

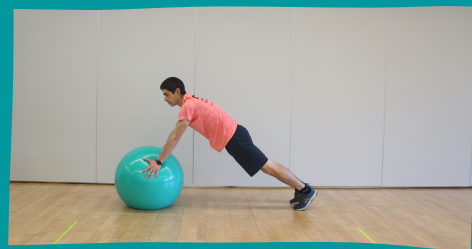
## 1 SENTADILAK



## 2 ABDOMINALAK



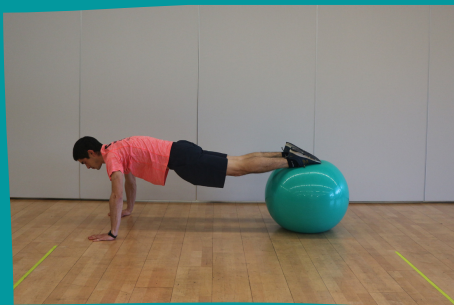
## 3 ABDOMINALAK



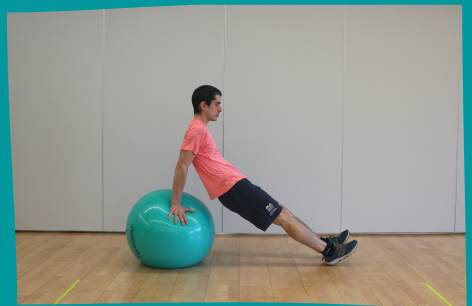
## 4 FLEXIOAK



## 5 FLEXIOAK



## 6 TRIZEPSAK



## 7 DELTOIDESAK



## 8 TRIZEPSAK



## 9 BULARRA



## 10 DELTOIDESAK



## 11 BIZEPSAK



## 12 TRIZEPSAK

