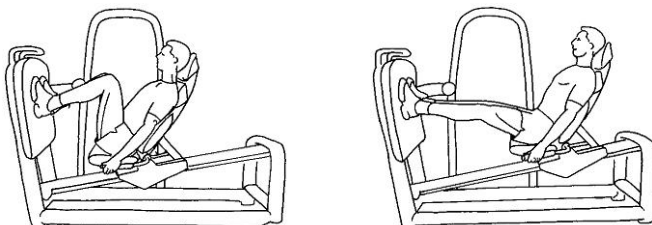
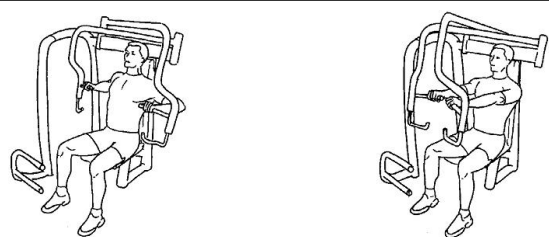

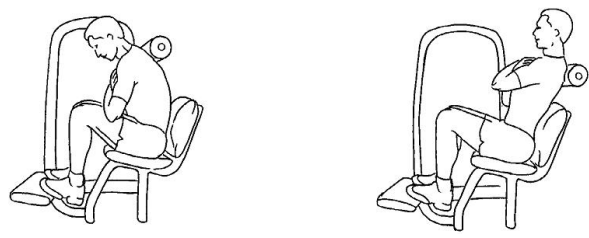
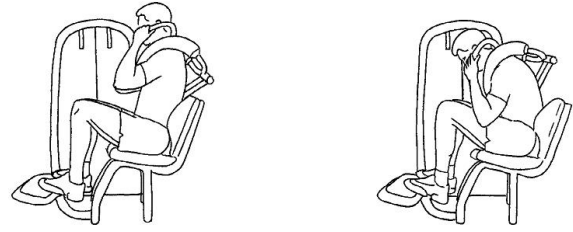


Øvelse	Illustration	Øvelsesdata
Benpres		Sæt: 2 gentagelser: 8-15
Brystpres		Sæt: 2 Gentagelser: 8-15
Træk til bryst		Sæt: 2 Gentagelser: 8-15
Rygøvelse / maskine		Sæt: 2 Gentagelser: 8-15
Maveøvelse / maskine		Sæt: 2 Gentagelser: 8-15