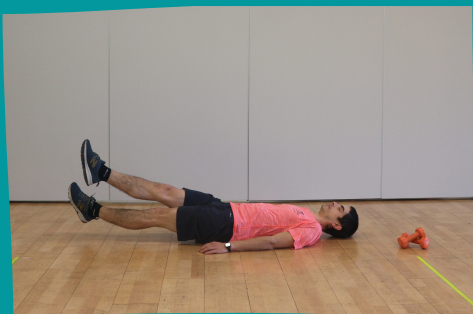


INDAR ZIRKUITUA 3

1 ABDOMINALAK



2 ISKIOAK



3 TRIZEPS



4 BIZEPS



5 SENTADILAK



6 DELTOIDESAK



INDAR ZIRKUITUA 3

7 LUNGE



8 BULARRA



9 BIKIAK



10 TRAPEZIO+DORTSAL

