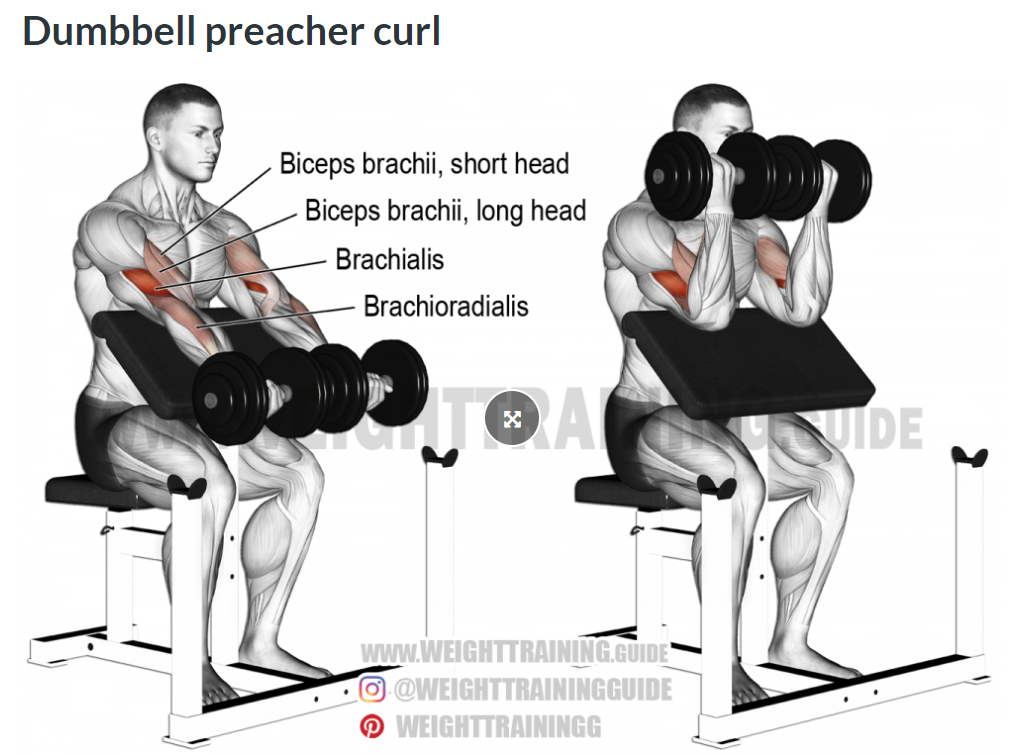
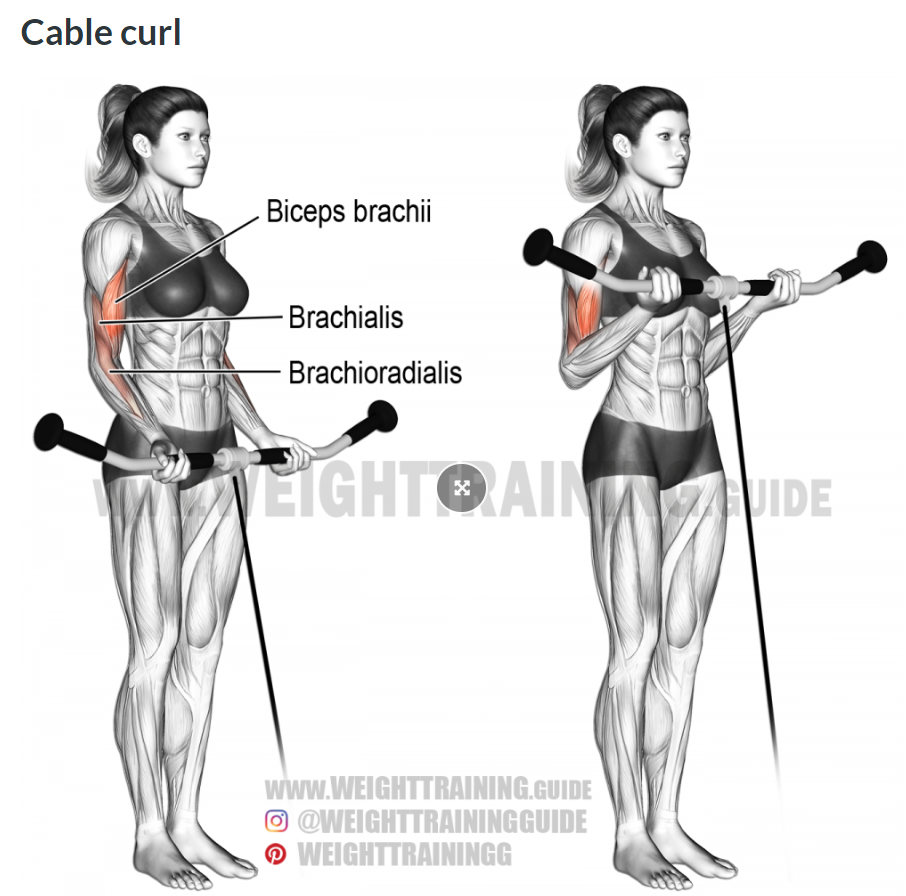
Biceps:

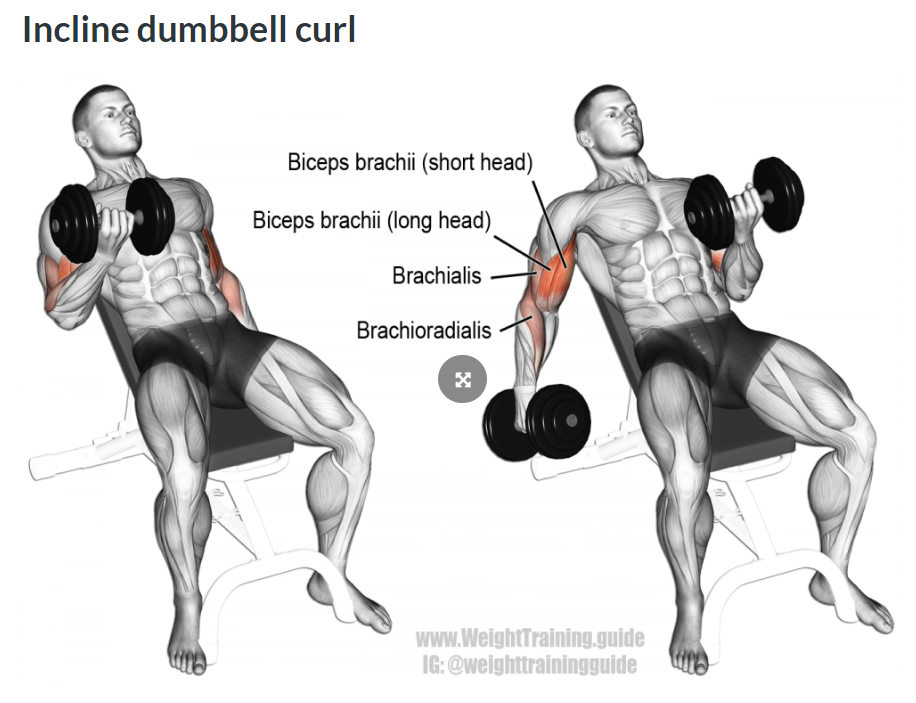
Gör alla övningar 6-8 repetitioner och kombinera ihop biceps/triceps på ett pass och bröst/axlar på det andra



[Instruktionsvideo](https://www.youtube.com/watch?v=SLqQdcrbfYc)

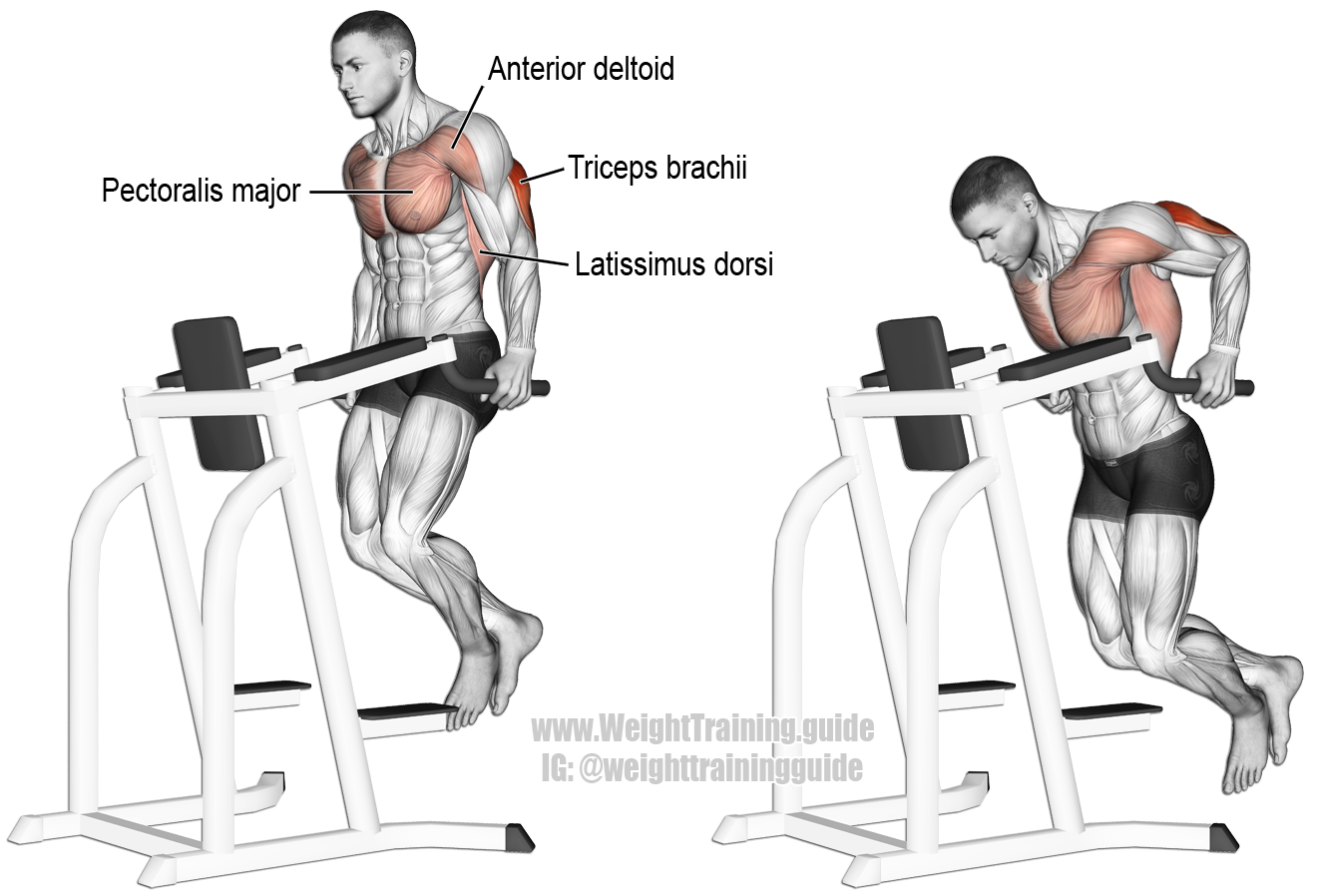


[Instruktionsvideo](https://www.youtube.com/watch?v=RUt4ZqGIPso)

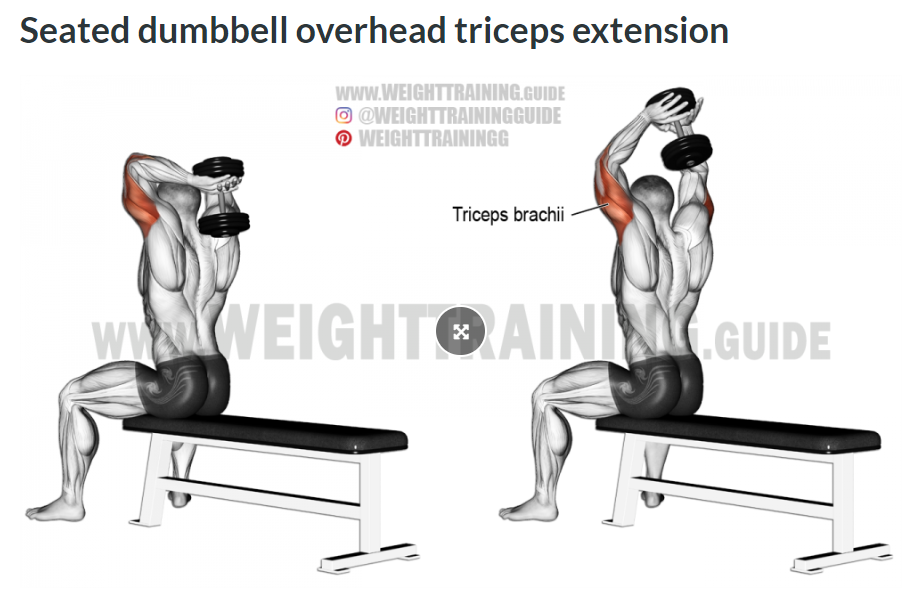


[Instruktionsvideo](https://www.youtube.com/watch?v=2E9Q6vc609E)

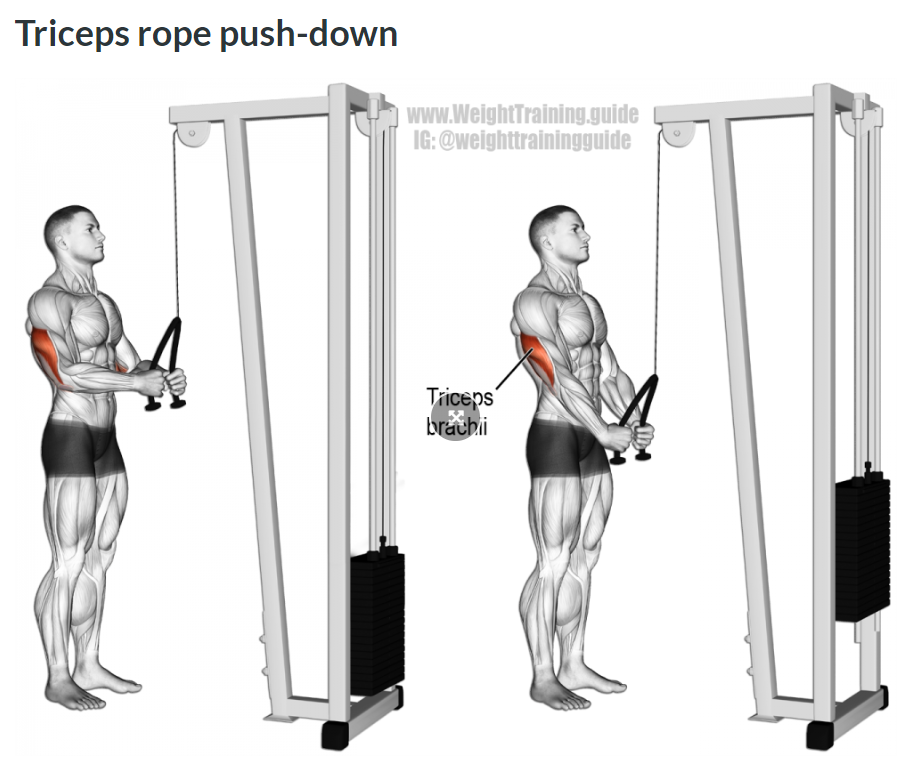
Triceps:



[Instruktionsvideo](https://www.youtube.com/watch?v=sM6XUdt1rm4)

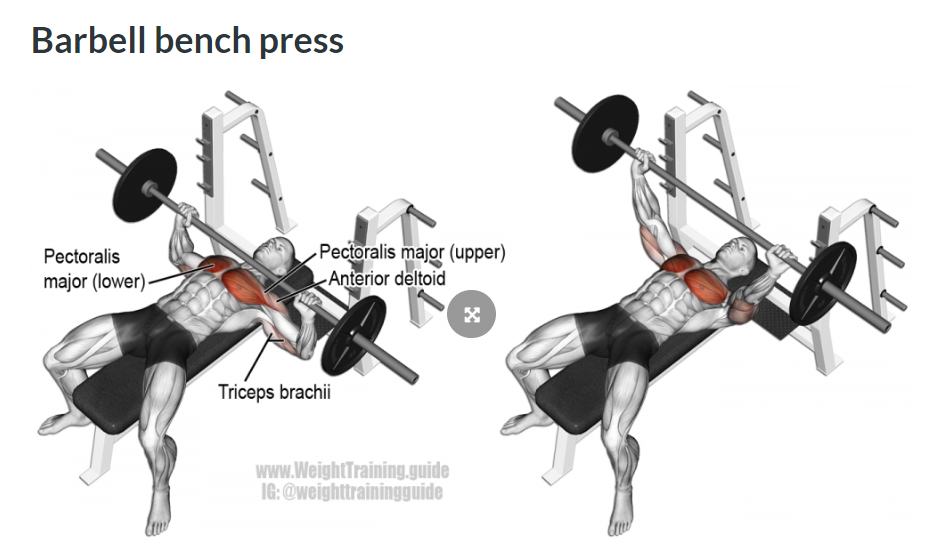


[Instruktionsvideo](https://www.youtube.com/watch?v=YbX7Wd8jQ-Q)

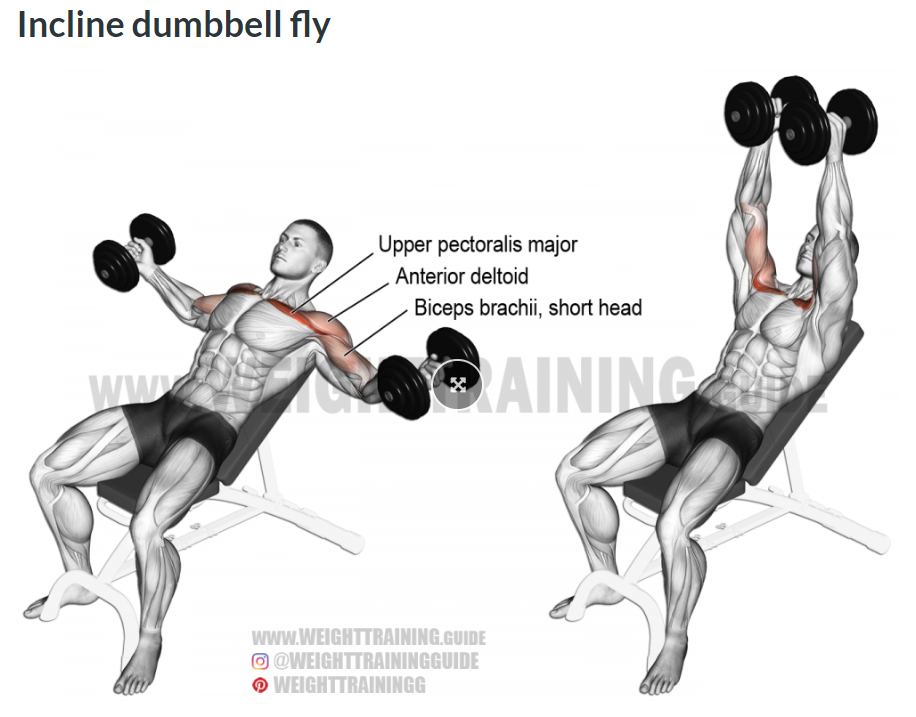


[Instruktionsvideo](https://www.youtube.com/watch?v=2-LAMcpzODU)

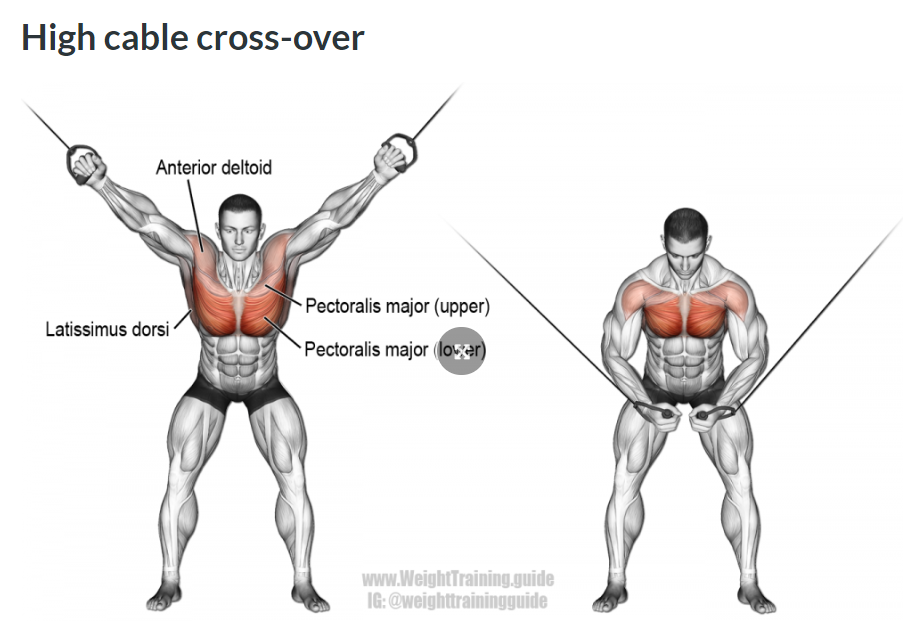
Bröst:



[Instruktionsvideo](https://www.youtube.com/watch?v=ukDEXCXJxdM)

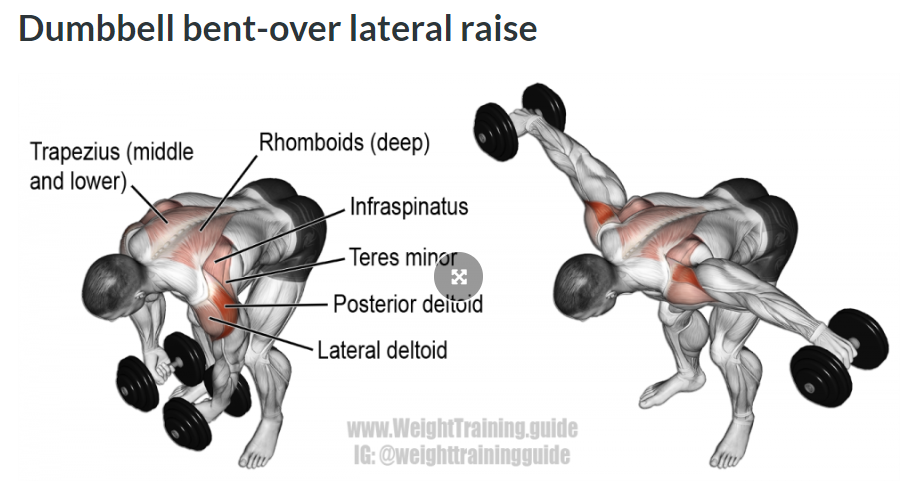


[Instruktionsvideo](https://www.youtube.com/watch?v=ajdFwa-qM98)

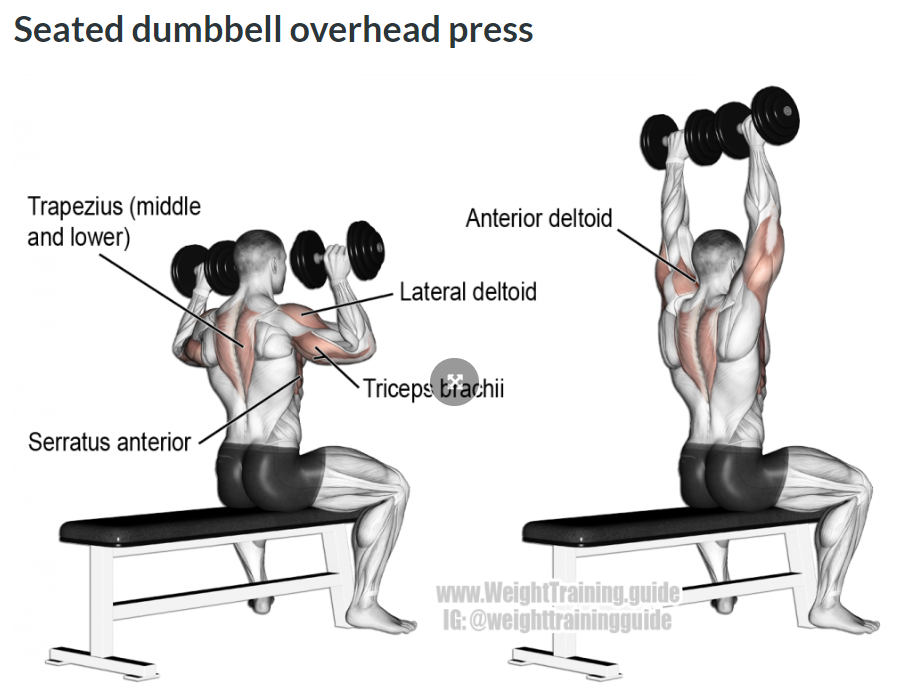


[Instruktionsvideo](https://www.youtube.com/watch?v=GfXObZv7D5c)

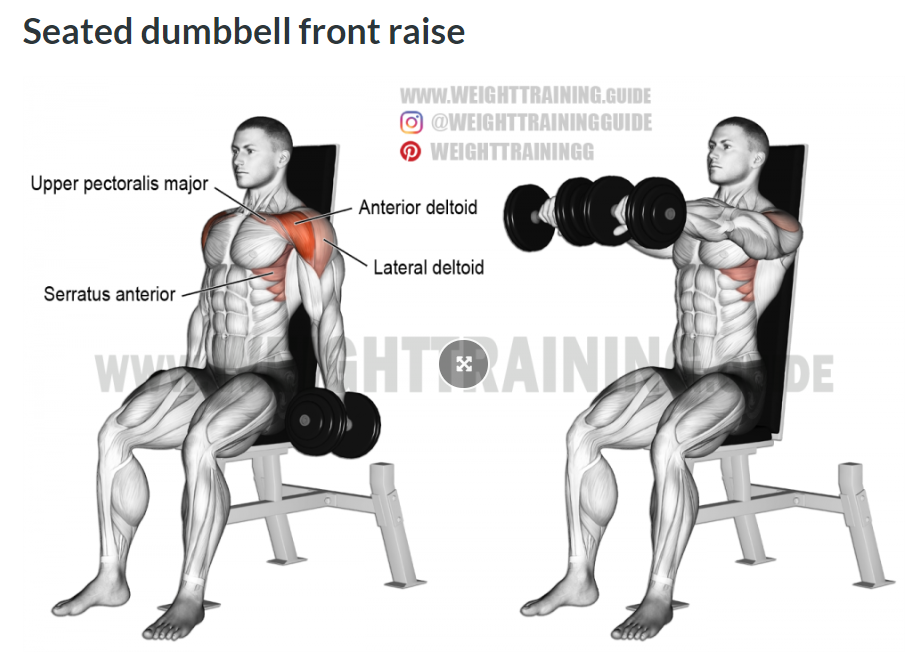
Axlar/skulderblad:



[Instruktionsvideo](https://www.youtube.com/watch?v=ttvfGg9d76c)



[Instruktionsvideo](https://www.youtube.com/watch?v=qEwKCR5JCog)



[Instruktionsvideo](https://www.youtube.com/watch?v=jqD4ElyonhE)