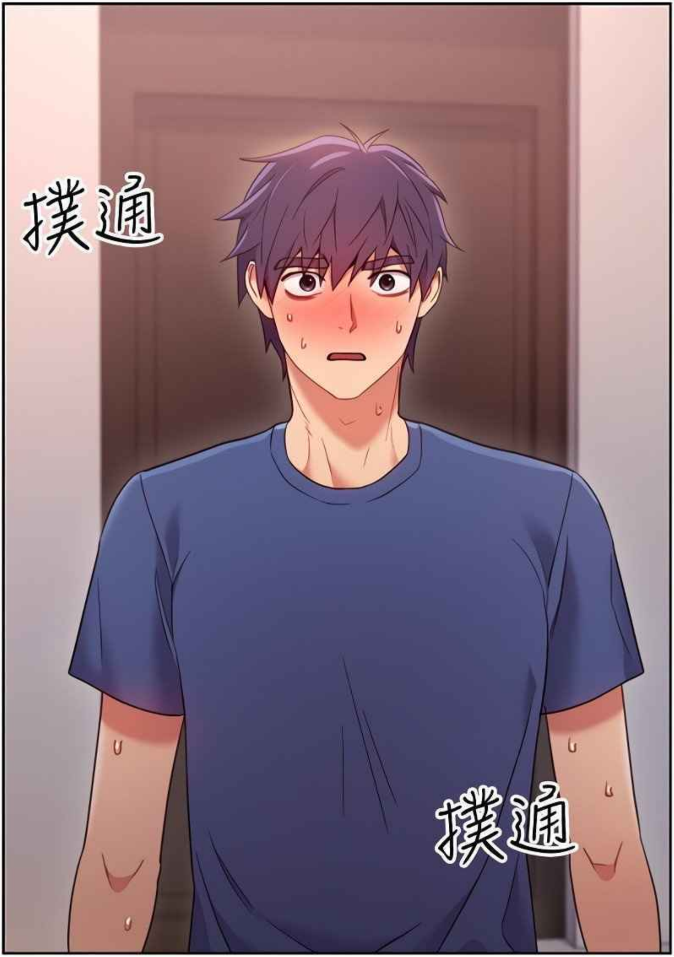
LIS TOUS TES WEBTOONS GRATUITEMENT
SUR CESTDU9.COM

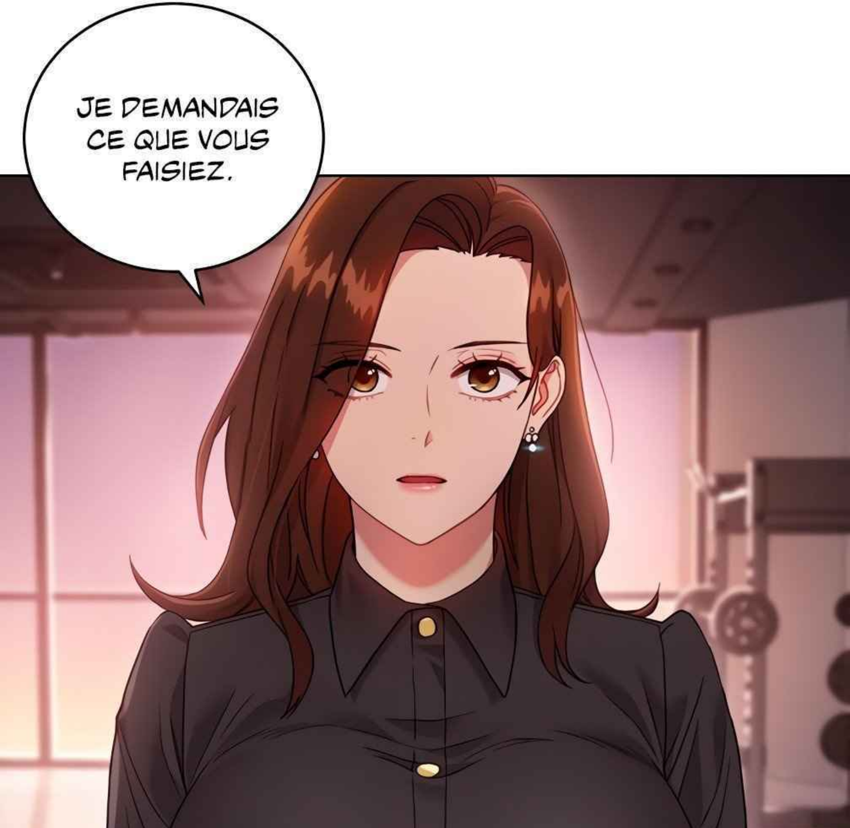
LIS TOUS TES WEBTOONS GRATUITEMENT
SUR CESTDU9.COM

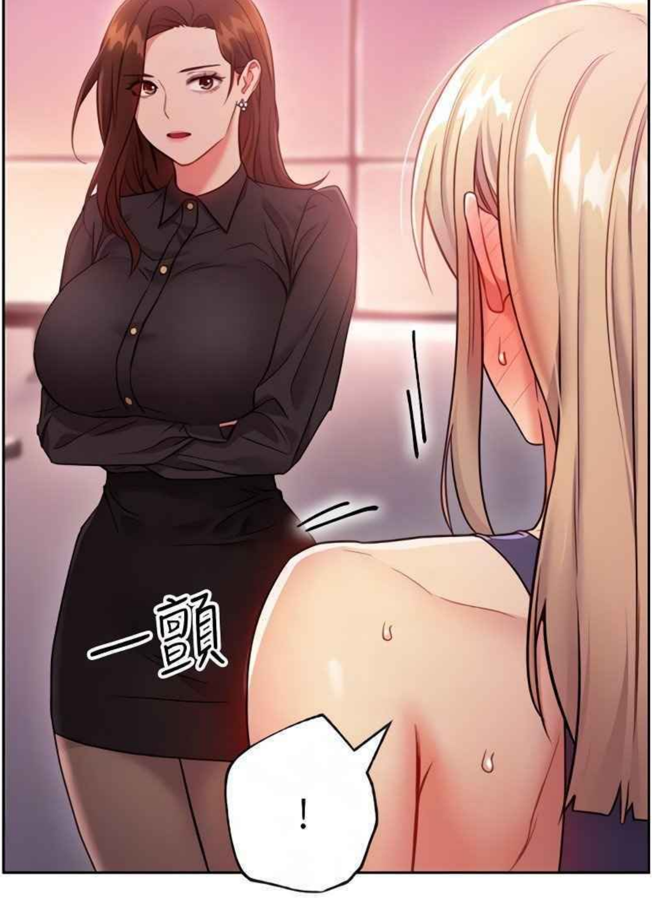
새엄마의 친구들

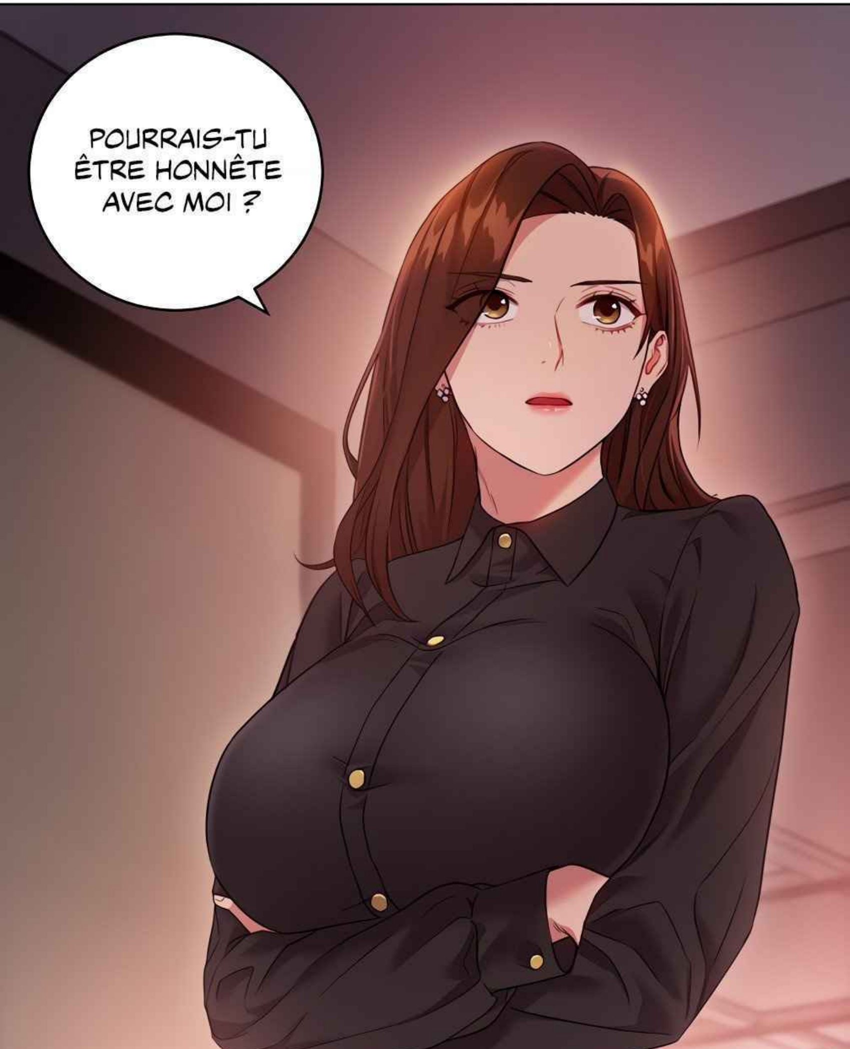
PIPI TRAD
CESTDU9.COM

글 목베개
제작 red-A

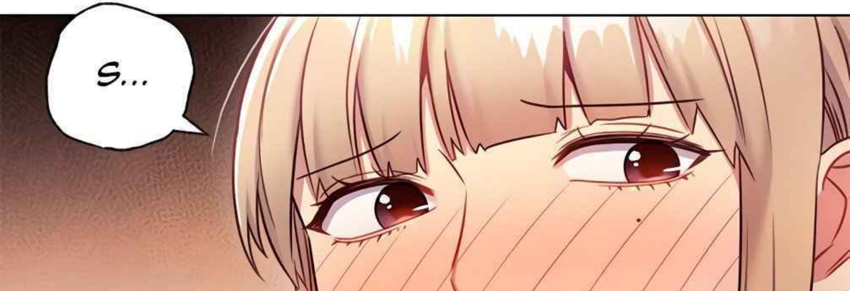


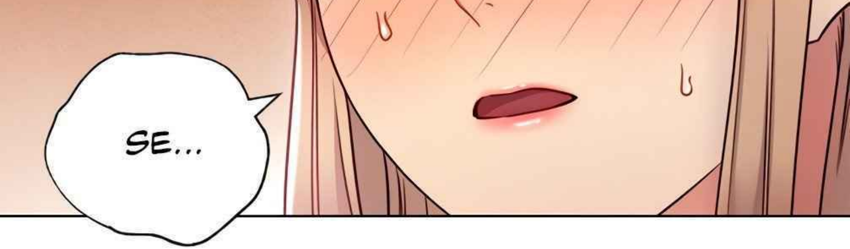

JE DEMANDAIS CE QUE VOUS FAISIEZ.

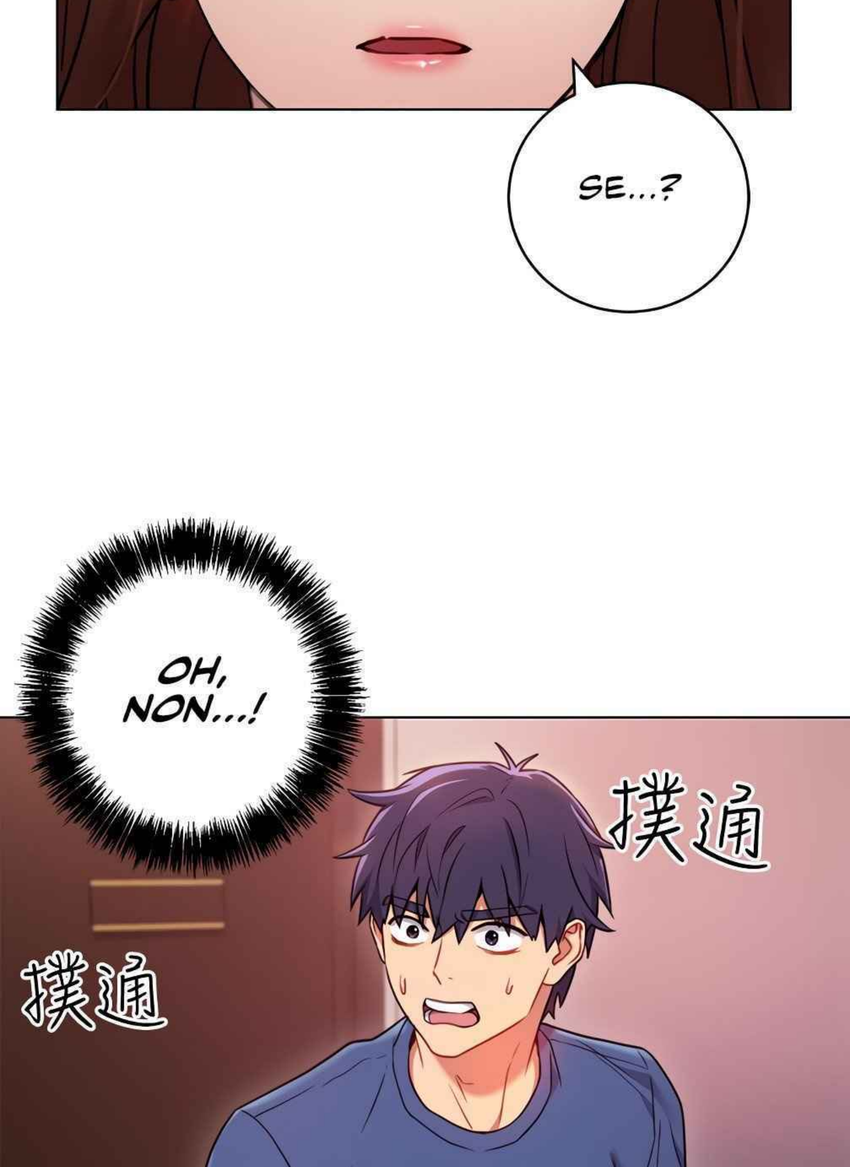


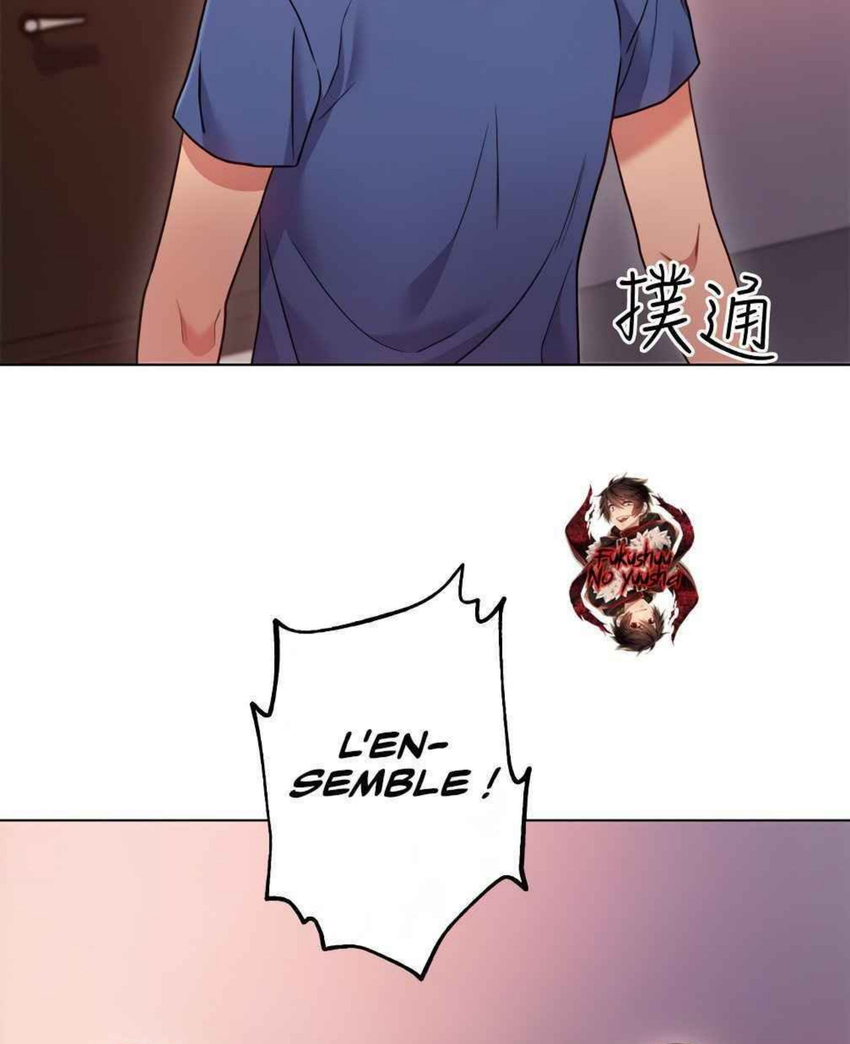

POURRAIS-TU ÊTRE HONNÊTE AVEC MOI ?

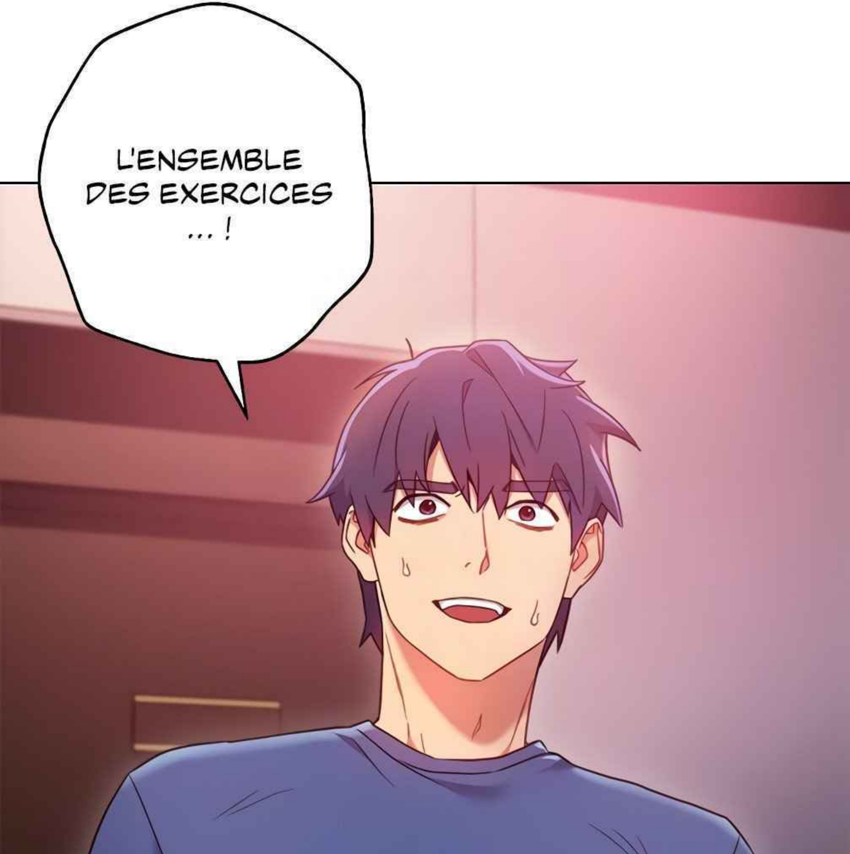
Fukushuu
No yuusha

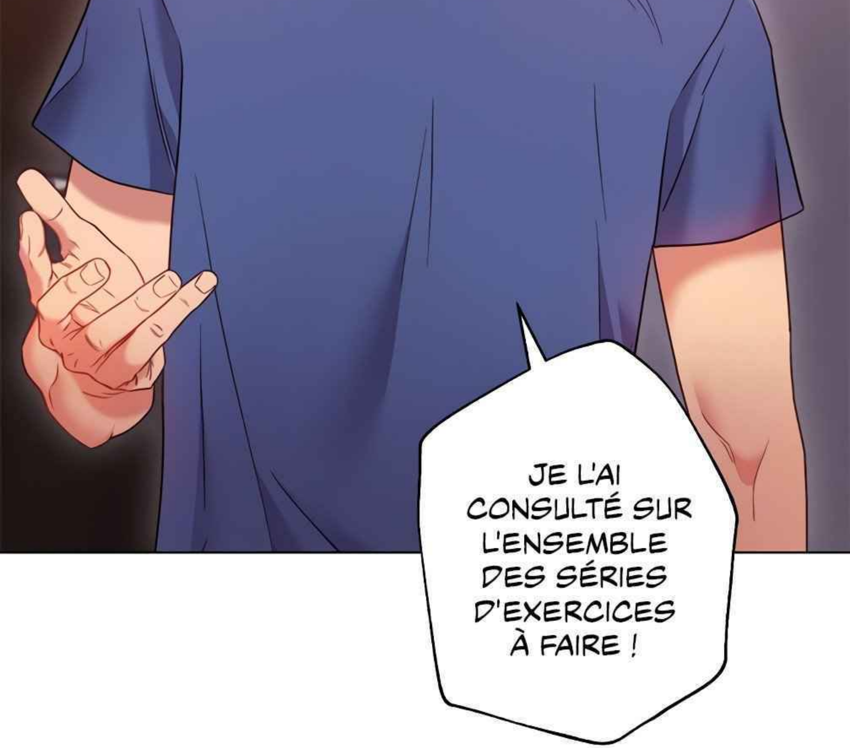


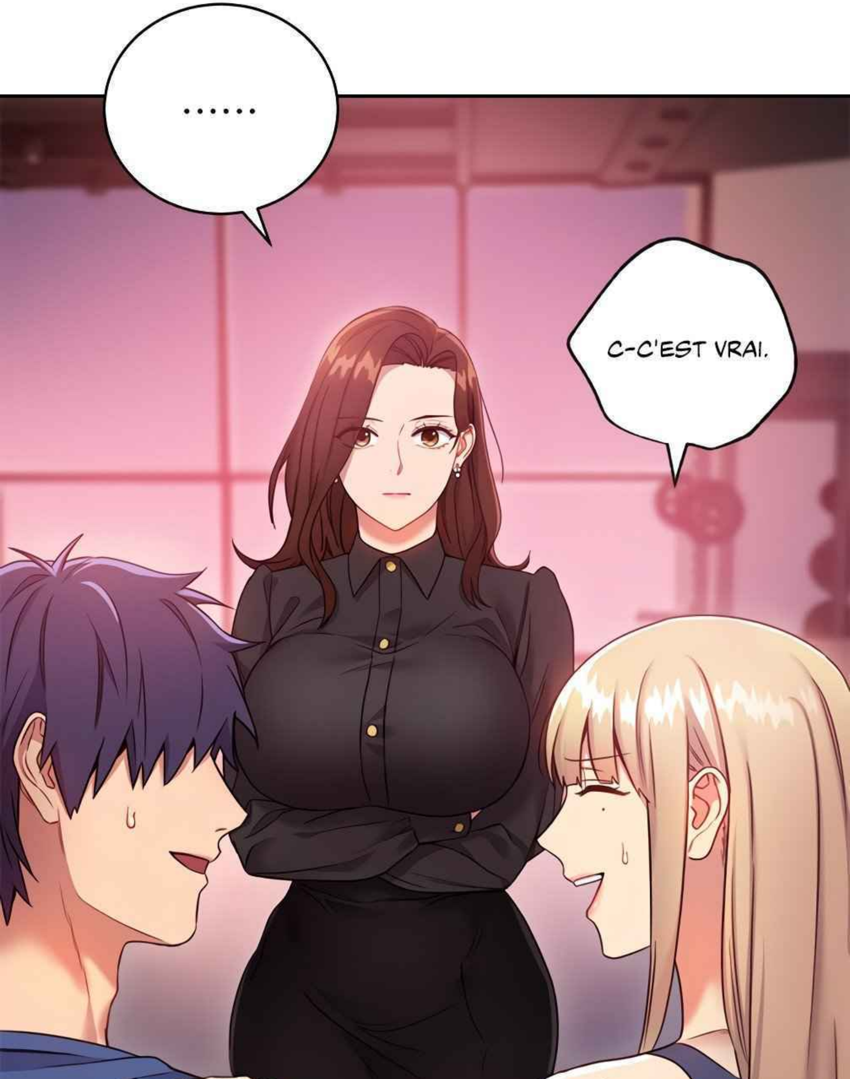



SE...?
OH, NON...!
撲通
撲通

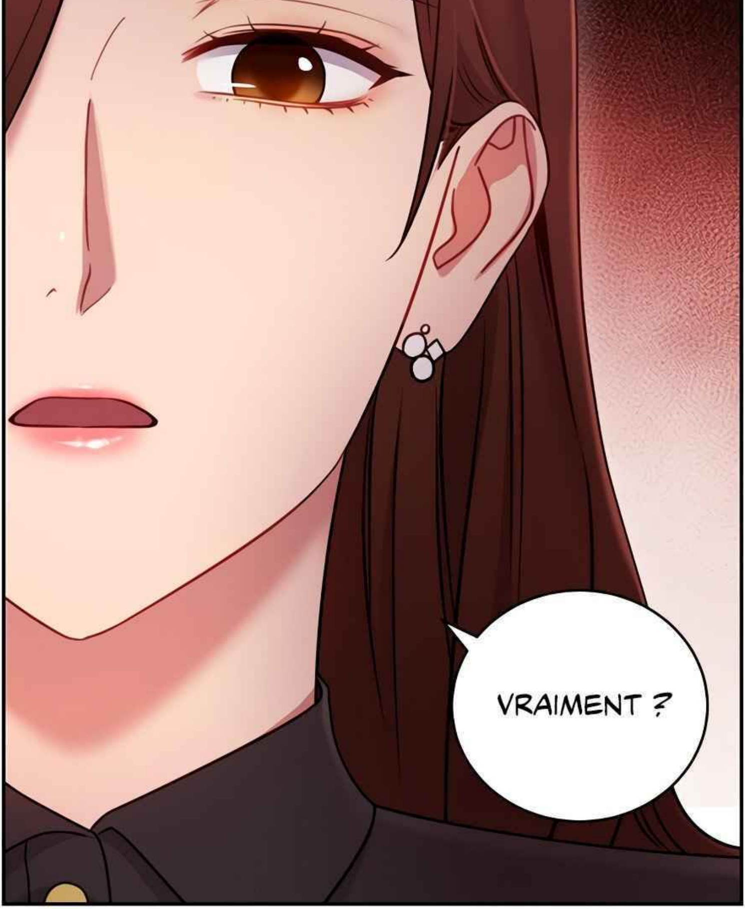

撲通
L'EN-SEMBLE !

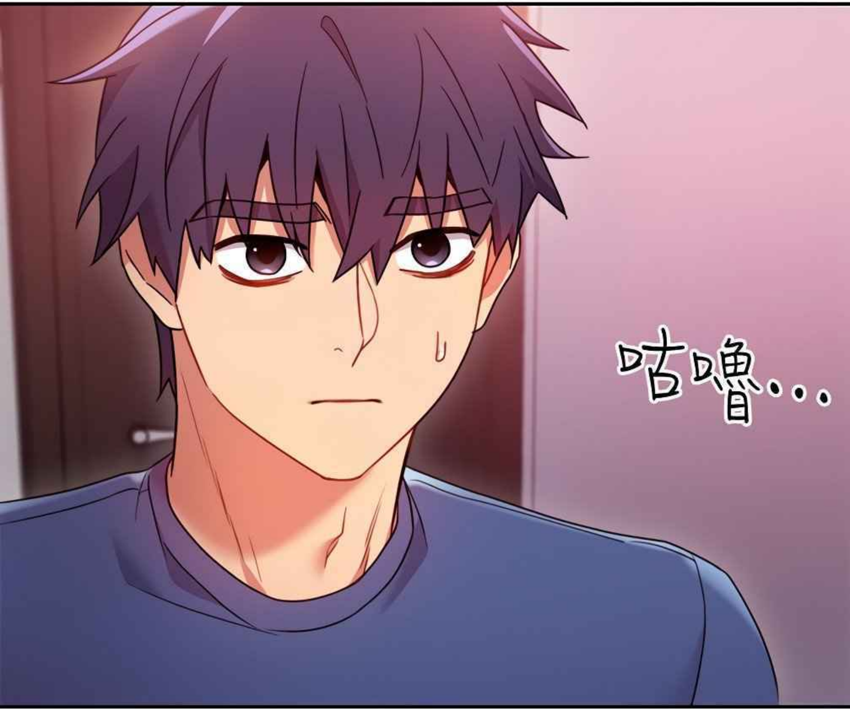

L'ENSEMBLE DES EXERCICES ... !


JE L'AI CONSULTÉ SUR L'ENSEMBLE DES SÉRIES D'EXERCICES À FAIRE !

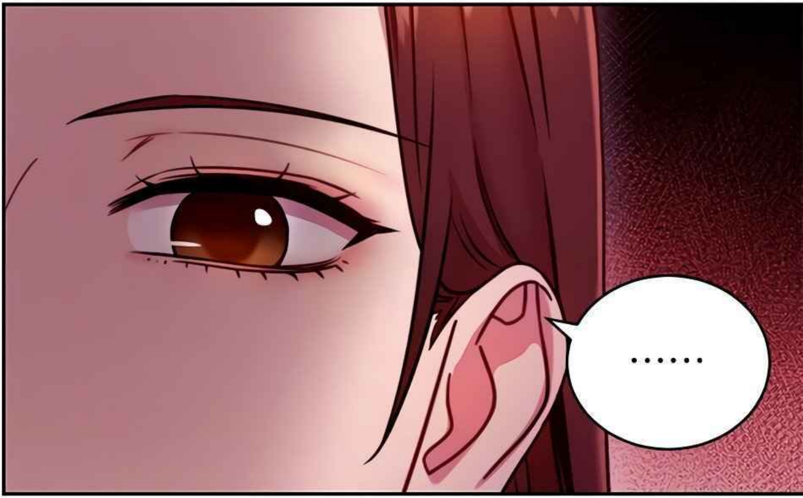


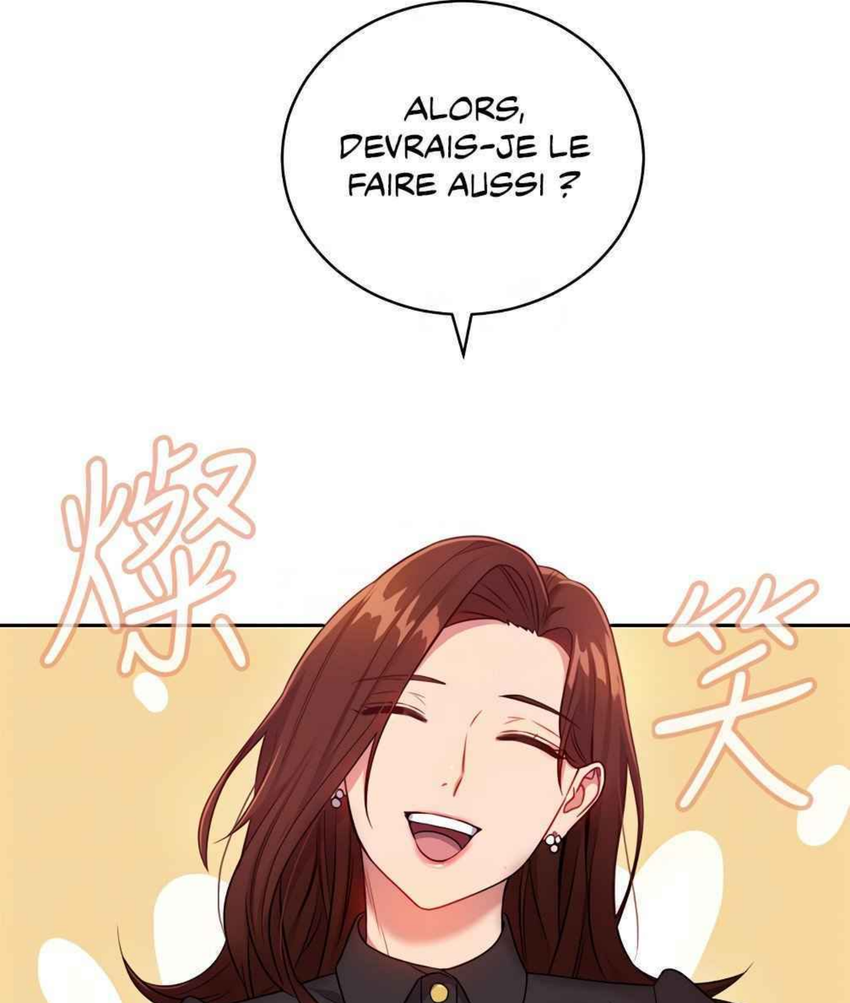
IL ME CONSULTAIT PARCE QU'IL A DÉCIDÉ DE COMMENCER À S'ENTRAINER AUJOURD'HUI.

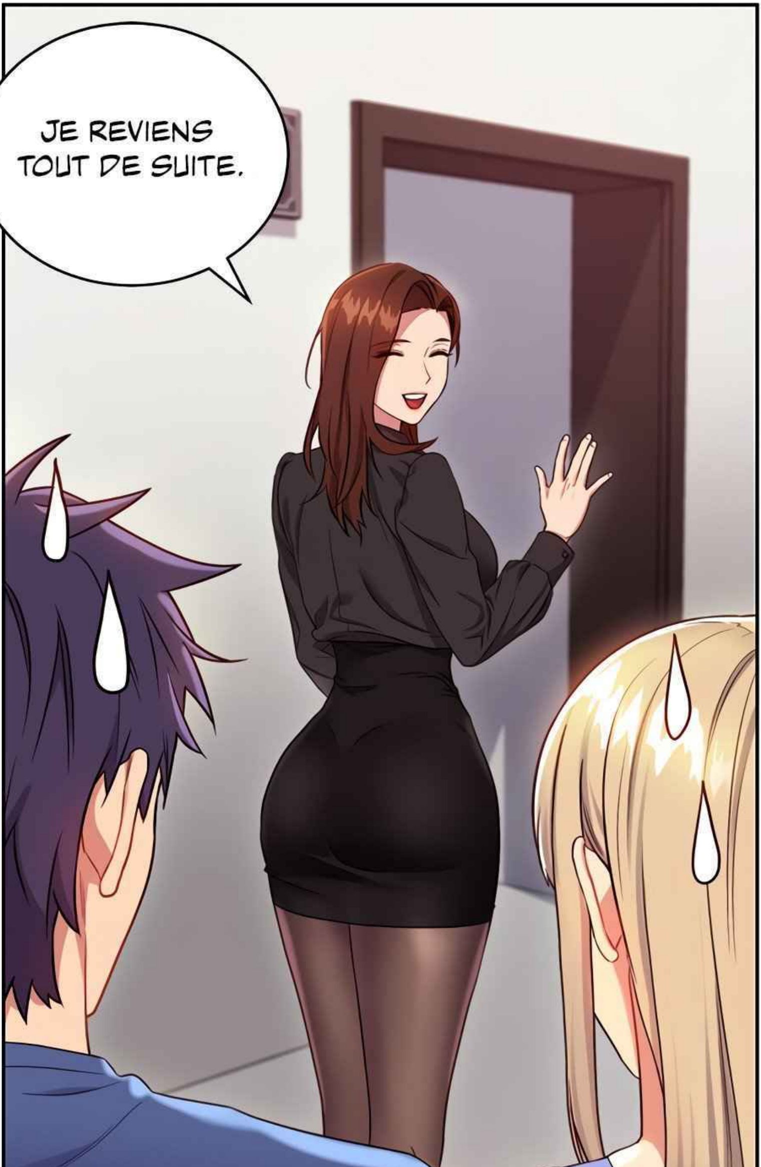


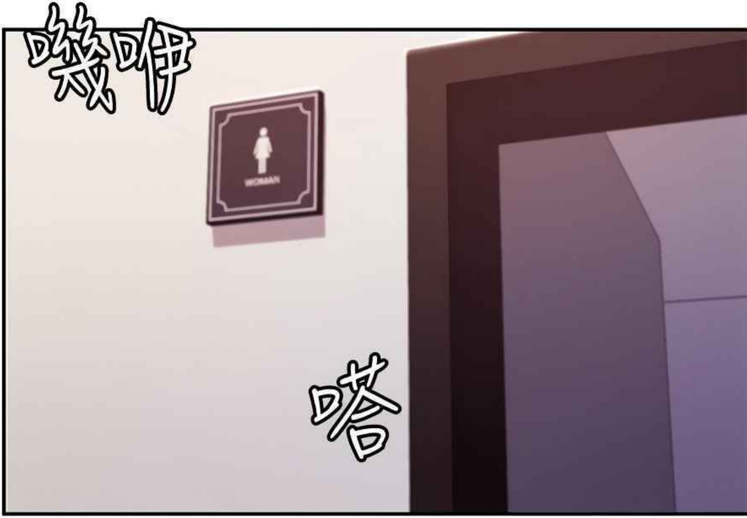


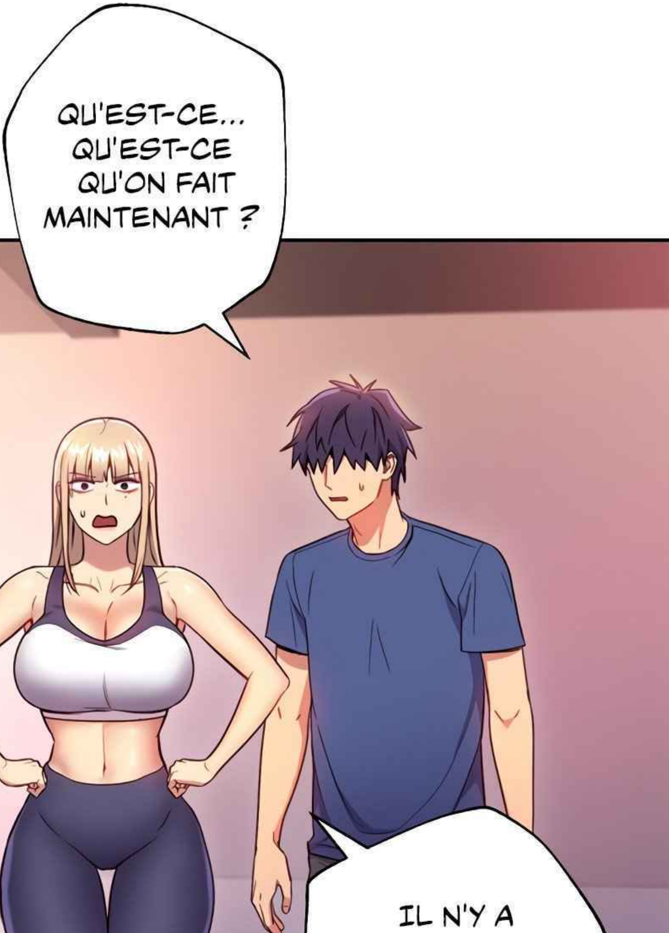
Fukushuu
No yuusha

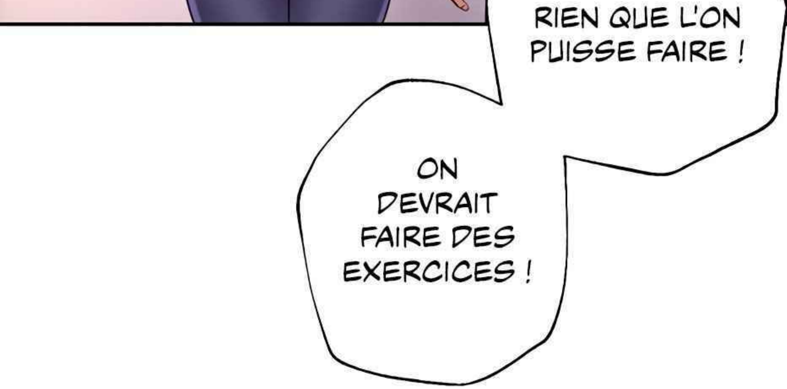


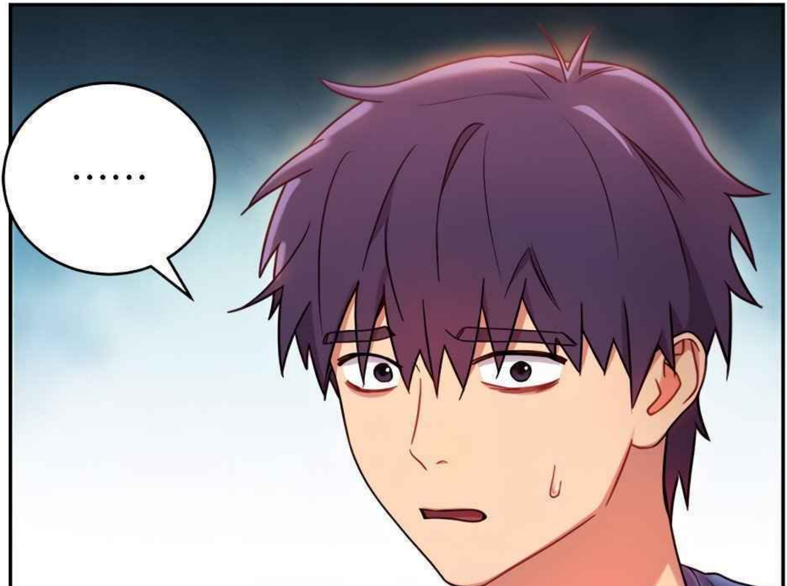

ALORS, DEVRAIS-JE LE FAIRE AUSSI ?
爆笑


JE REVIENS TOUT DE SUITE.

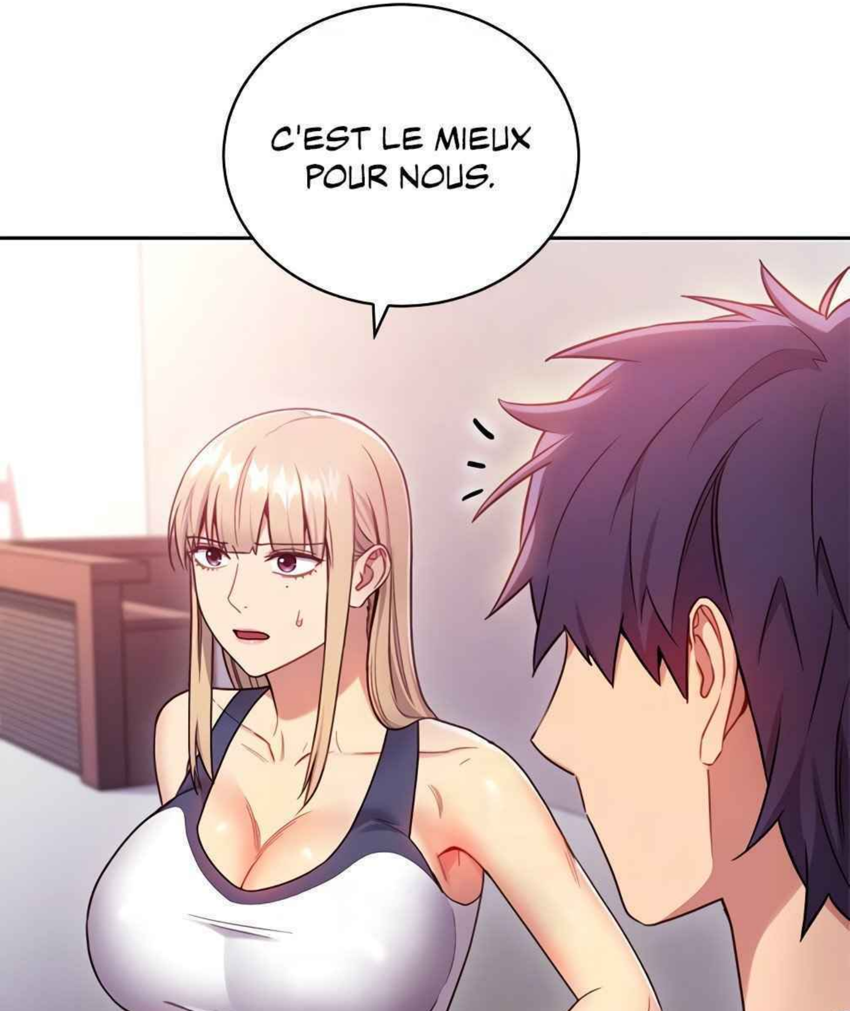


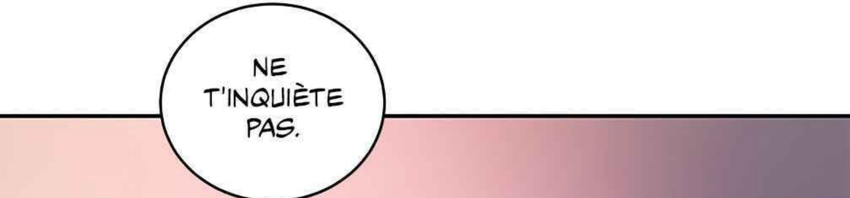

QU'EST-CE... QU'EST-CE QU'ON FAIT MAINTENANT ?
IL N'Y A

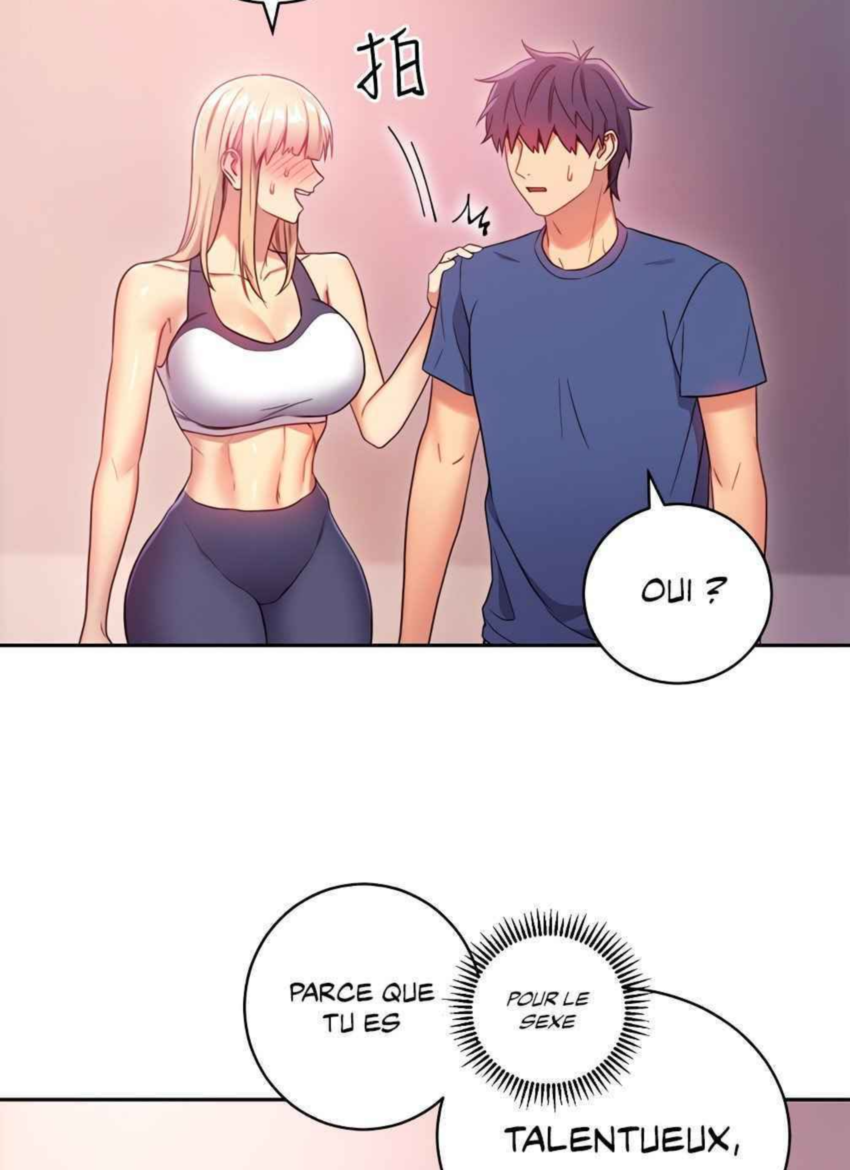

RIEN QUE L'ON PUISSE FAIRE !
ON DEVRAIT FAIRE DES EXERCICES !

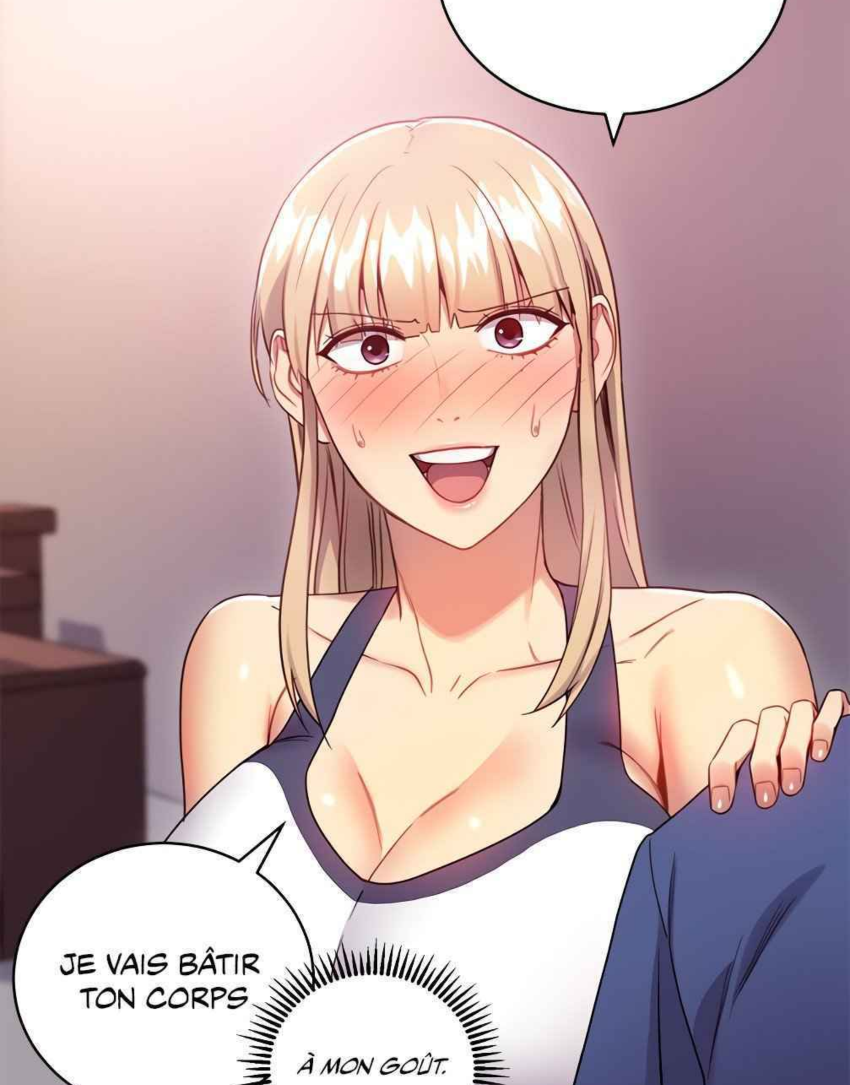


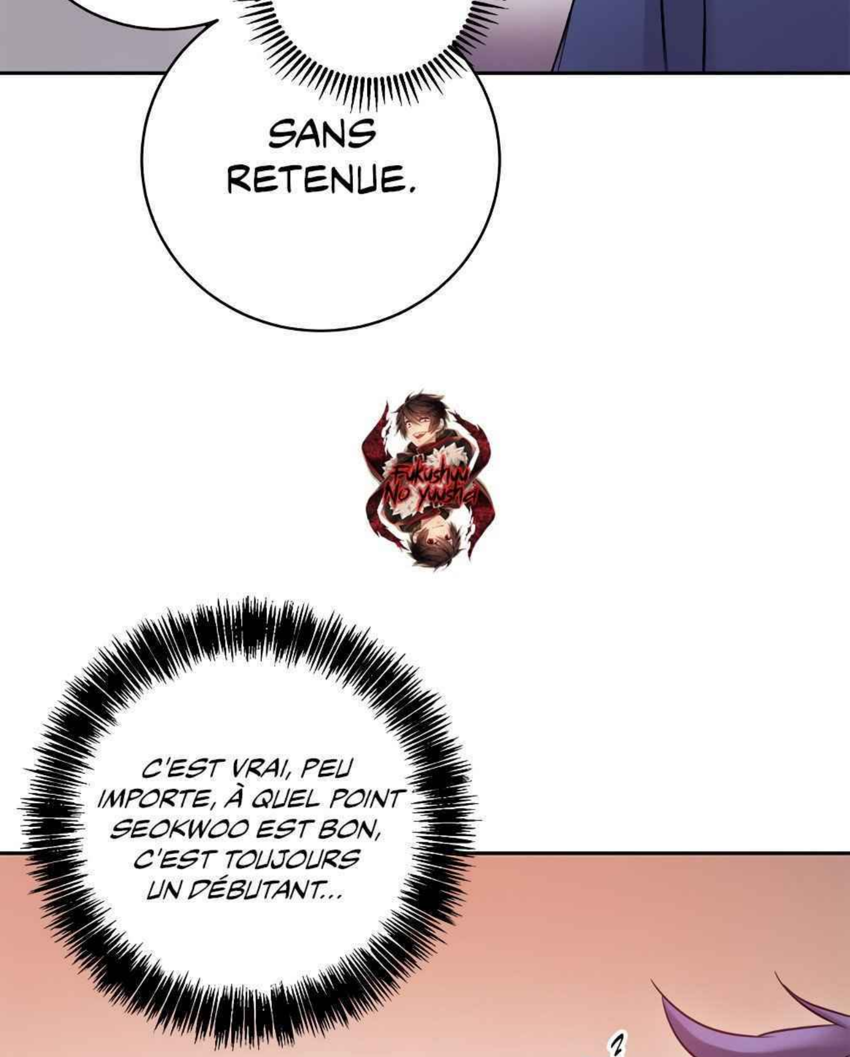
JE NE VEUX PAS M'ENTRAINER, MAIS...

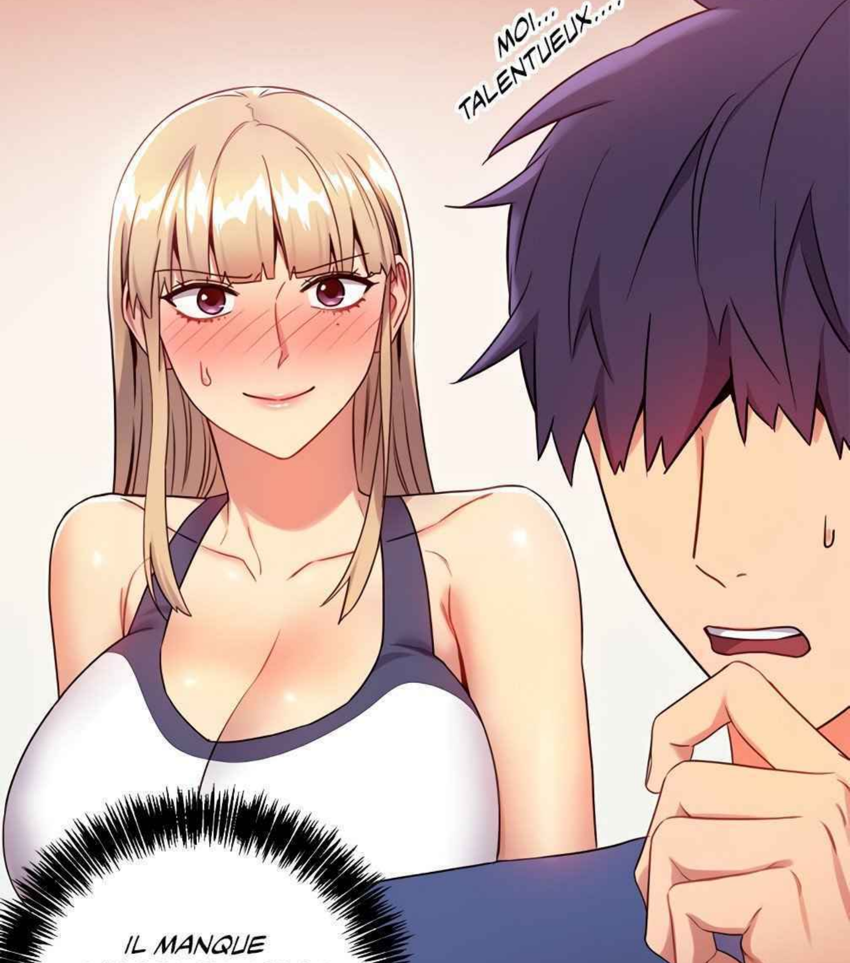

C'EST LE MIEUX
POUR NOUS.

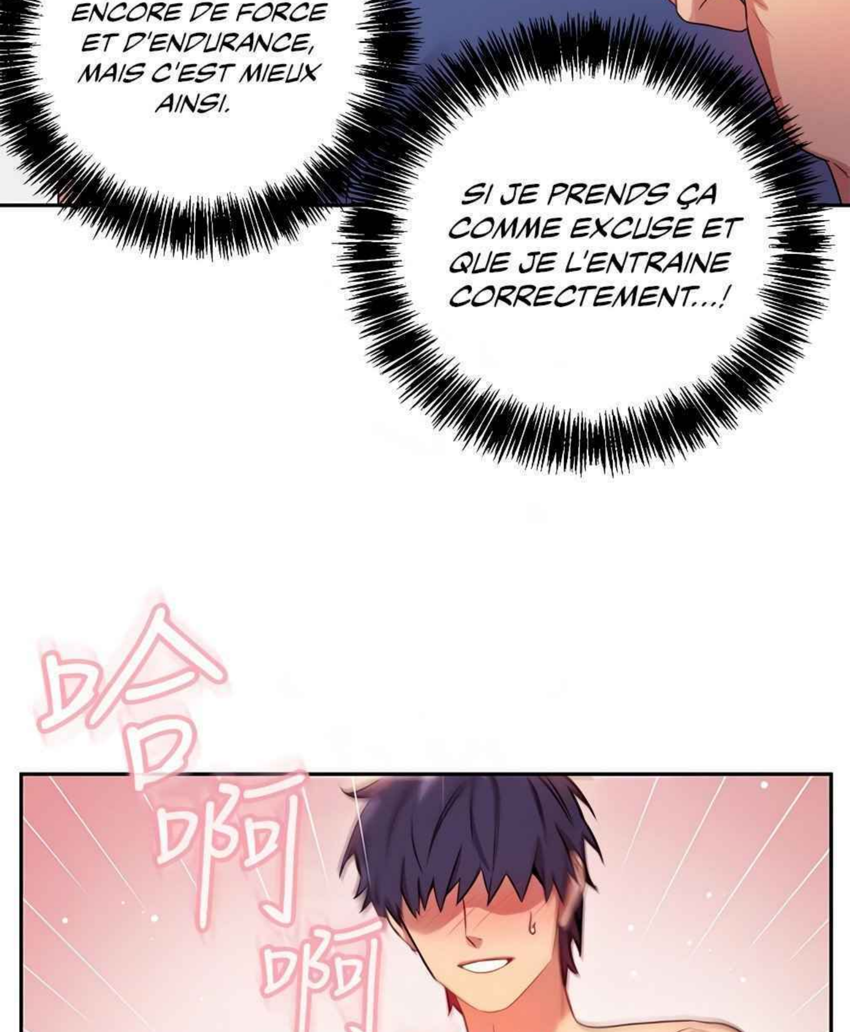

NE T'INQUIÈTE PAS.


拍
OUI ?
PARCE QUE TU ES
POUR LE SEXE
TALENTUEUX,

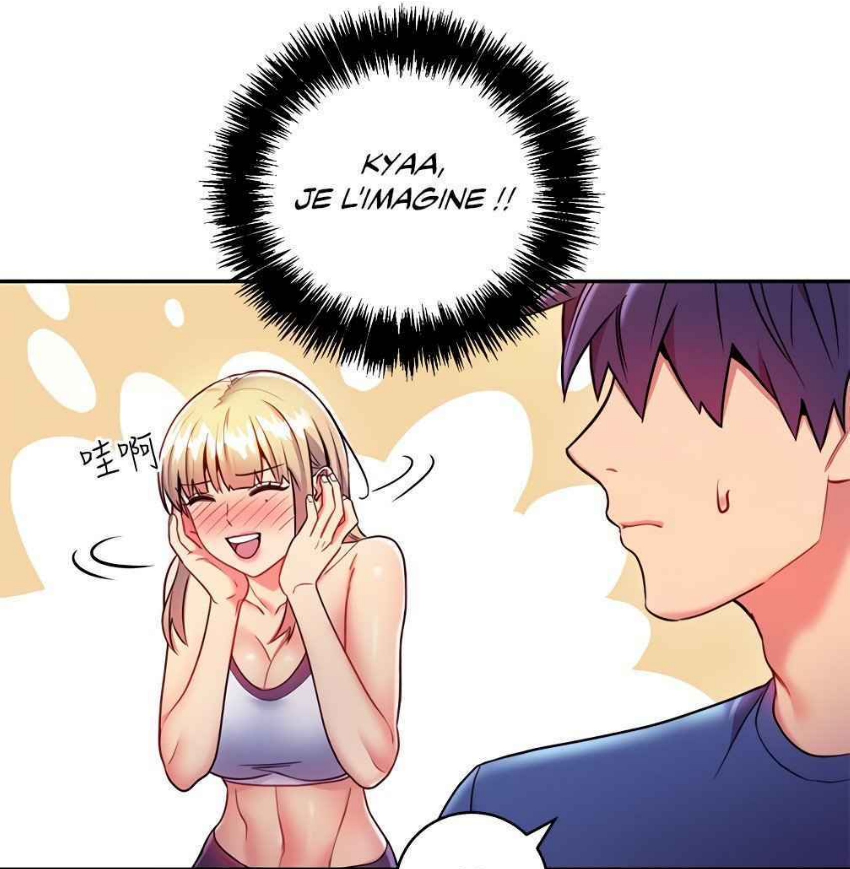

JE VAIS BÂTIR TON CORPS
À MON GOÛT.


SANS RETENUE.
C'EST VRAI, PEU IMPORTE, À QUEL POINT SEOKWOO EST BON, C'EST TOUJOURS UN DÉBUTANT...

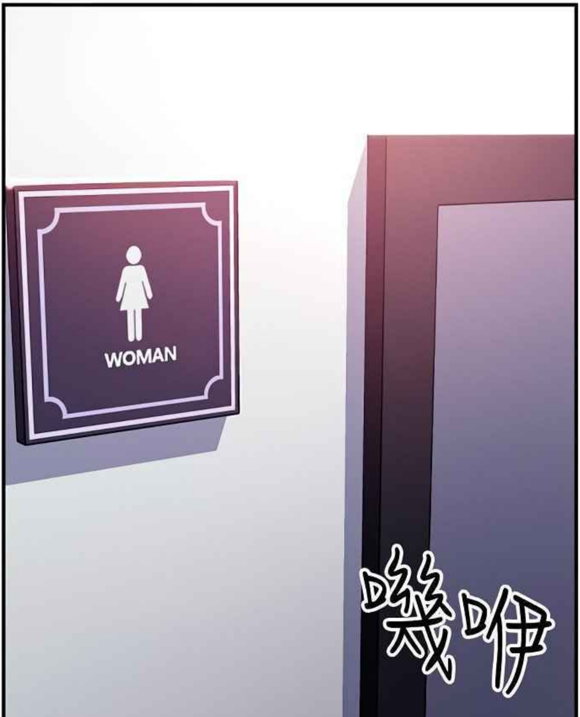

MOI... TALENTUEUX....
IL MANQUE

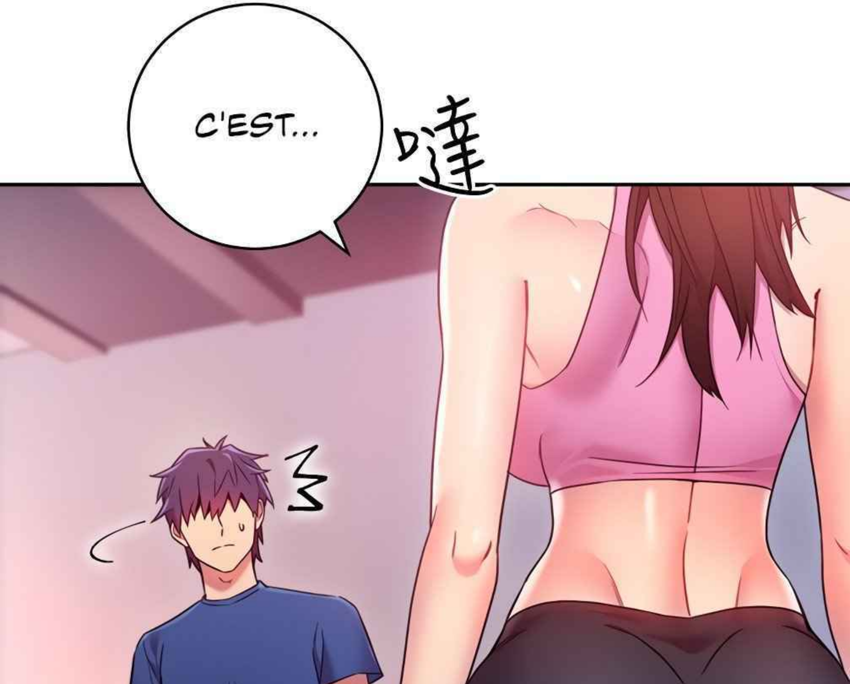

ENCORE DE FORCE ET D'ENDURANCE, MAIS C'EST MIEUX AINSI.
SI JE PRENDS ÇA COMME EXCUSE ET QUE JE L'ENTRAINE CORRECTEMENT...!
哈啊啊

啊
太爽了
MHM...

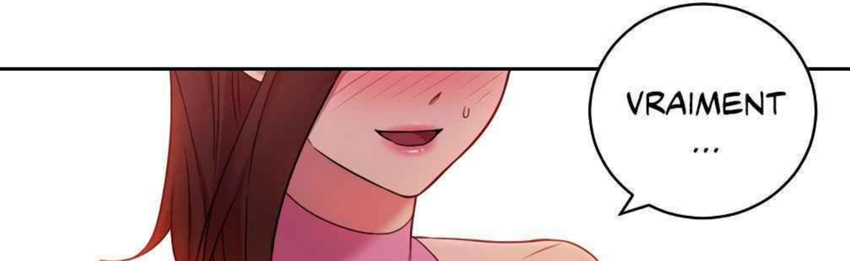

KYAA,
JE L'IMAGINE !!
哇啊

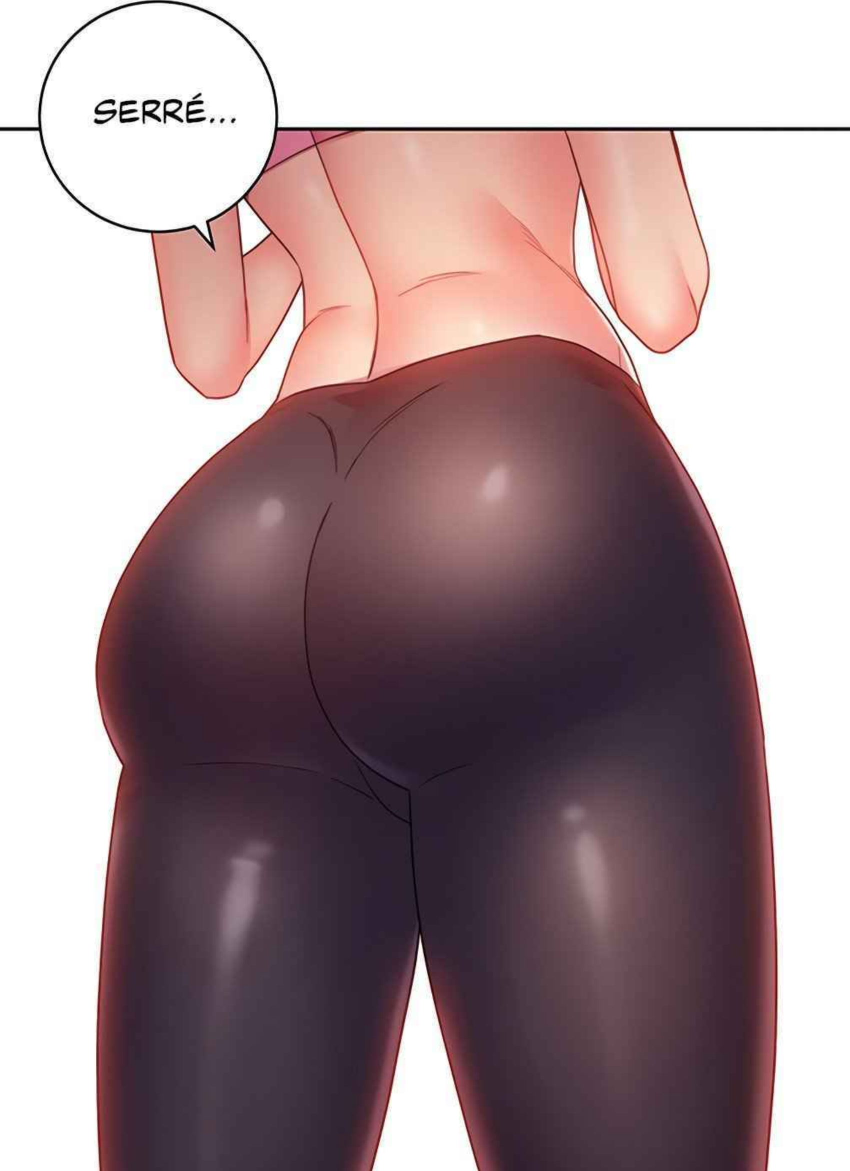
??

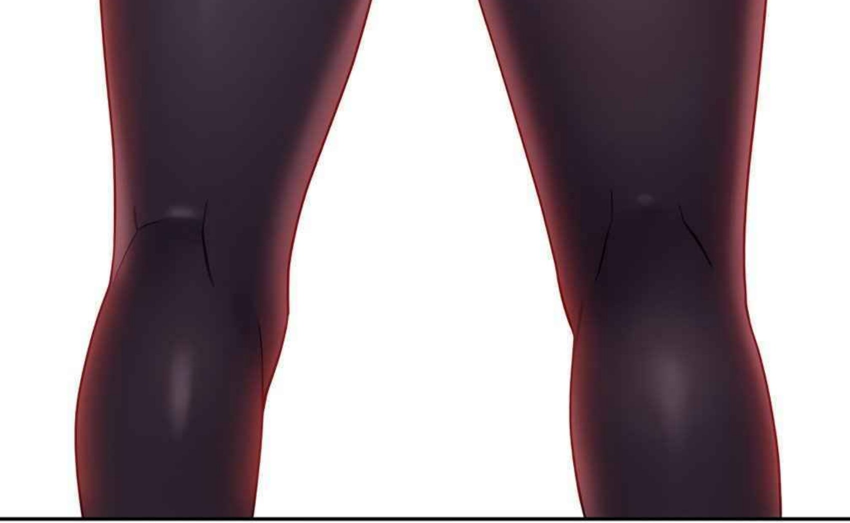

WOMAN
嘰咿

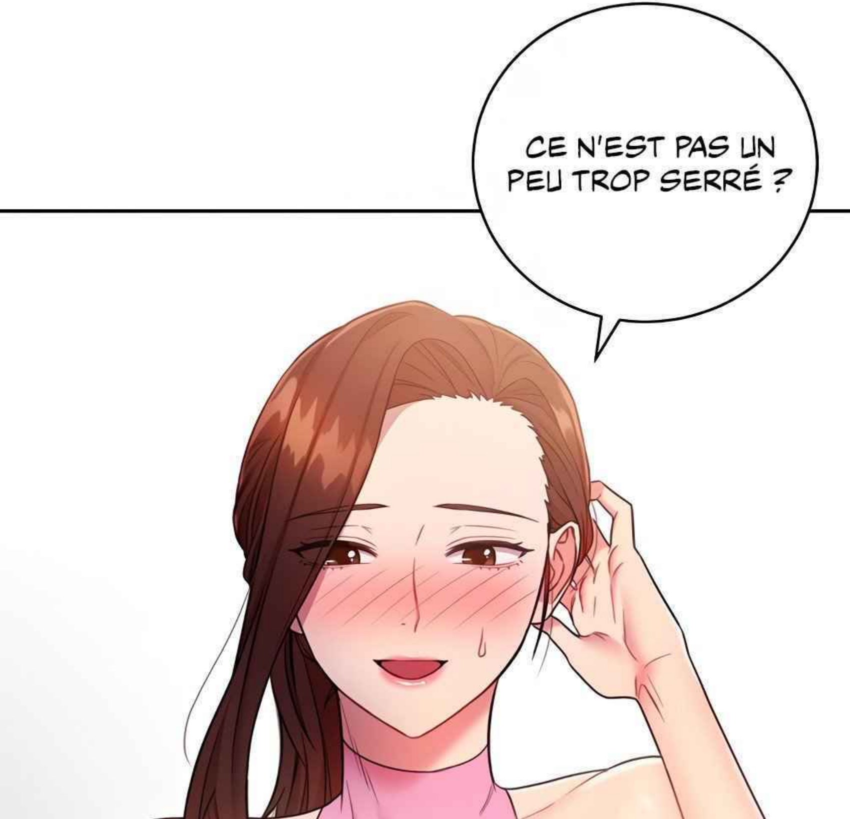

C'EST...
噠

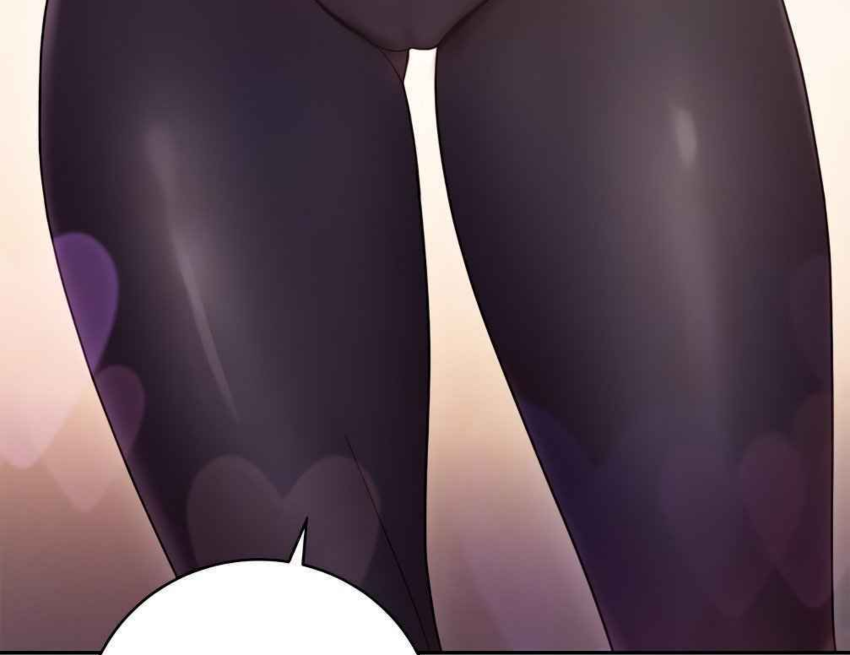
!


VRAIMENT ...

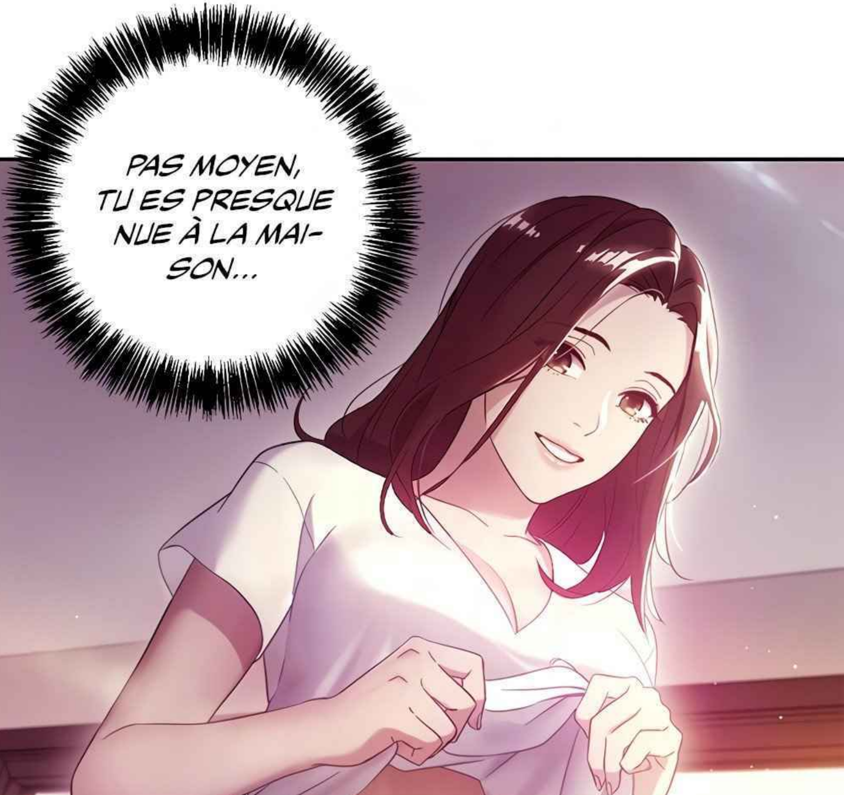

SERRÉ...

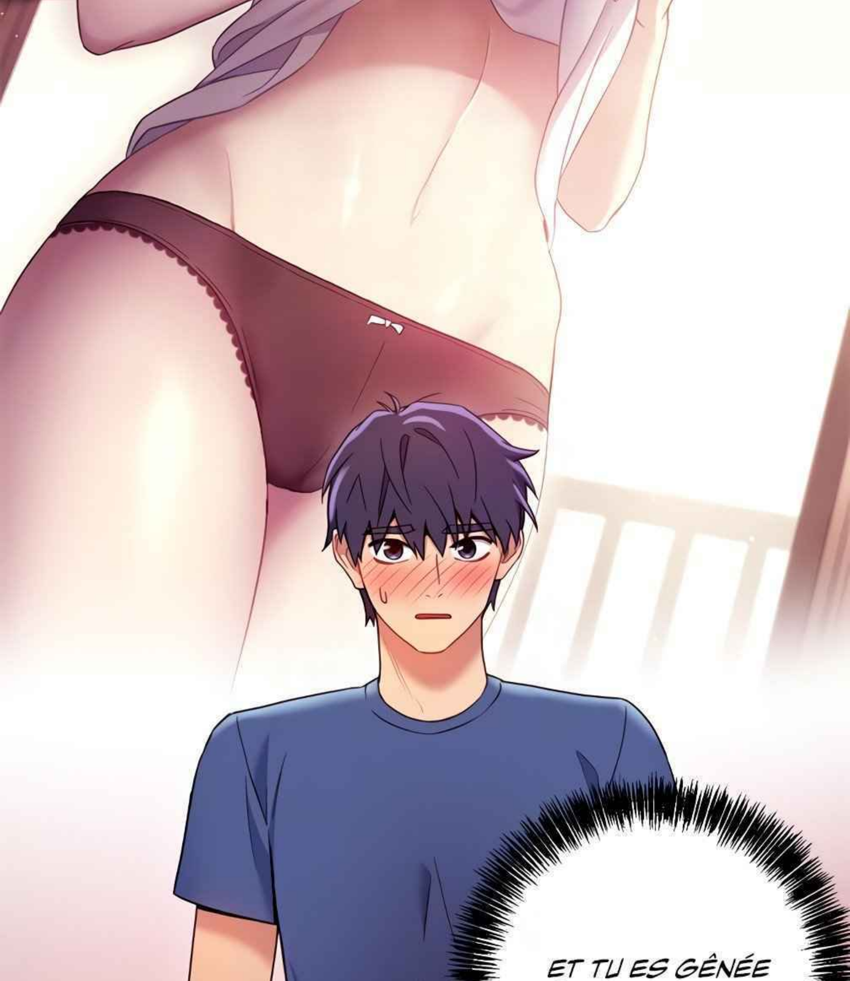


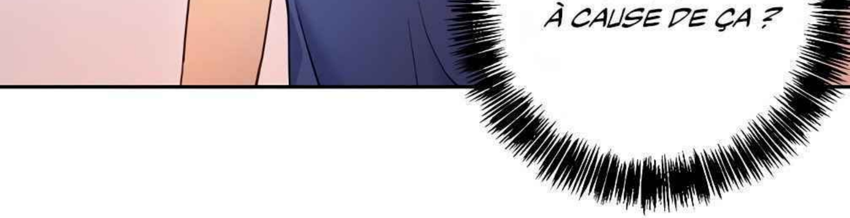

CE N'EST PAS UN PEU TROP SERRÉ ?

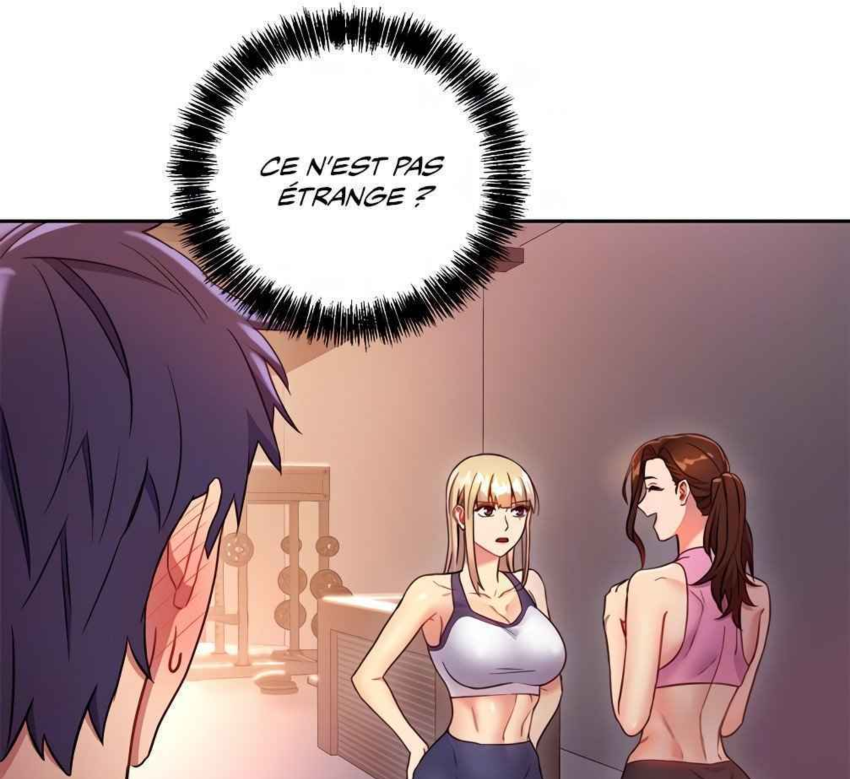


SI ÇA SE PASSE COMME ÇA, JE SUIS GÊNÉ DEVANT SEOKWOO...

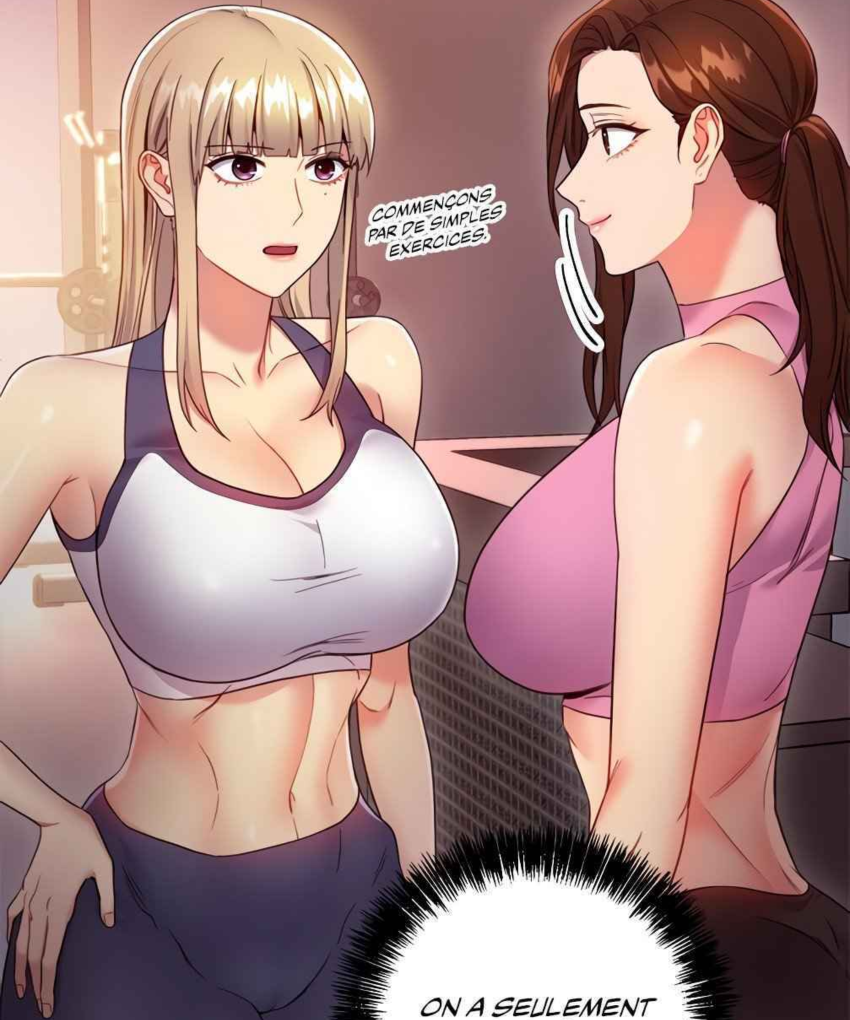

PAS MOYEN, TU ES PRESQUE NUE À LA MAISON...

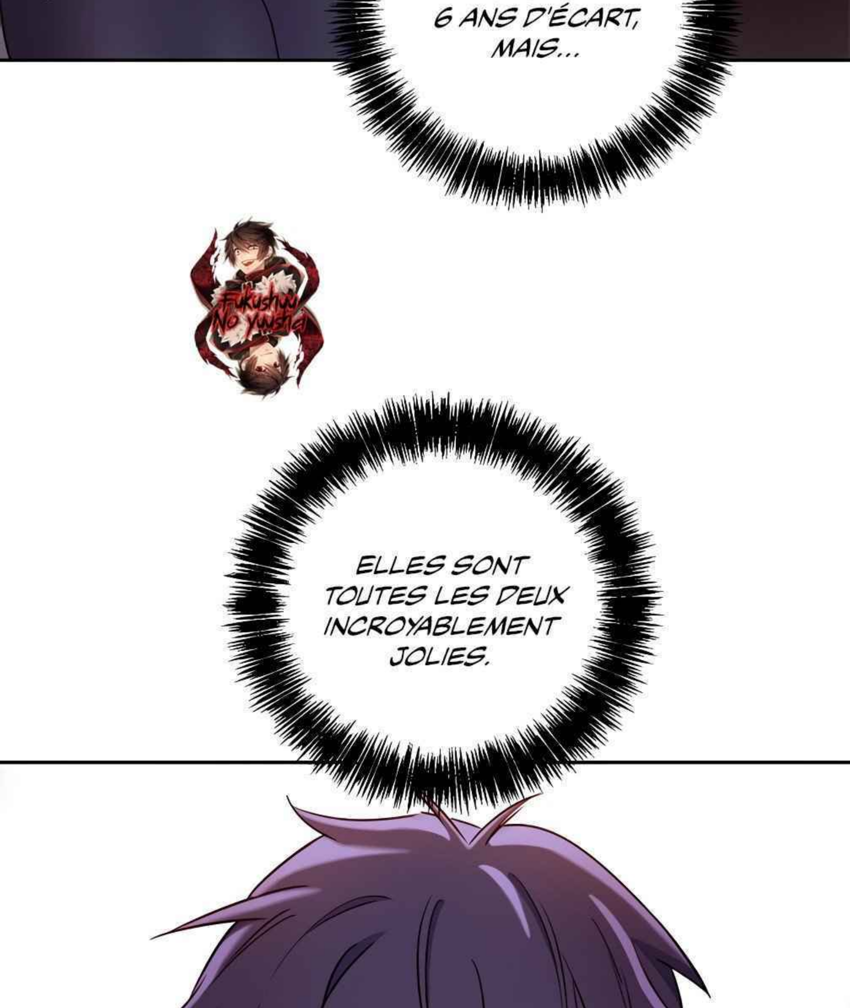

ET TU ES GÊNÉE

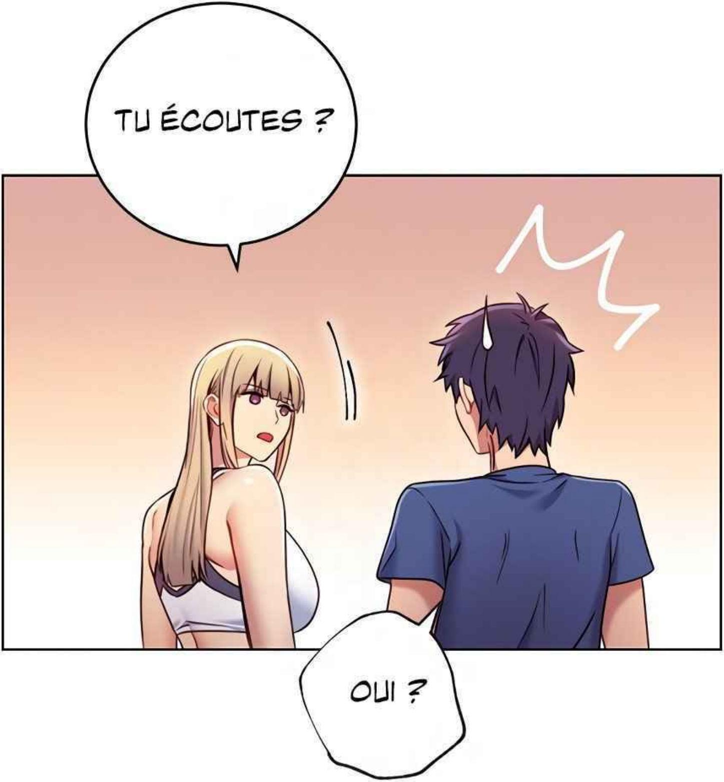

À CAUSE DE ÇA ?

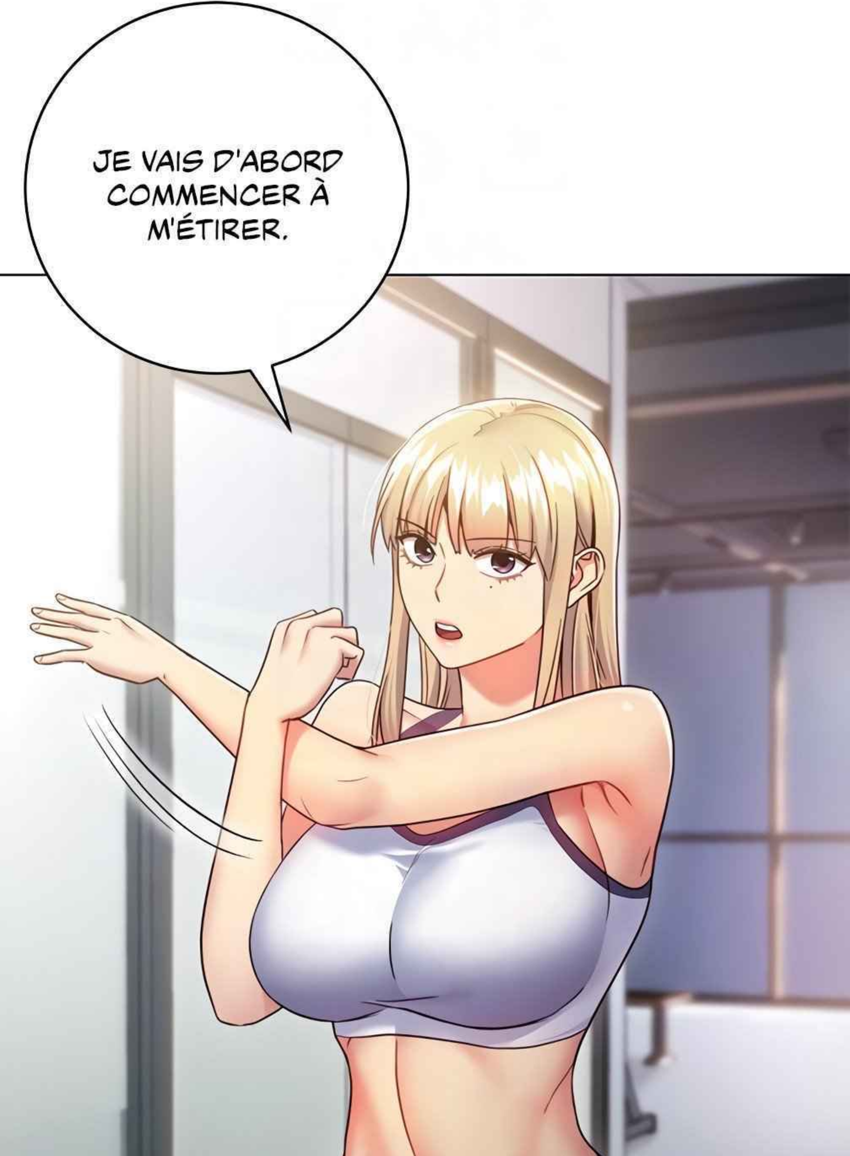

CE N'EST PAS ÉTRANGE ?

JE SAIS DÉJÀ...


COMMENÇONS PAR DE SIMPLES EXERCICES.
ON A SEULEMENT


6 ANS D'ÉCART, MAIS...
ELLES SONT TOUTES LES DEUX INCROYABLEMENT JOLIES.

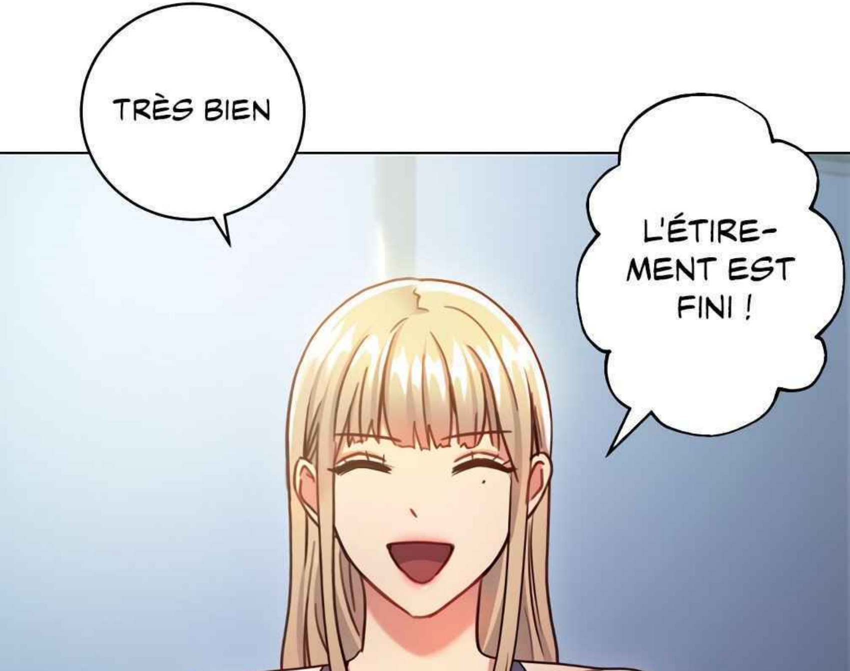

TU ÉCOUTES ?
OUI ?

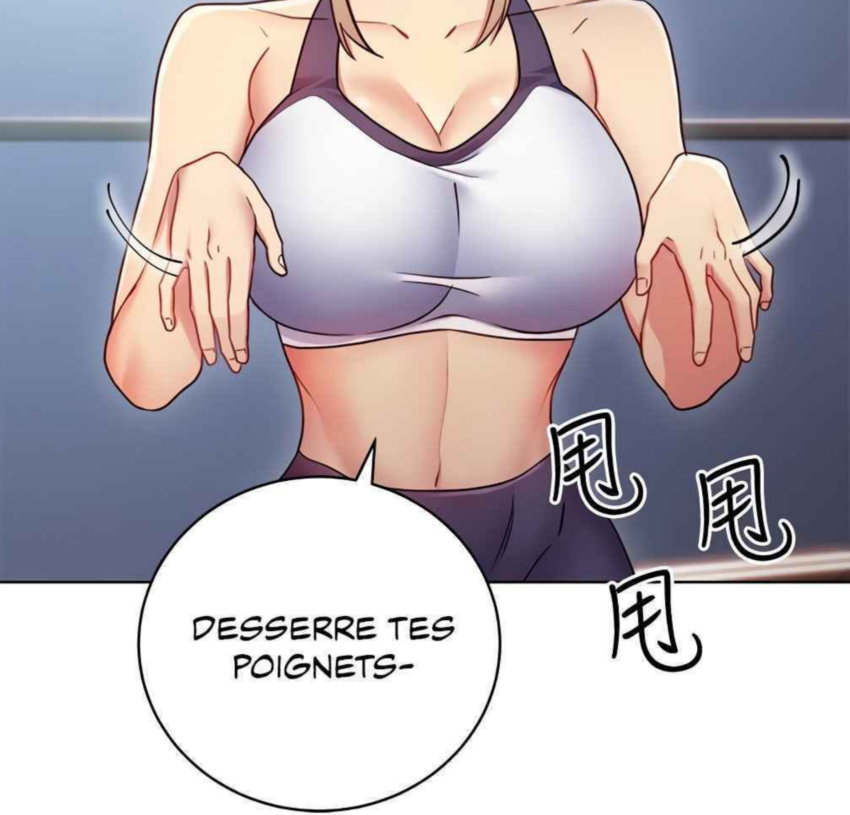

JE VAIS D'ABORD COMMENCER À M'ÉTIRER.

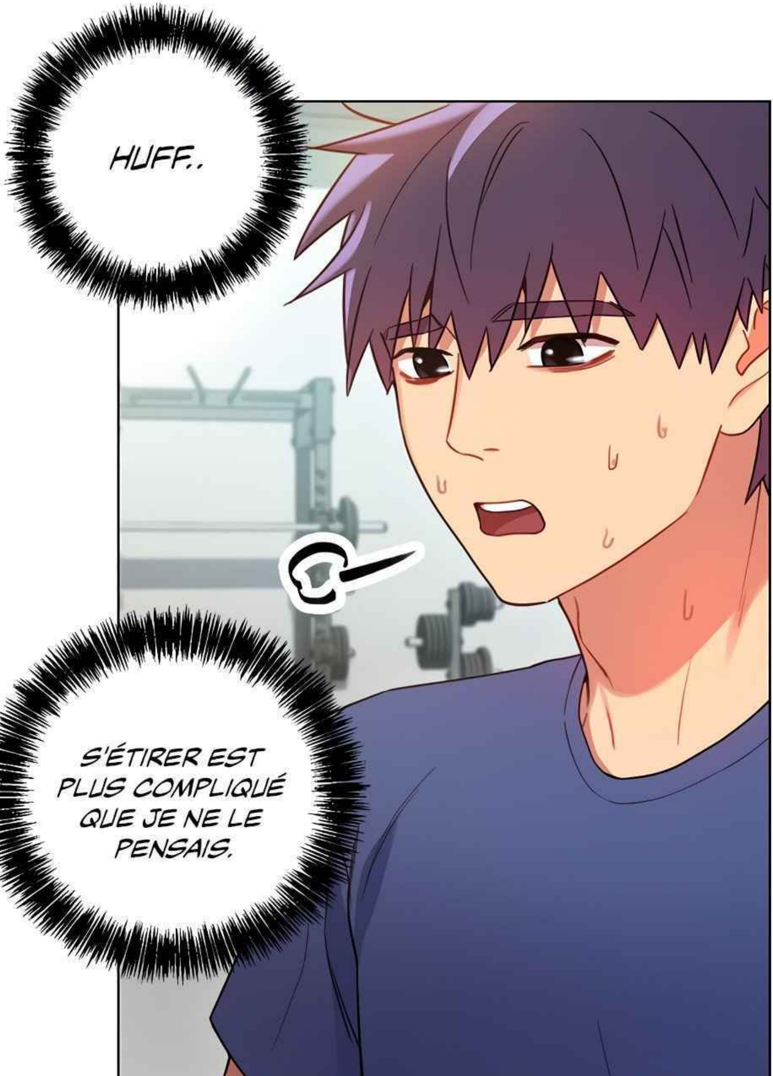
Fukushuu
No yuusha

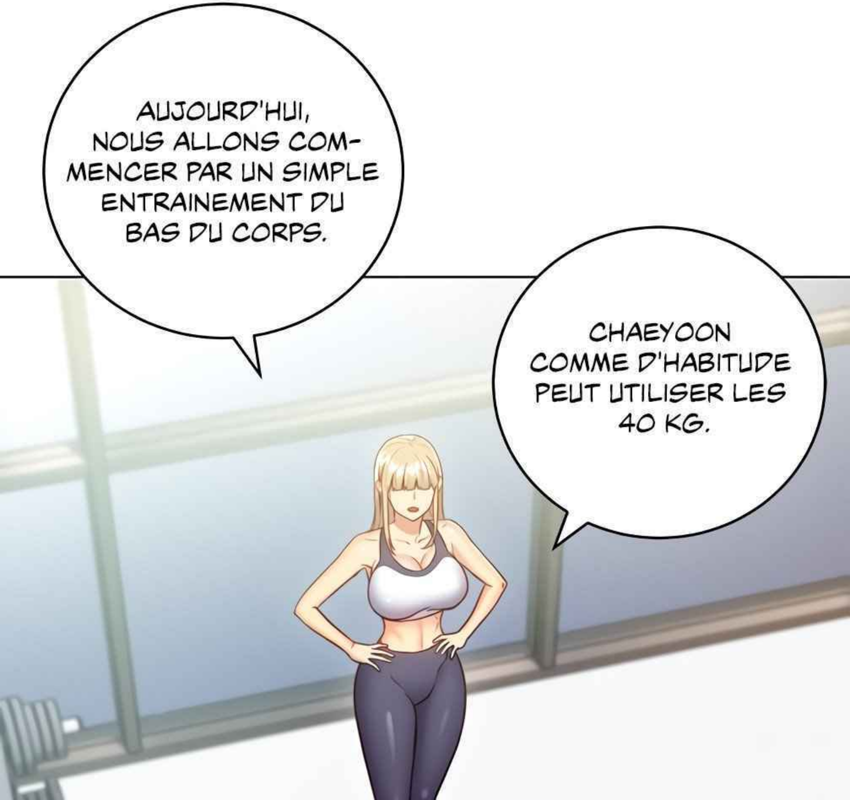
10 MINUTES APRÈS.

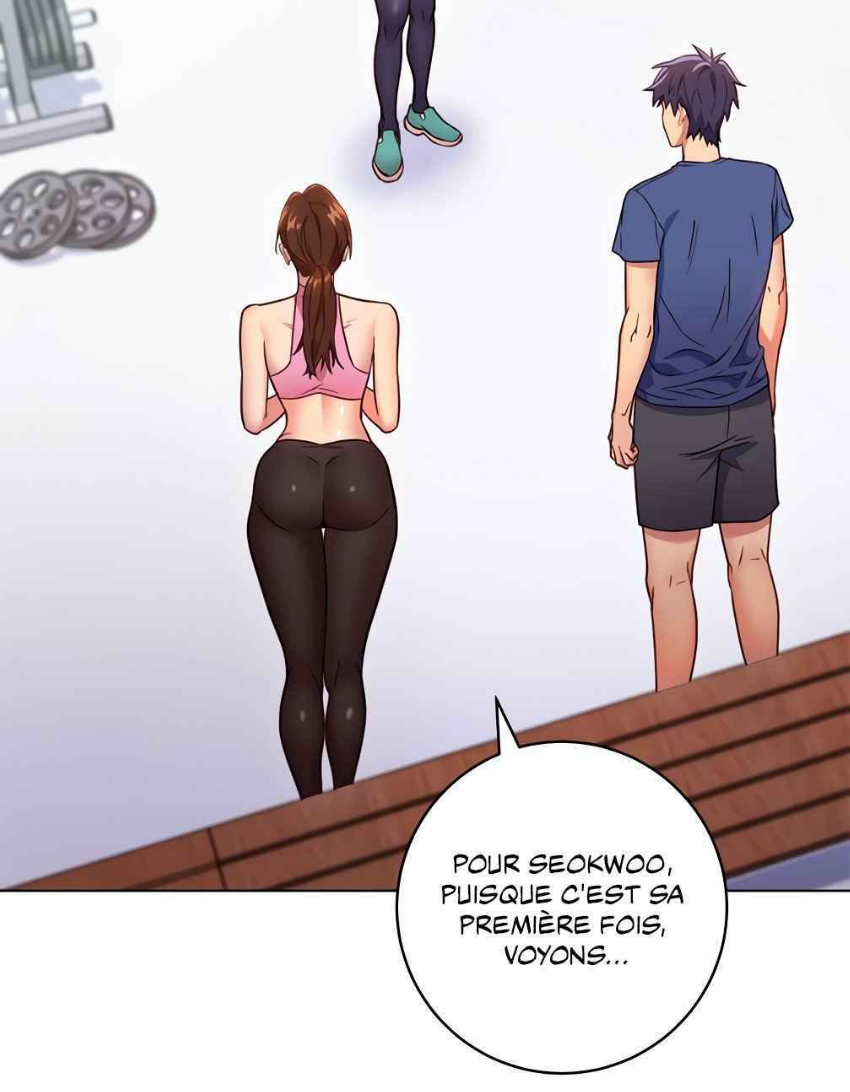
伸展
伸展
NEUF, DIX.

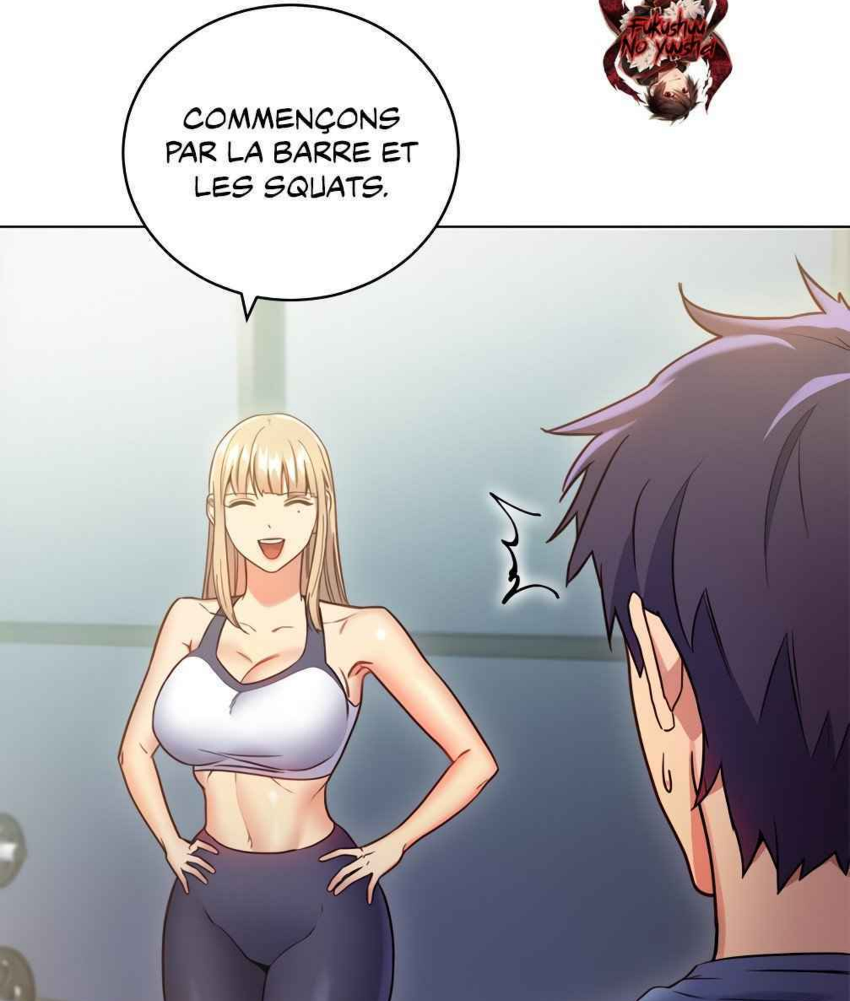

TRÈS BIEN
L'ÉTIREMENT EST FINI !


甩
甩
甩
DESSERRE TES POIGNETS-


HUFF..
S'ÉTIRER EST PLUS COMPLIQUÉ QUE JE NE LE PENSAIS.

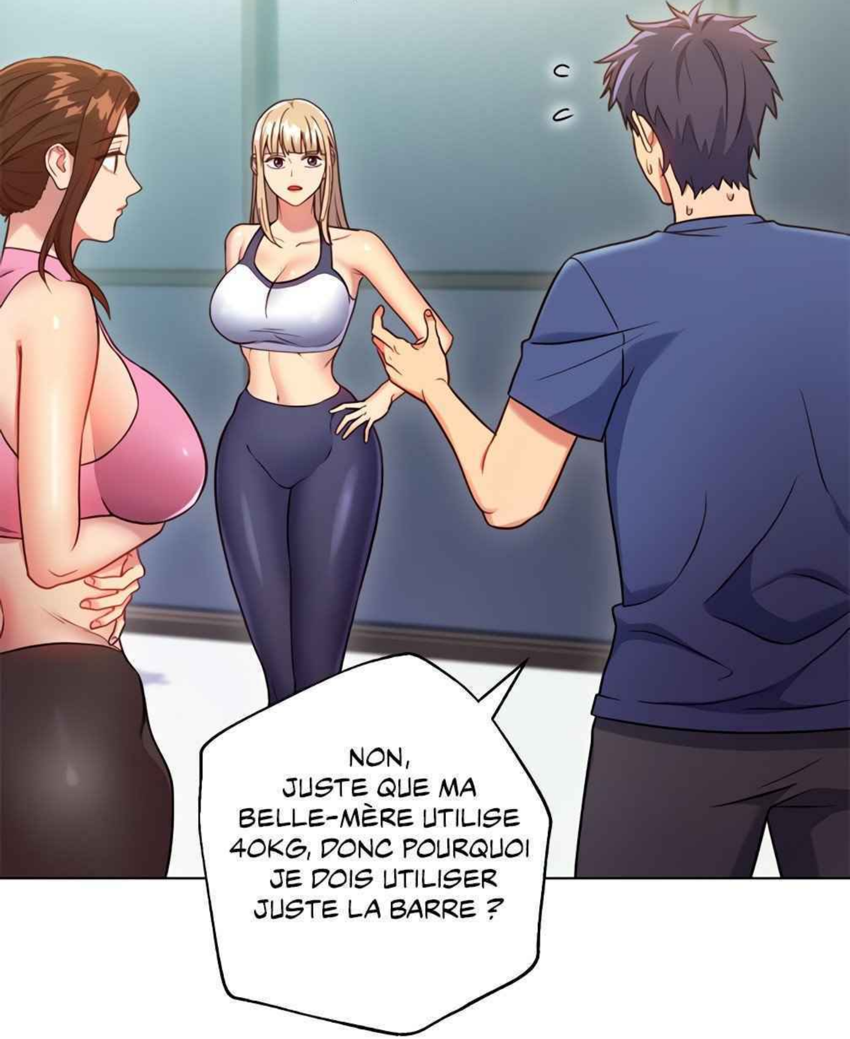

AUJOURD'HUI, NOUS ALLONS COMMENCER PAR UN SIMPLE ENTRAINEMENT DU BAS DU CORPS.
CHAEYOON COMME D'HABITUDE PEUT UTILISER LES 40 KG.

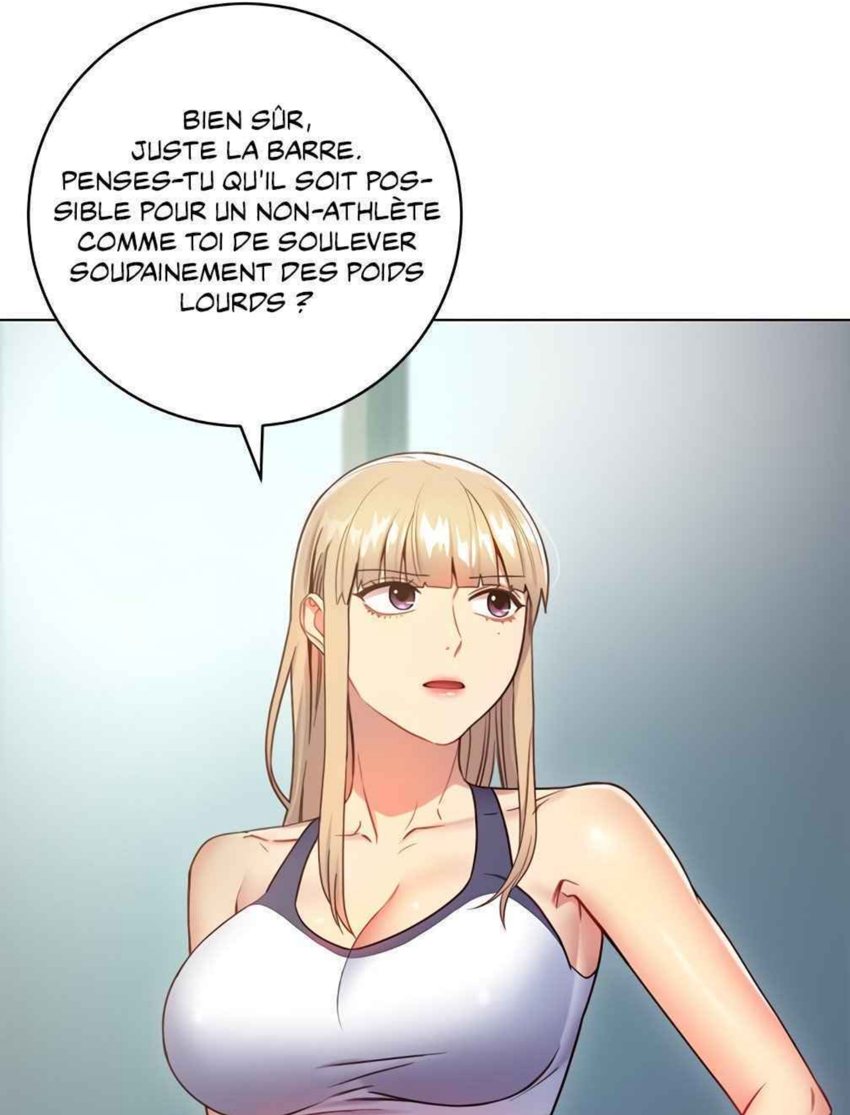

POUR SEOKWOO, PUISQUE C'EST SA PREMIÈRE FOIS, VOYONS...

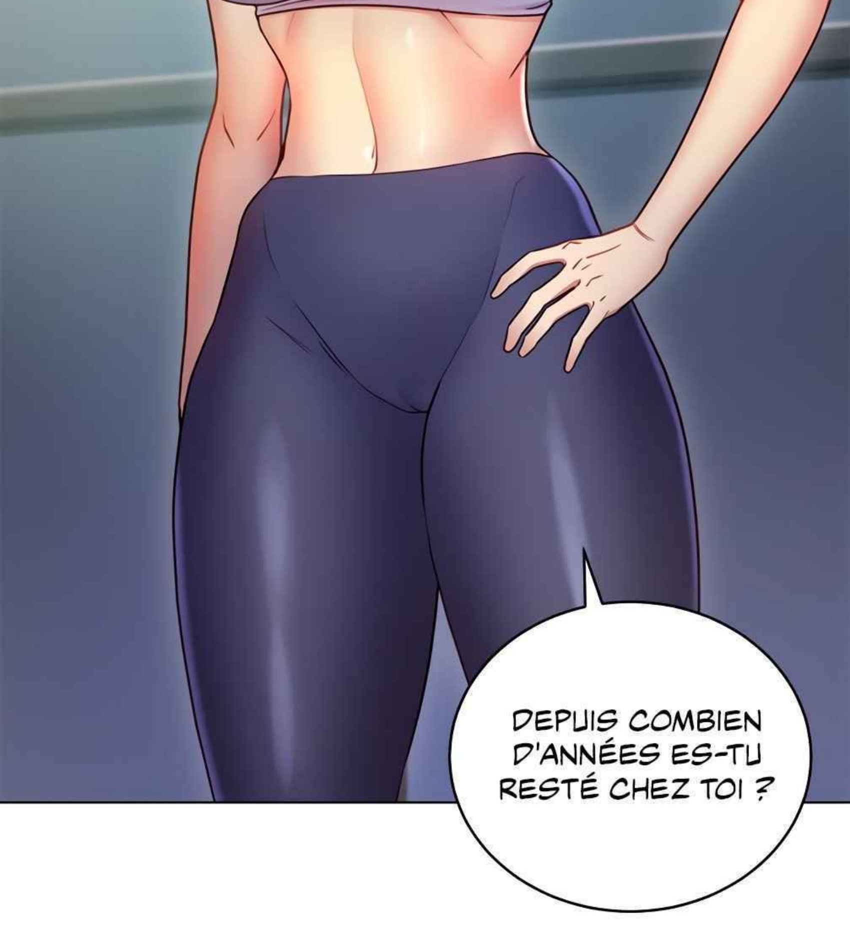

COMMENÇONS PAR LA BARRE ET LES SQUATS.

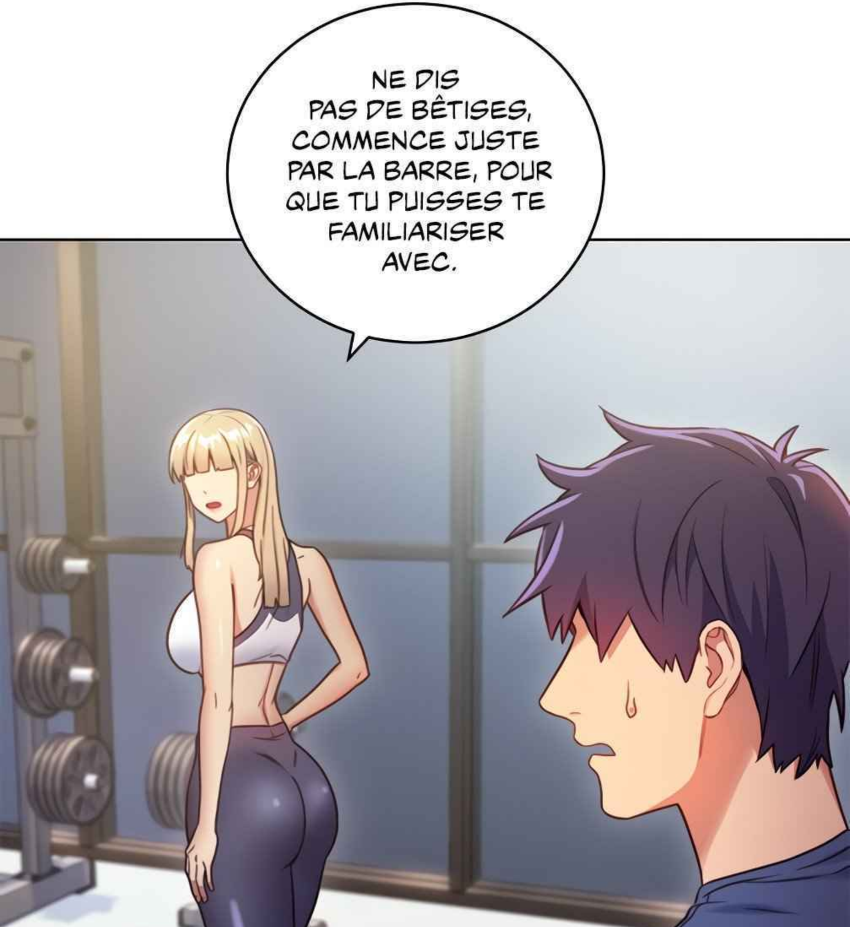
EH ?

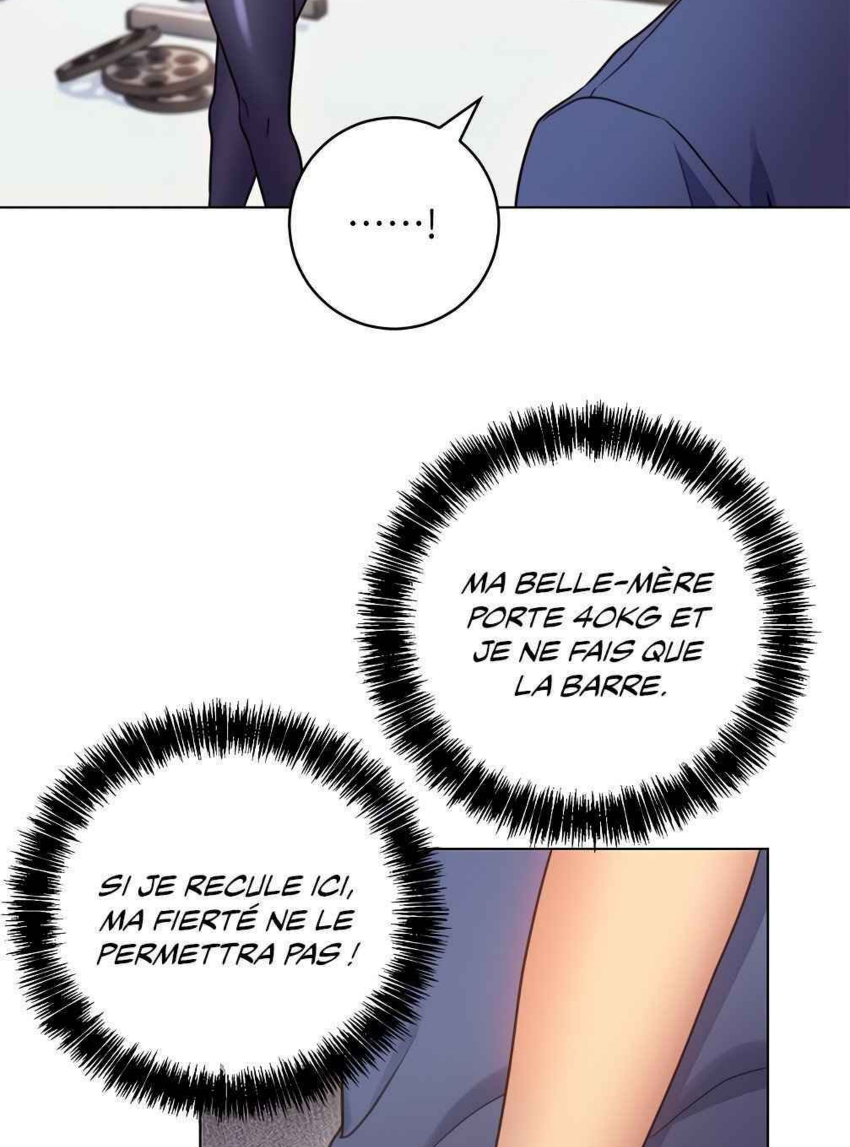
QUOI ?


NON, JUSTE QUE MA BELLE-MÈRE UTILISE 40KG, DONC POURQUOI JE DOIS UTILISER JUSTE LA BARRE ?

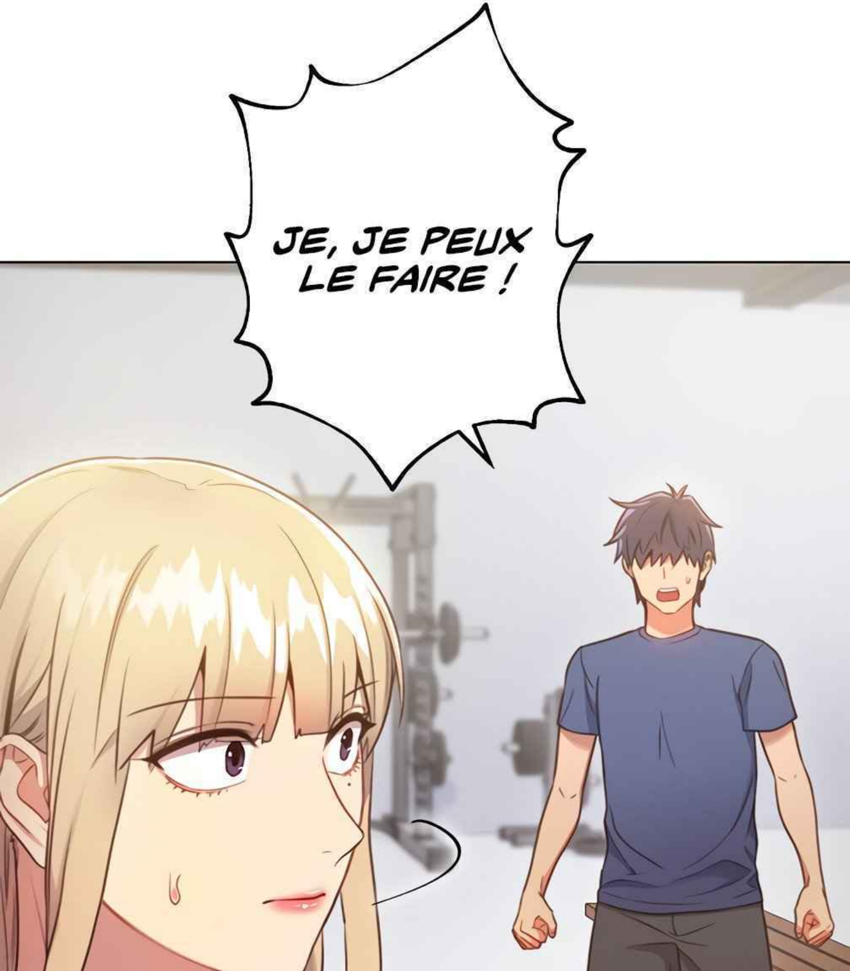

BIEN SÛR, JUSTE LA BARRE. PENSES-TU QU'IL SOIT POSSIBLE POUR UN NON-ATHLÈTE COMME TOI DE SOULEVER SOUDAINEMENT DES POIDS LOURDS ?

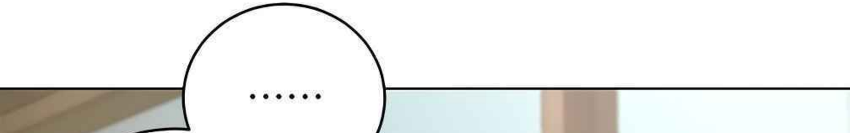

DEPUIS COMBIEN D'ANNÉES ES-TU RESTÉ CHEZ TOI ?

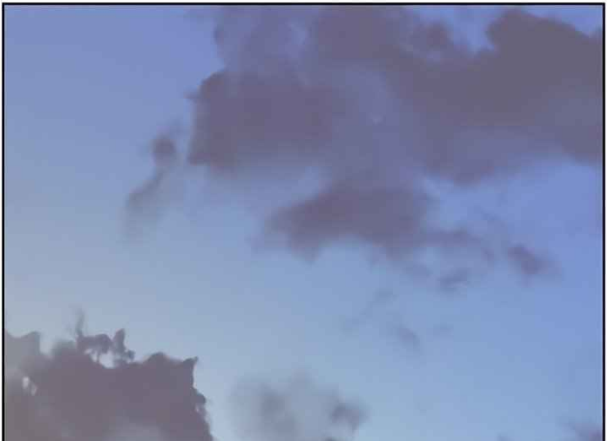

NE DIS PAS DE BÊTISES, COMMENCE JUSTE PAR LA BARRE, POUR QUE TU PUISSES TE FAMILIARISER AVEC.


……!
MA BELLE-MÈRE PORTE 40KG ET JE NE FAIS QUE LA BARRE.
SI JE RECULE ICI, MA FIERTÉ NE LE PERMETTRA PAS !

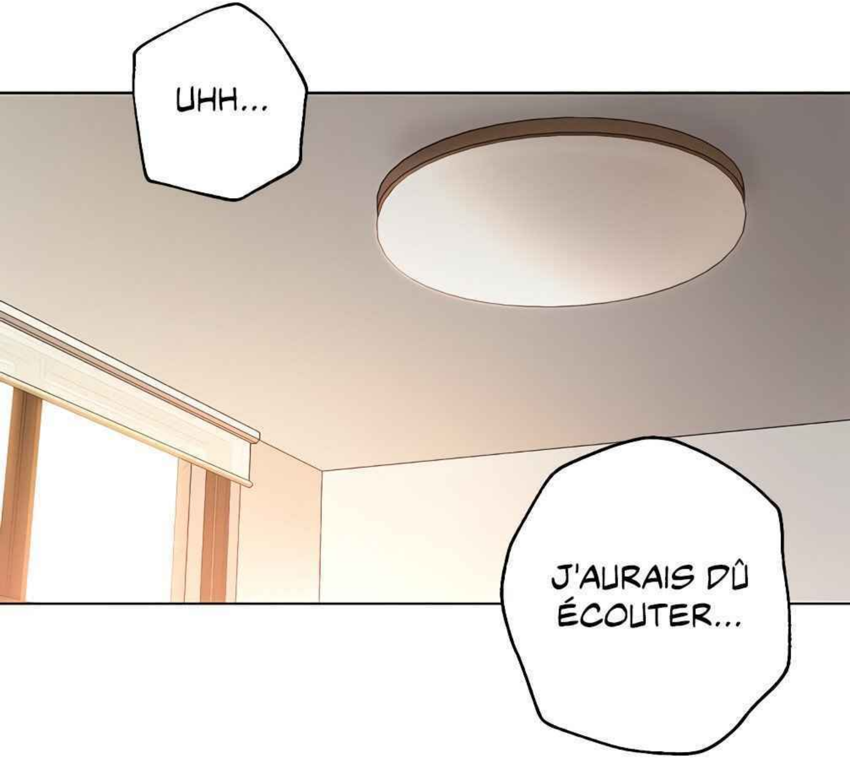
緊
握
…

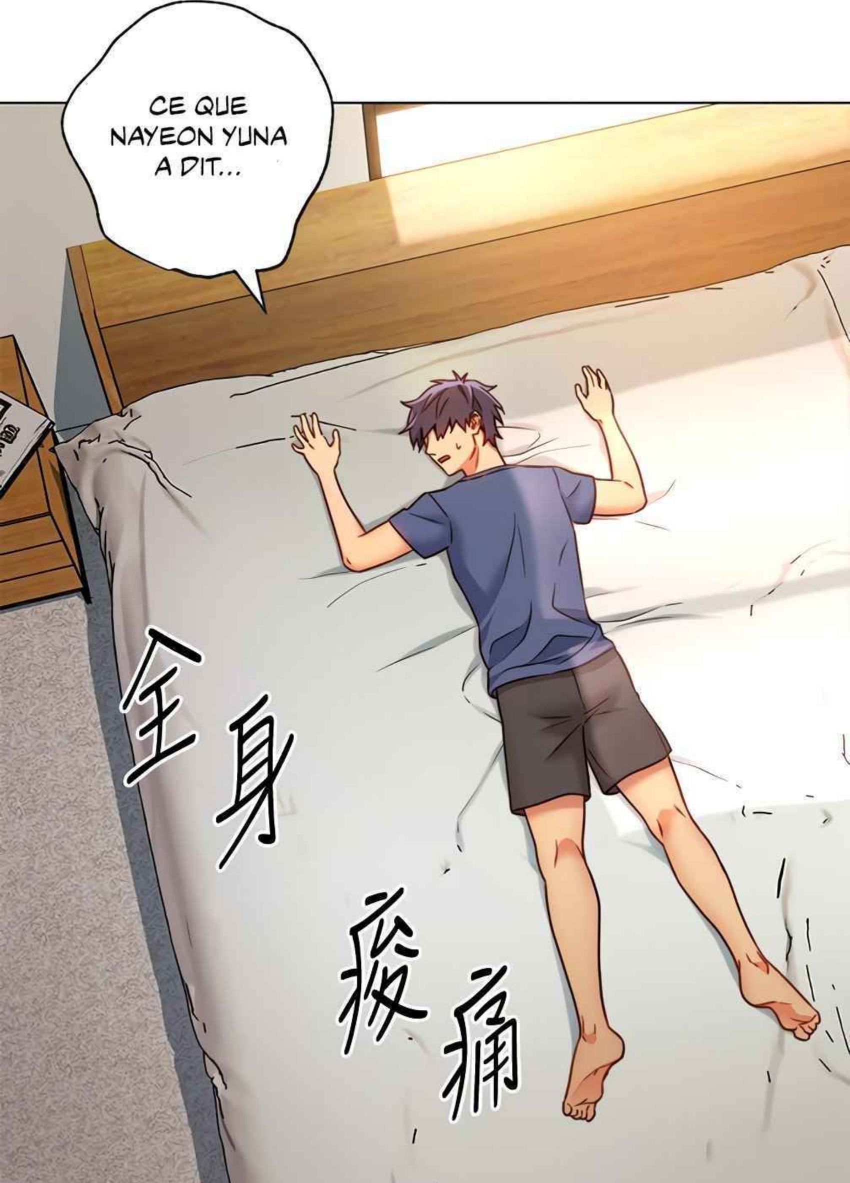

JE, JE PEUX LE FAIRE !

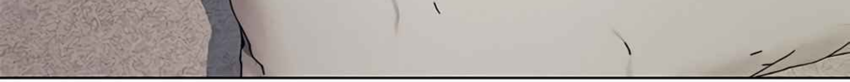


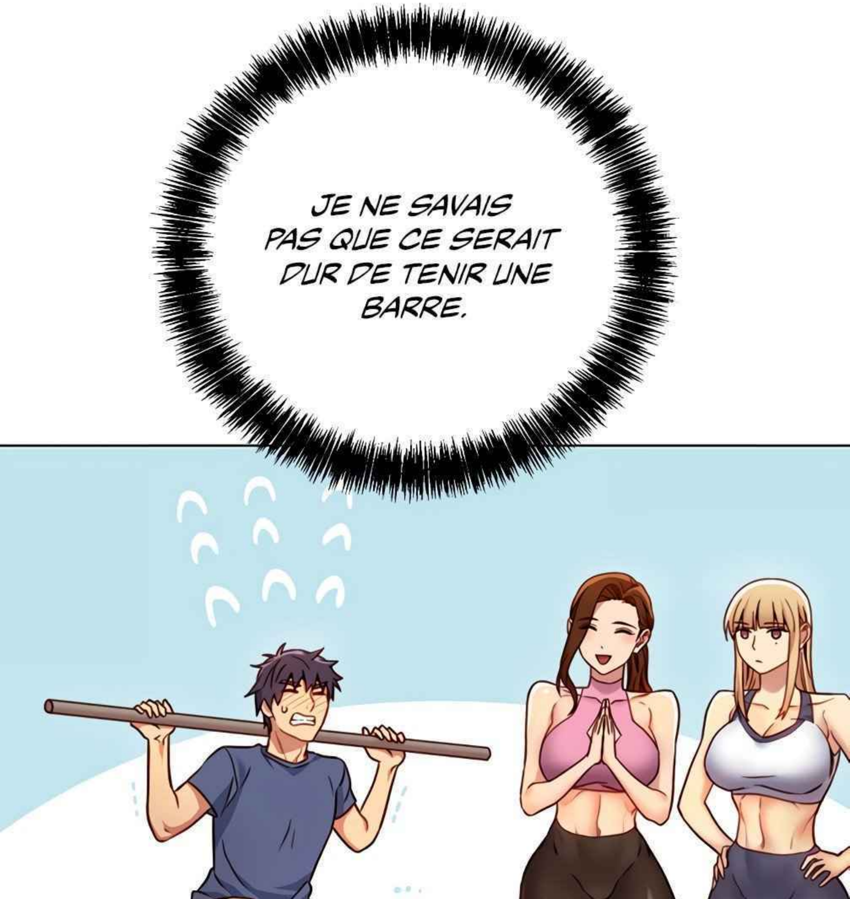


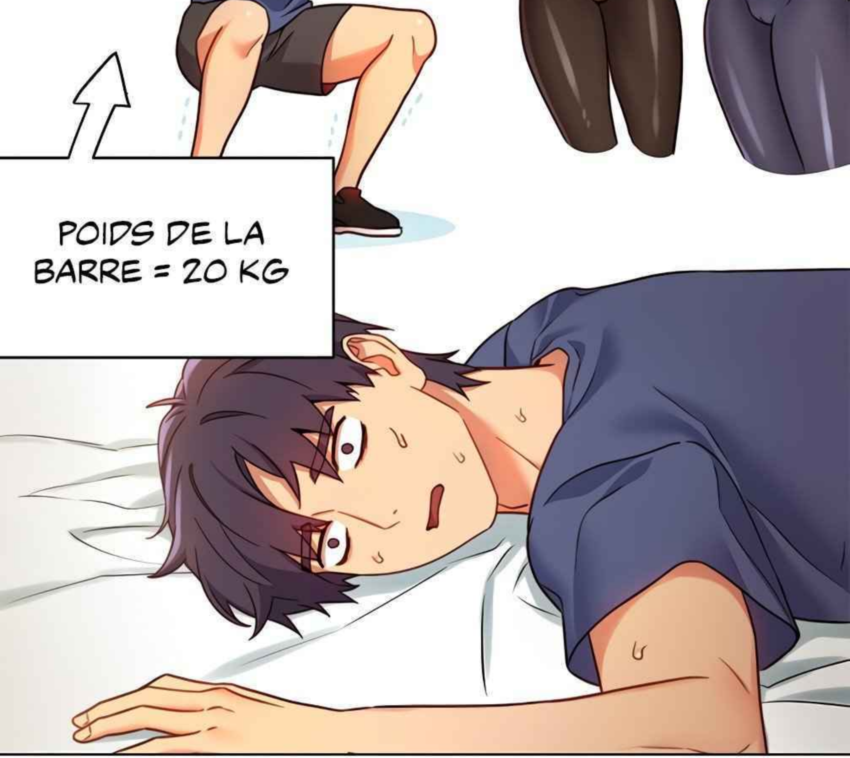
LE LENDEMAIN MATIN

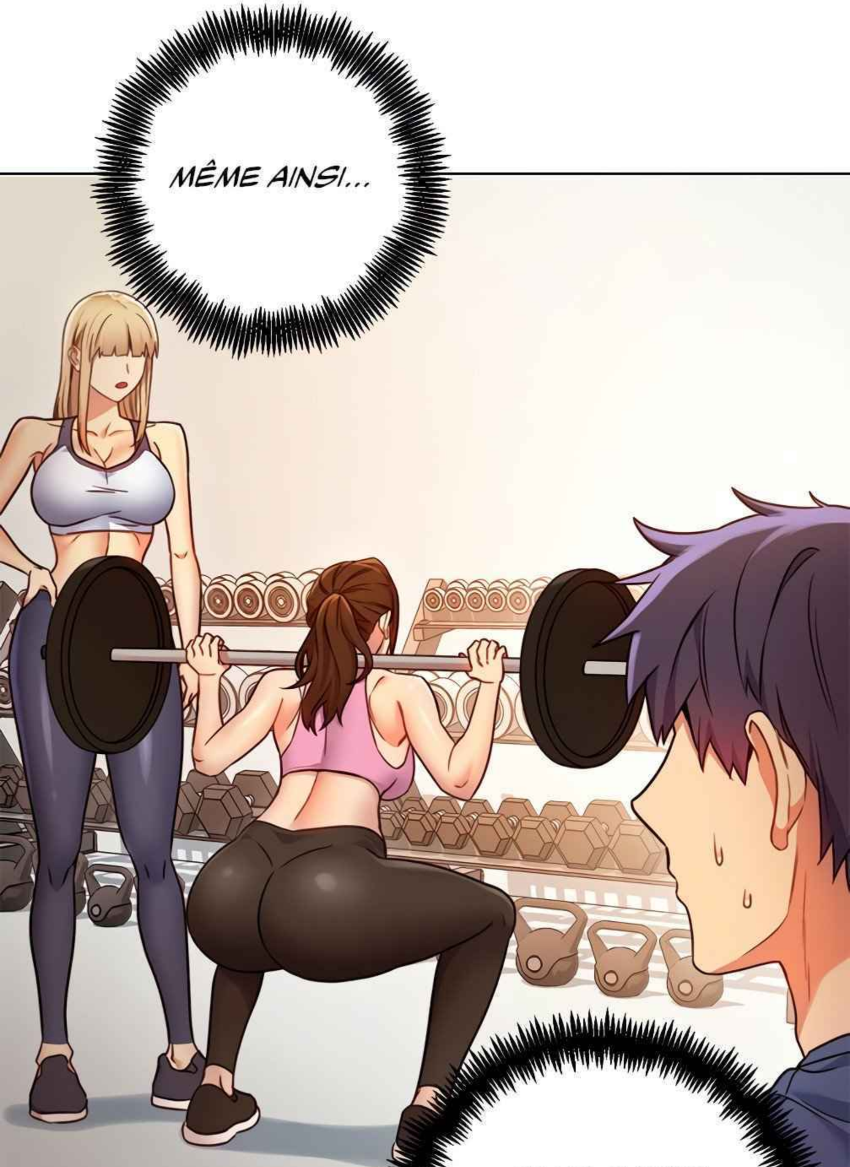

UHH...
J'AURAIS DÛ ÉCOUTER...


CE QUE NAYEON YUNA A DIT...
全身痠痛



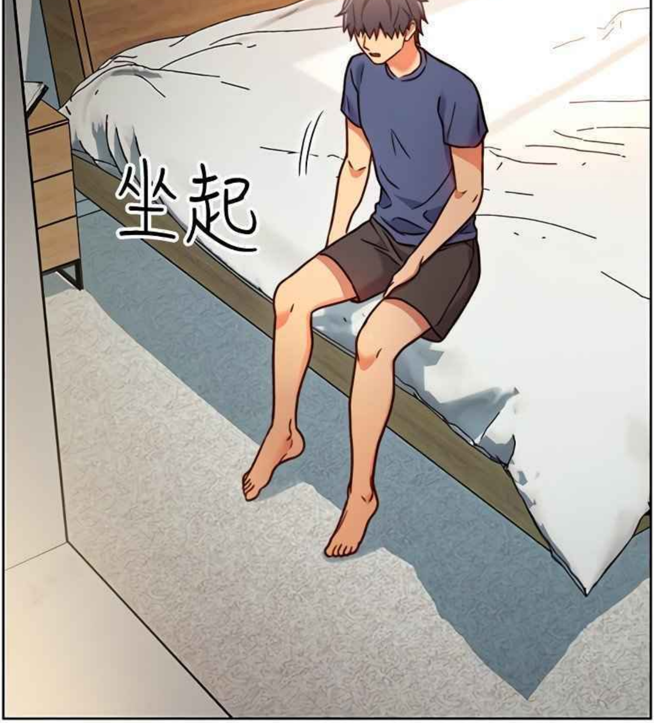

JE NE SAVAIS PAS QUE CE SERAIT DUR DE TENIR UNE BARRE.

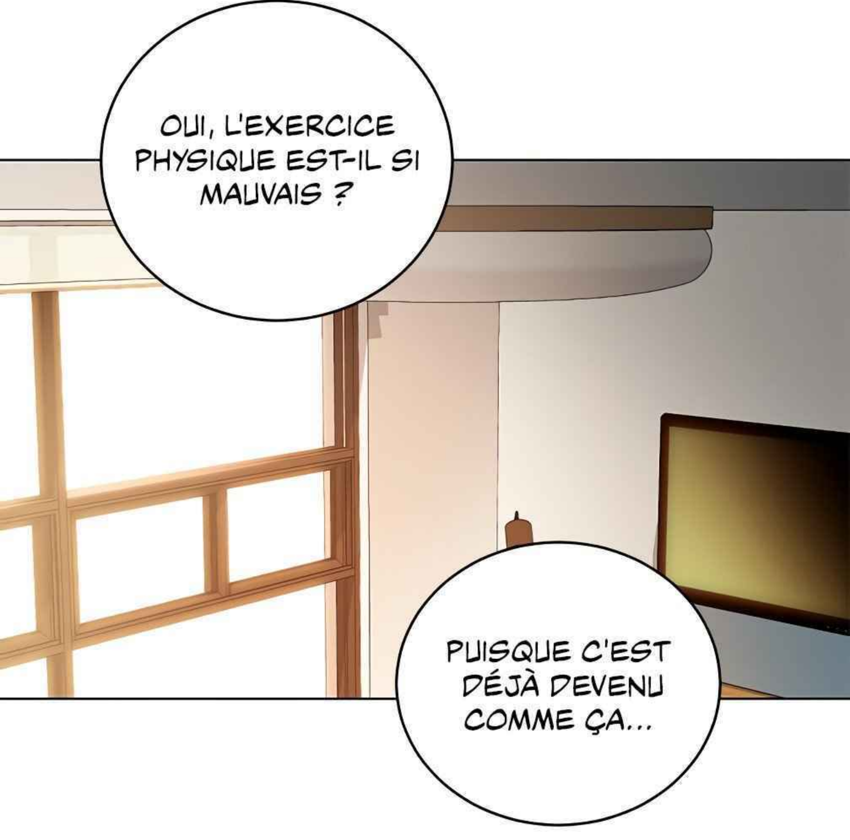

POIDS DE LA BARRE = 20 KG



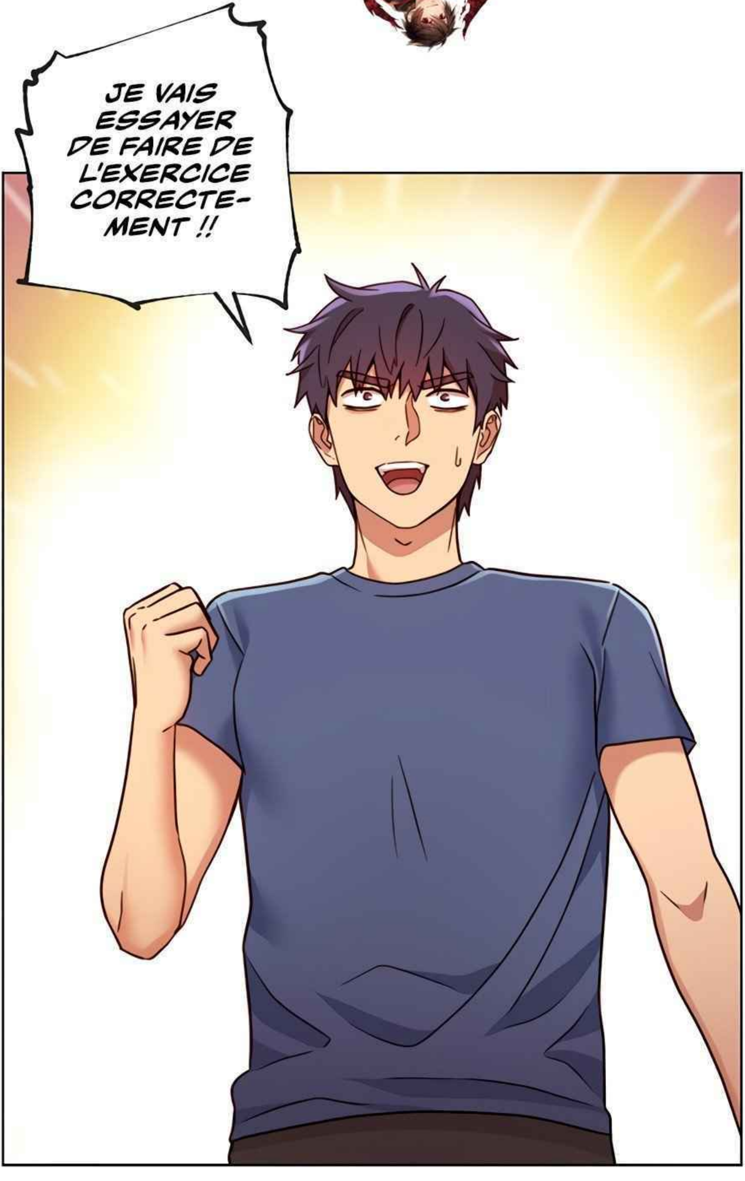
JE NE SAVAIS PAS QUE J'ÉTAIS PLUS FAIBLE QUE MA BELLE-MÈRE...
CE N'EST PAS BON...

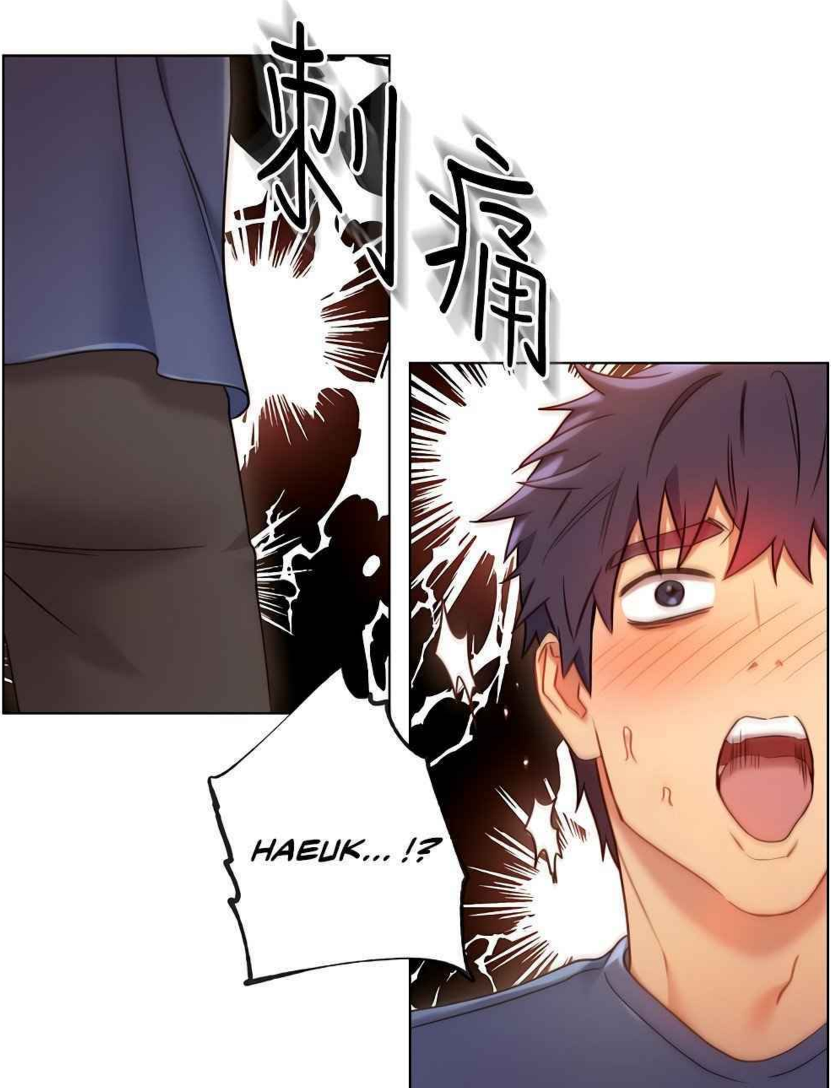
ET ENCORE, JE N'AI PAS PU PROTÉGER NAYEON YUNA CORRECTEMENT DU TOUT.

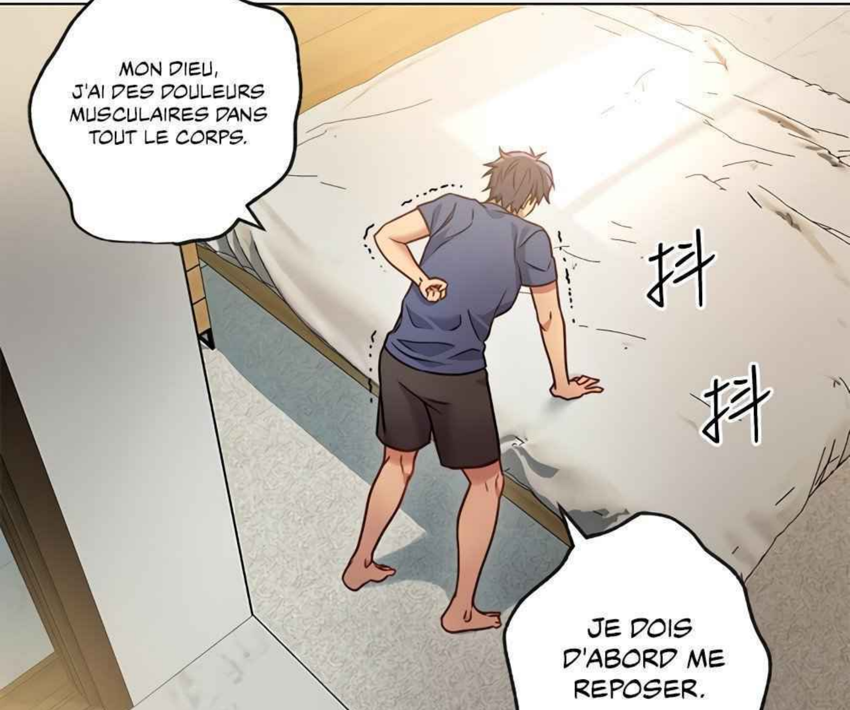


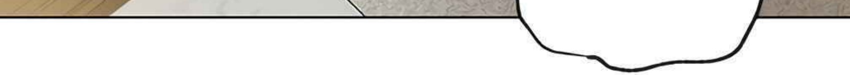

OUI, L'EXERCICE PHYSIQUE EST-IL SI MAUVAIS ?
PUISQUE C'EST DÉJÀ DEVENU COMME ÇA...

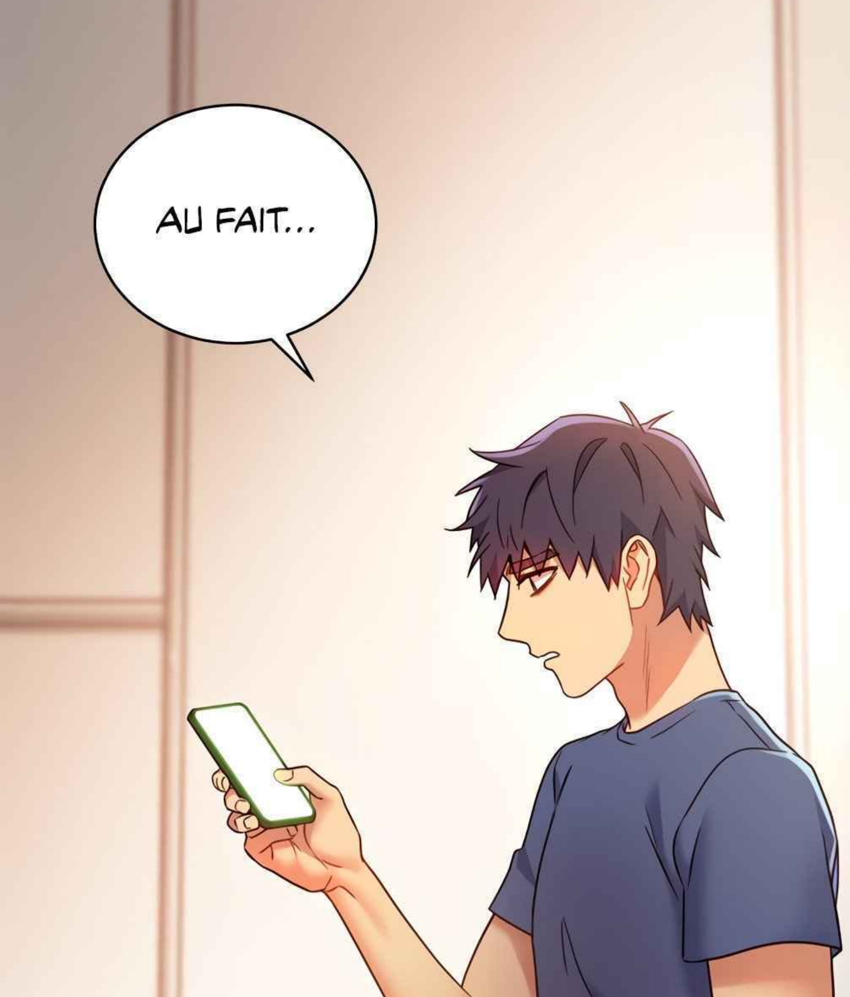
Fukushyu

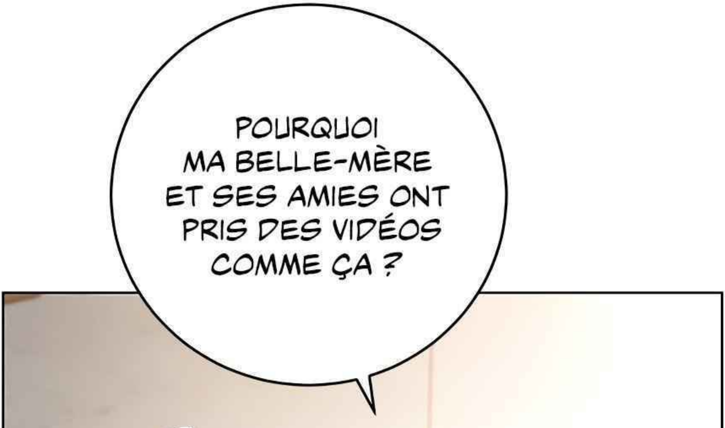

JE VAIS ESSAYER DE FAIRE DE L'EXERCICE CORRECTEMENT !!

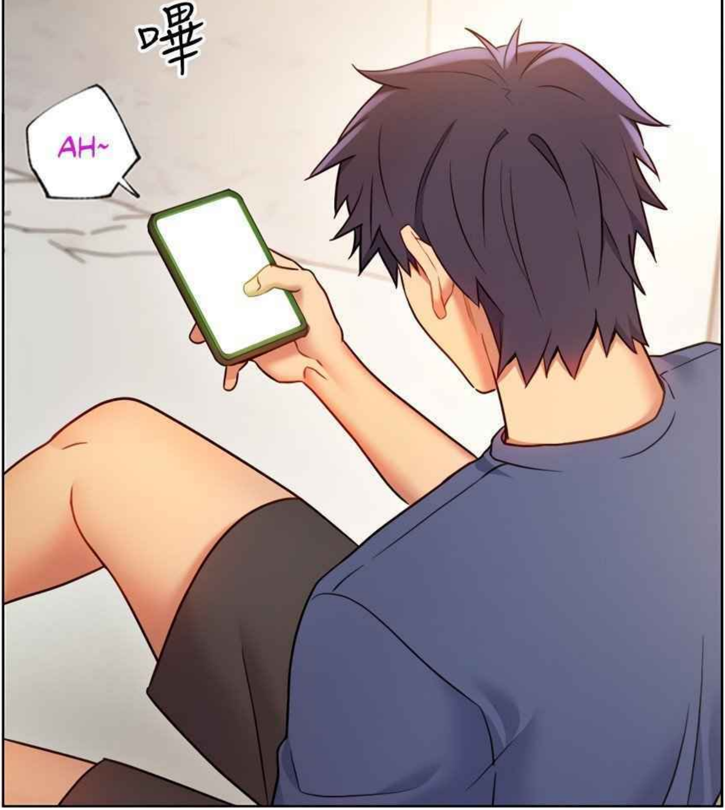

刺痛
HAEUK... !?

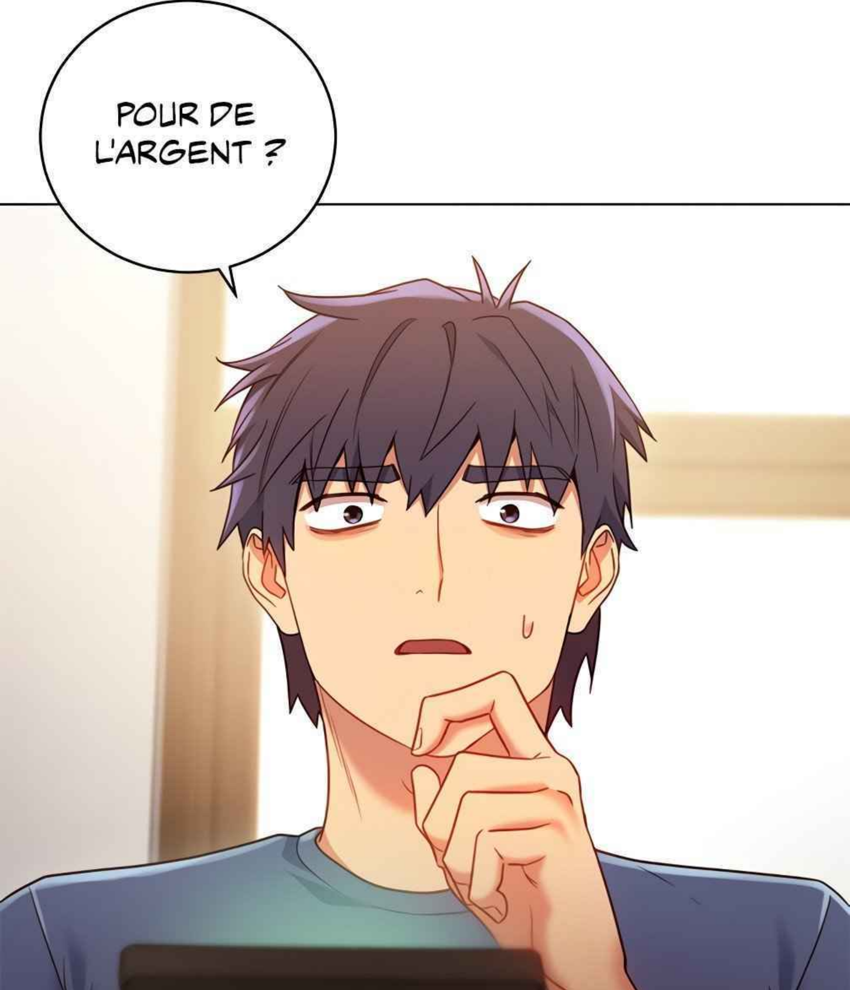

MON DIEU, J'AI DES DOULEURS MUSCULAIRES DANS TOUT LE CORPS.
抖
抖
JE DOIS D'ABORD ME REPOSER.

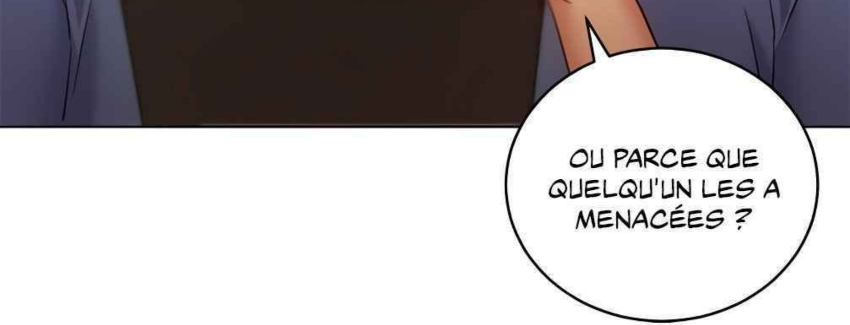


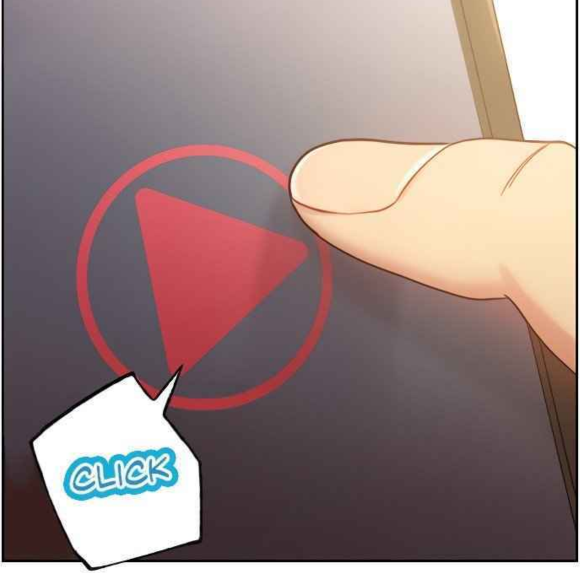

AU FAIT...


POURQUOI MA BELLE-MÈRE ET SES AMIES ONT PRIS DES VIDÉOS COMME ÇA ?

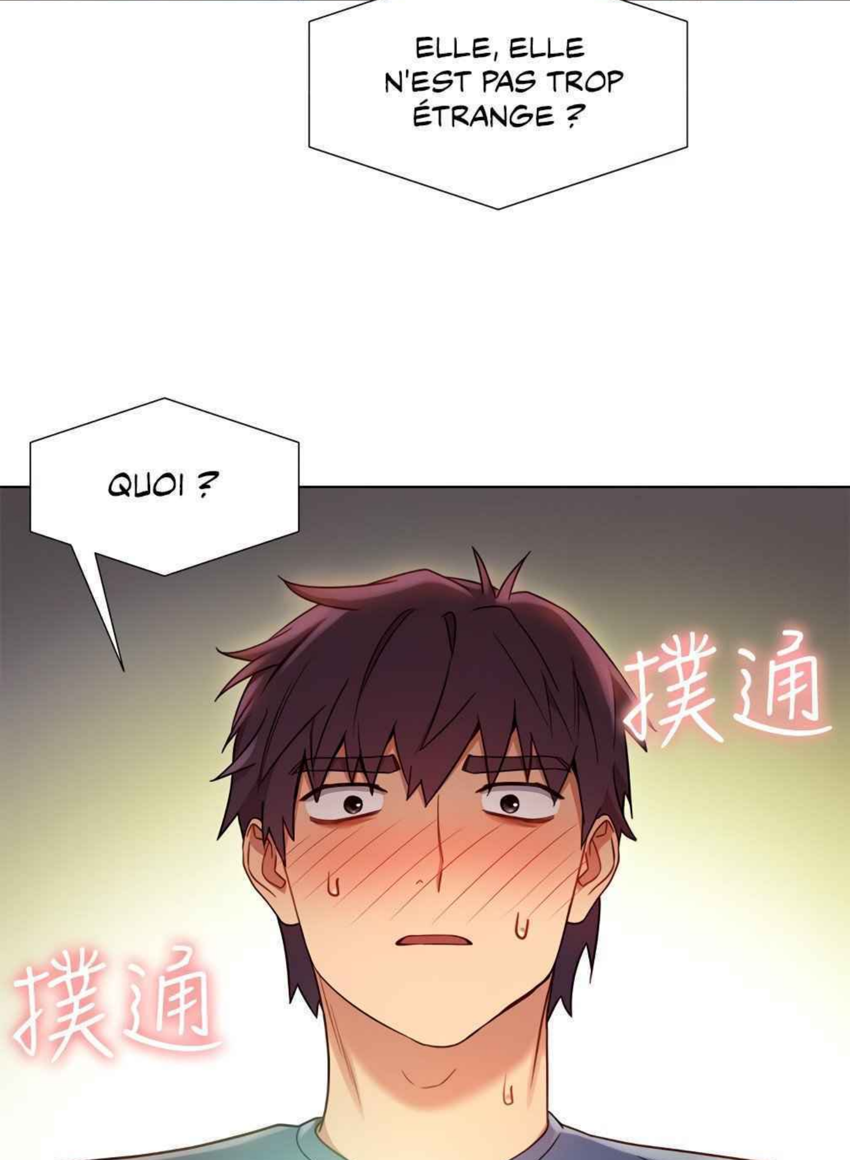

嗶
AH~


POUR DE L'ARGENT ?


OU PARCE QUE QUELQU'UN LES A MENACÉES ?

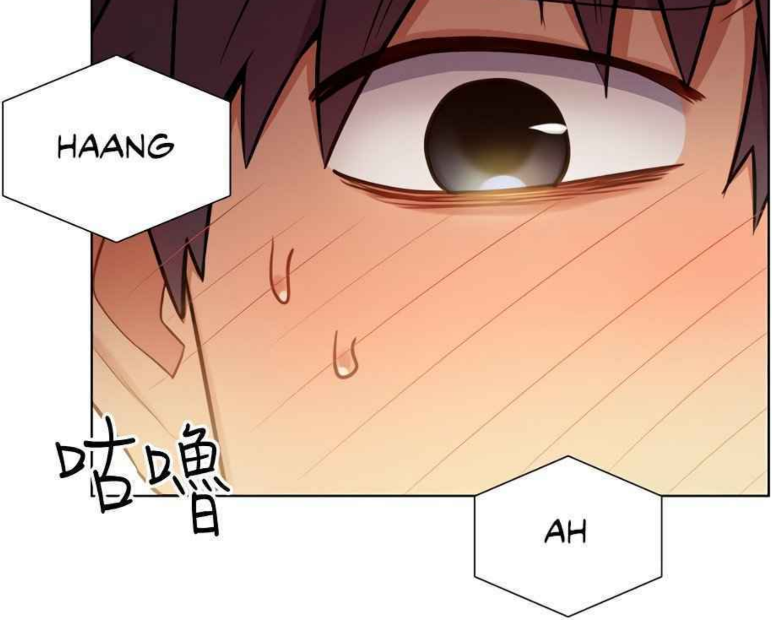

CLICK

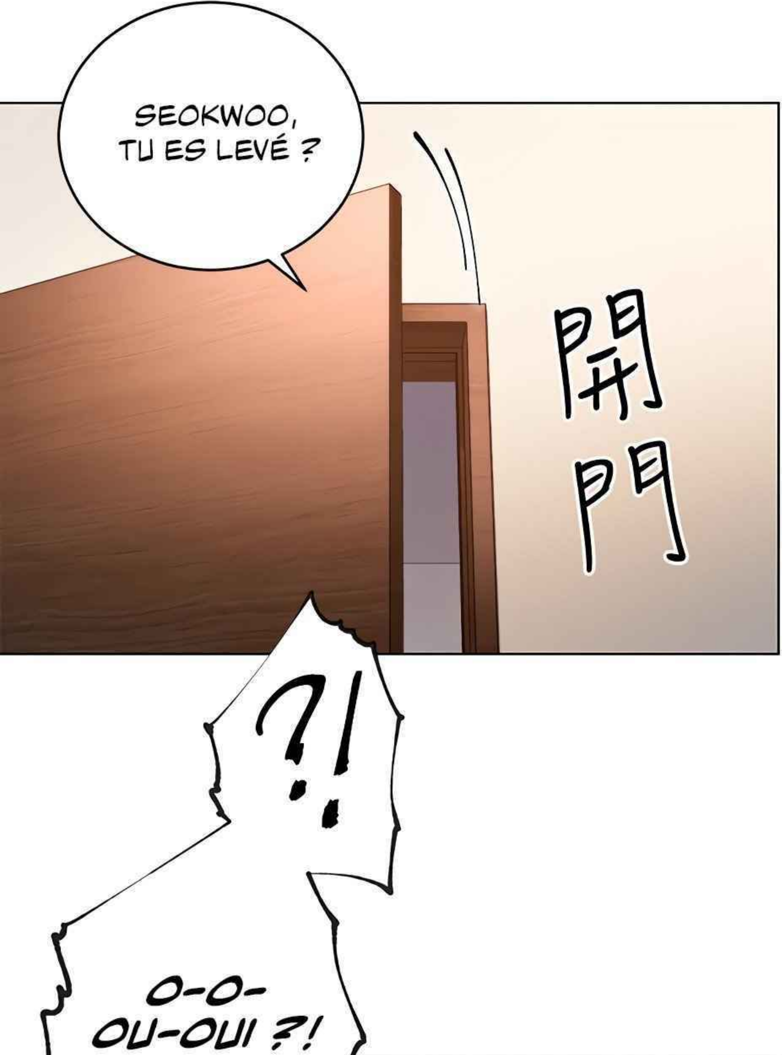
VOUS VOULEZ VRAIMENT AVOIR UN PLAN À TROIS AVEC ELLE ?

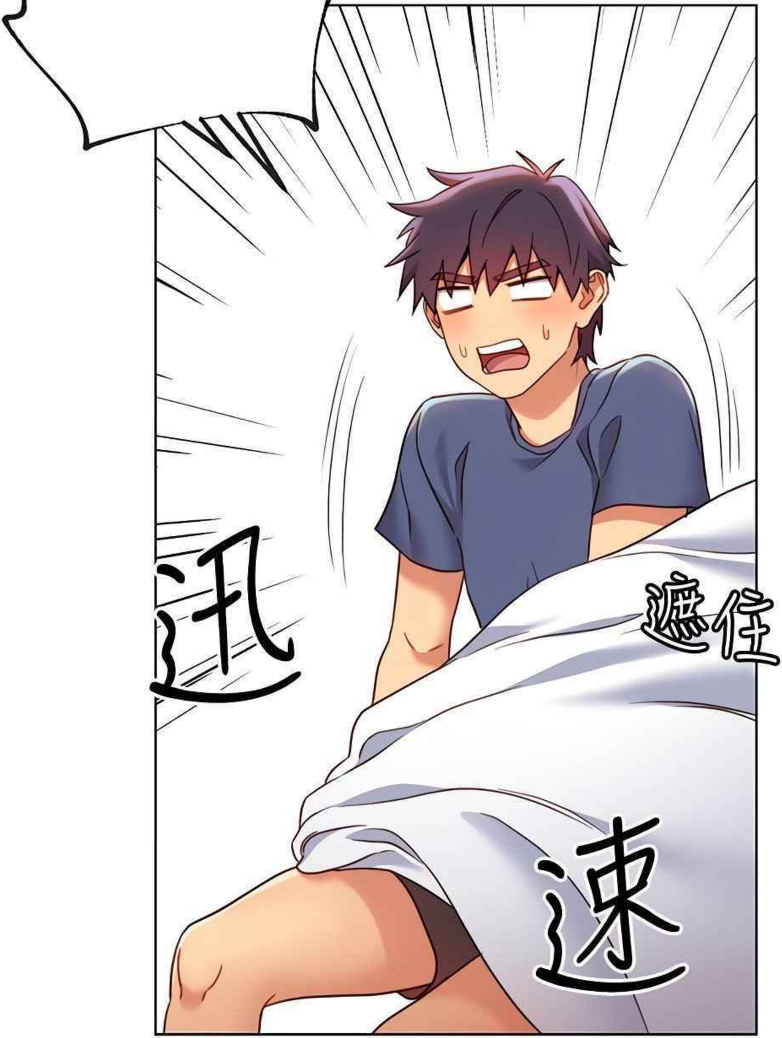

ELLE, ELLE N'EST PAS TROP ÉTRANGE ?
QUOI ?
撲通
撲通

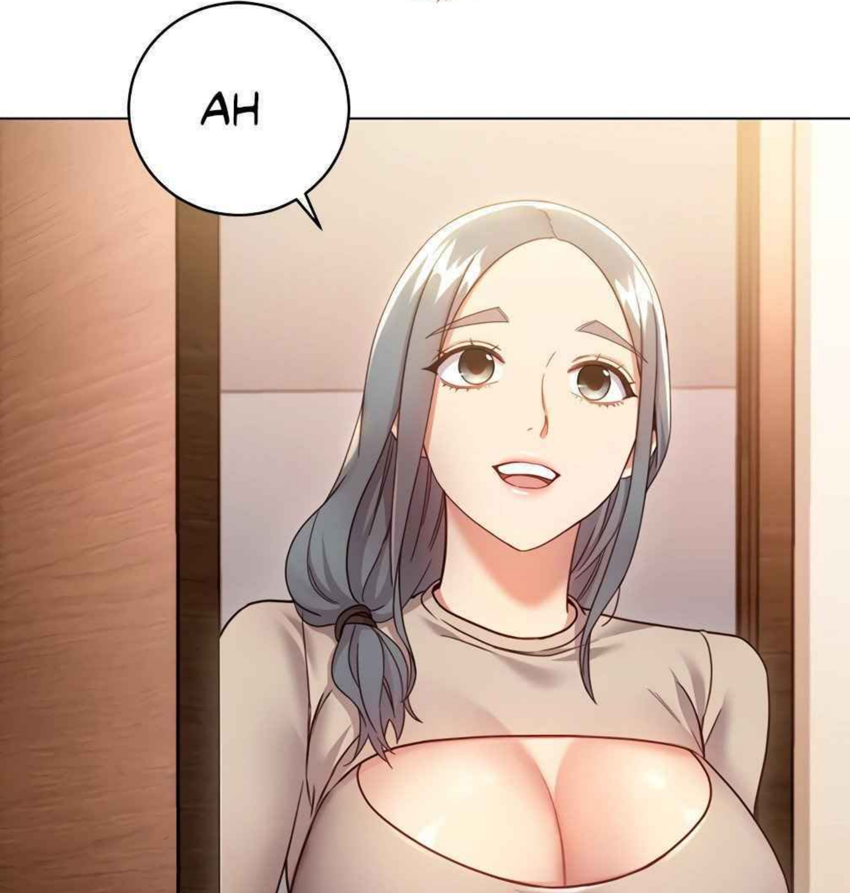
撲通
BON SANG, C'EST BON. ON PEUT LE FAIRE.
撲通

SMACK
撲通

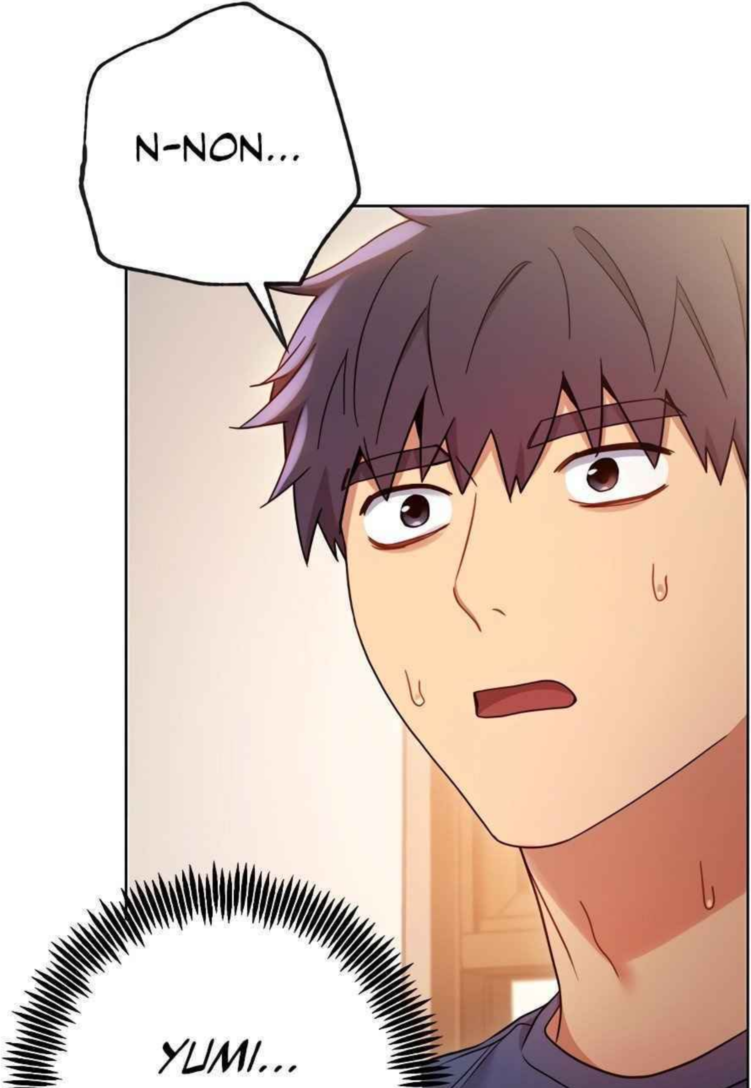

HAANG
咕嚕
AH

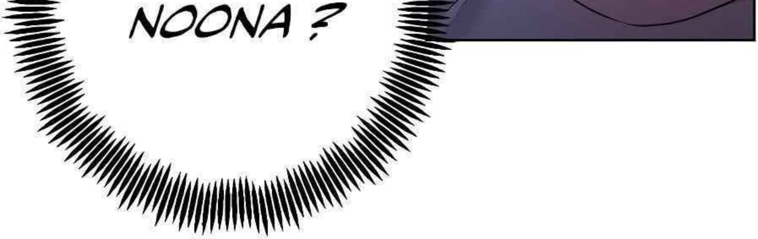

SEOKWOO, TU ES LEVÉ ?
開門
?!
O-O-OU-OUI ?!

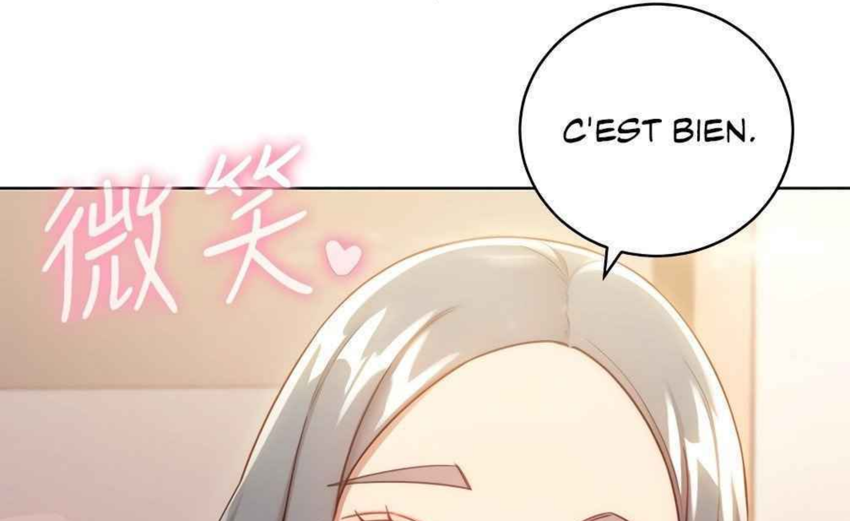

遮住
迅
速

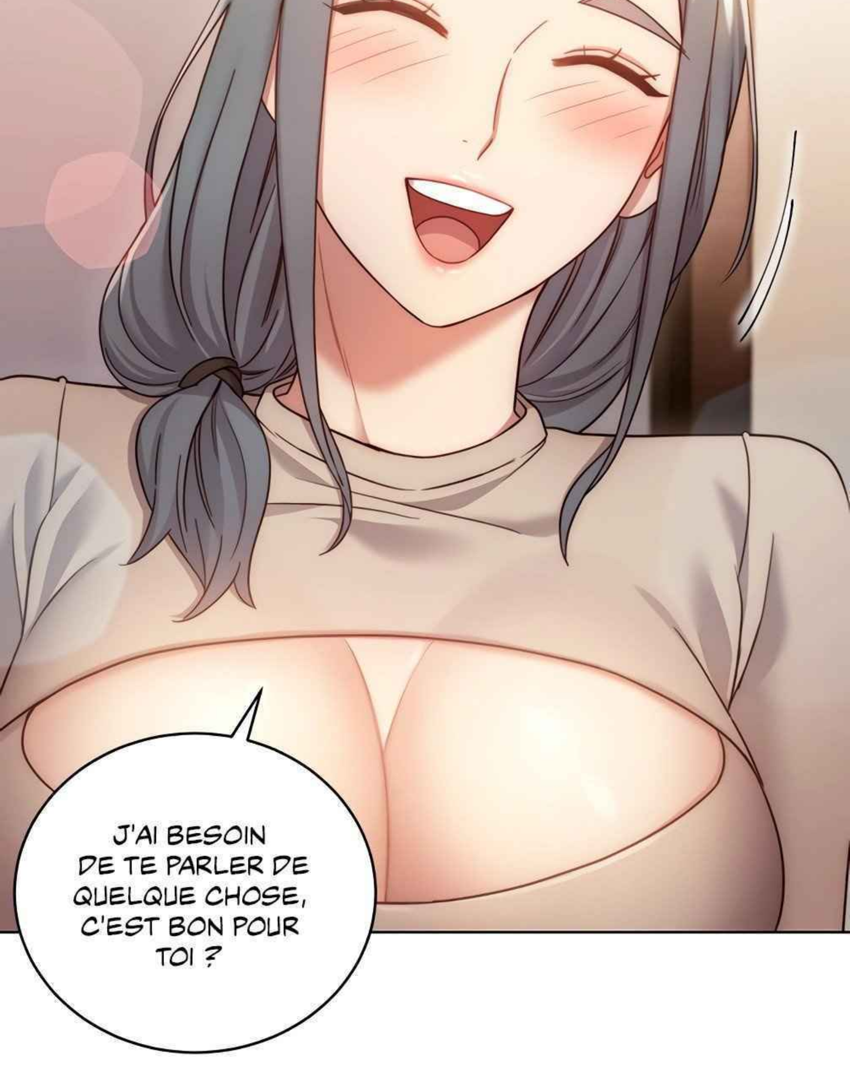


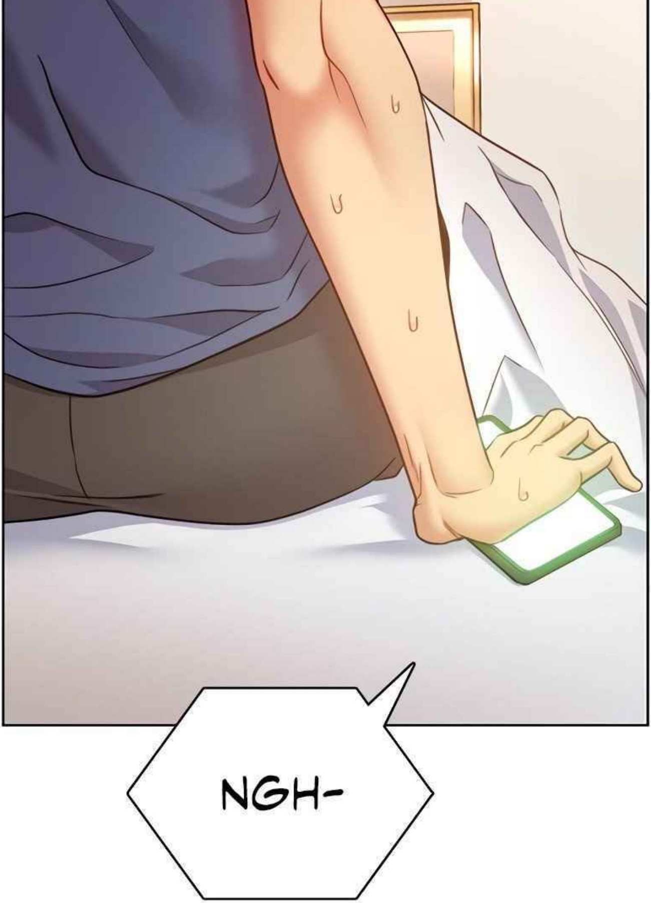
TU ÉTAIS EN TRAIN DE DORMIR ?






C'EST BIEN.
微笑♥


J'AI BESOIN DE TE PARLER DE QUELQUE CHOSE, C'EST BON POUR TOI ?



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À SUIVRE...