

SOMMARPROGRAM STYRKA J18

Bildförklaring

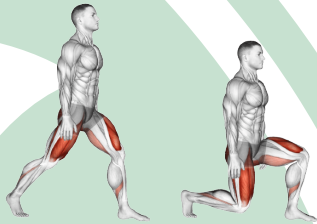
Knä/Ben -böj



MARKLYFT



UTFALLSSTEG



BÄNKPRESS



RODD/LATS -DRAG



ENBENS HÖFTLYFT

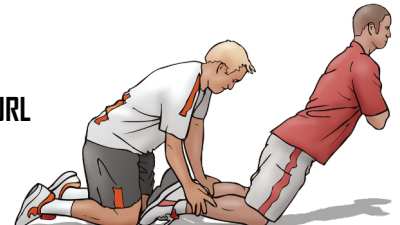
Fitness
Program.com



RYGGLYFT

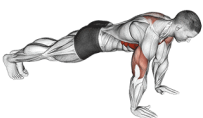


NORDIC HAMSTRING CURL



ARMHÄVNINGAR

Fitness
Program.com



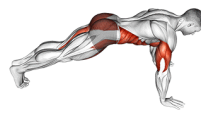
Fitness
Program.com



Fitness
Program.com



Fitness
Program.com



Fitness
Program.com



Fitness
Program.com

