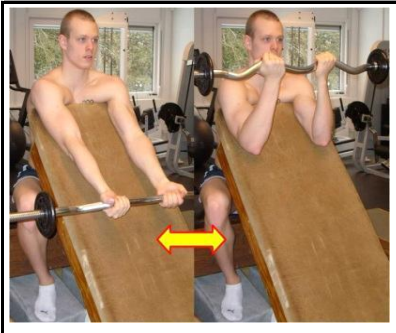
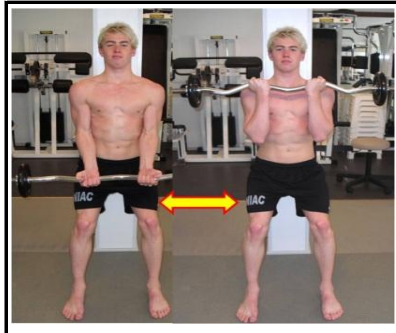


BICEPS "BUIGING ARM THV ELLEBOOG-GEWRICHT"

ARM-CURL "Biceps-bank"



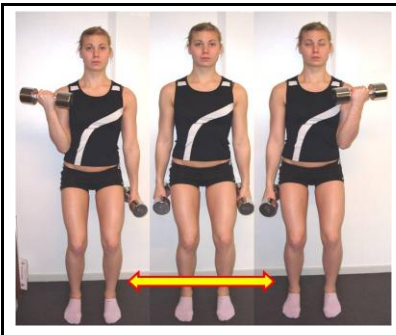
ARM-CURL Z-bar(elleb steun)



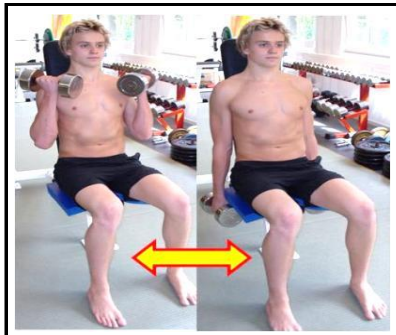
Biceps stand muur L+R



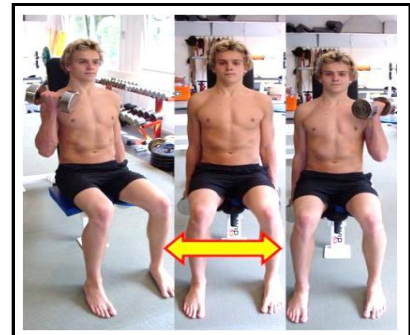
Biceps stand muur afw L-R



Biceps in zit L+R samen



Biceps zit ellb afw LR

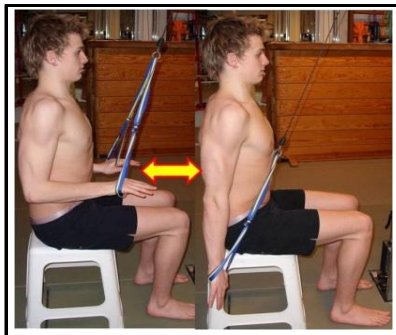


TRICEPS "STREKKING ARM THV ELLEBOOG-GEWRICHT"

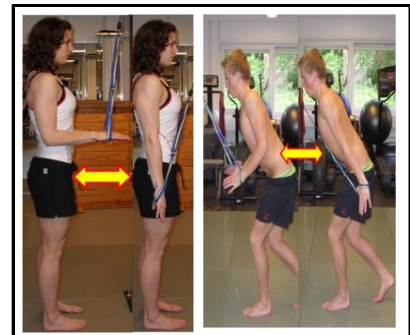
Triceps zit rugleuning trekapp



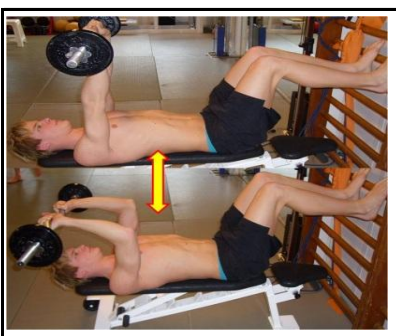
Triceps zit romp vrij trekapp



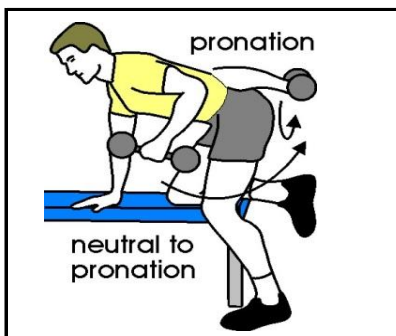
Triceps zit romp vrij trekapp



Triceps ruglig arm opw staaf



Triceps kick-back romp horiz.



Triceps: 1 arm opw halter

