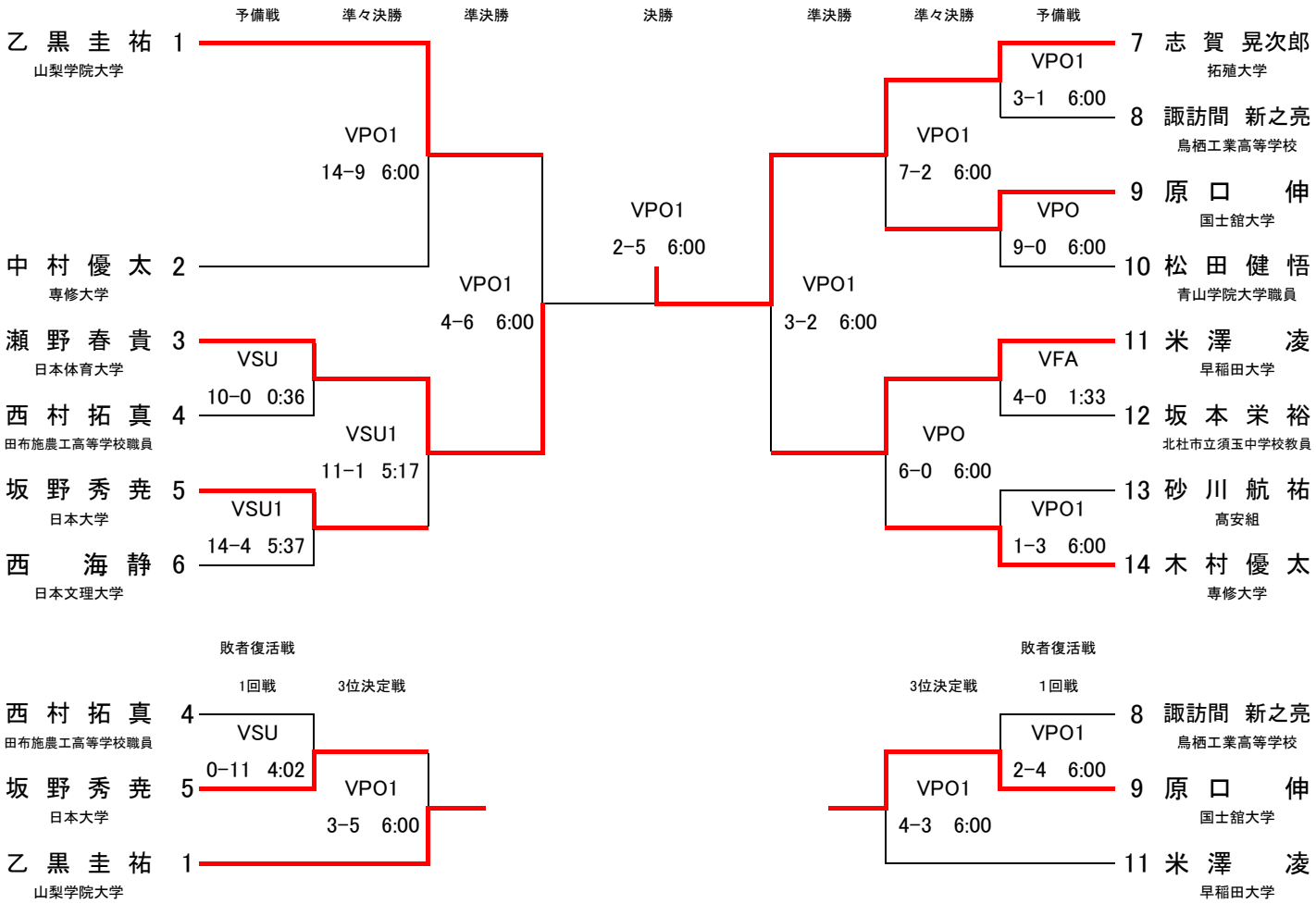70 kg フリー　A マット