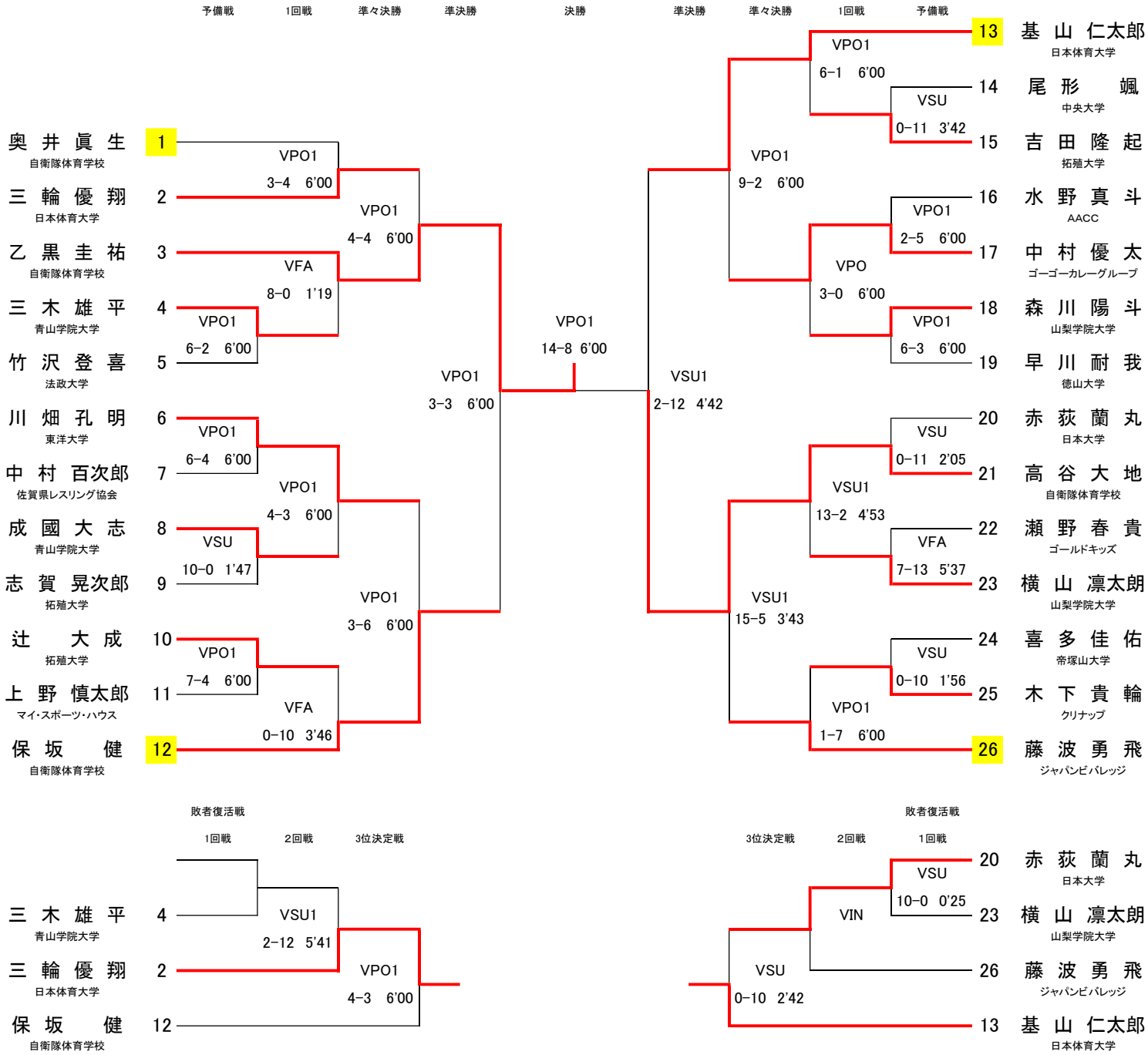74 kg フリー　A.B マット