



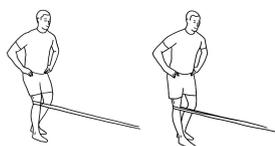
1. Fotsträckning



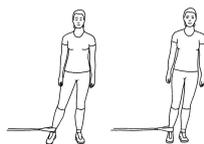
2. Fotböjning



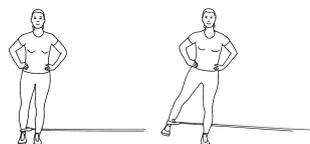
3. Sittande lårcurl



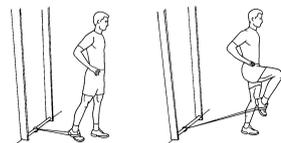
4. Slutsträck i knä



5. Stående bendrag inåt



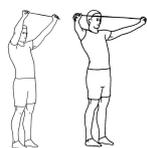
6. Stående benlyft utåt



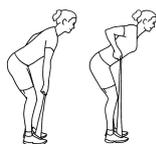
7. Stående knälyft framåt



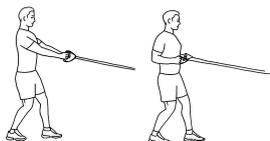
8. "Donkey kicks"



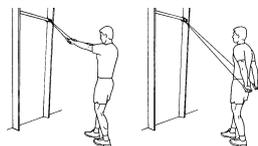
9. Band Pull Apart



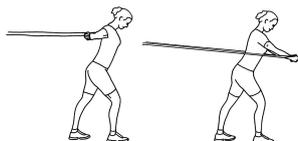
10. Framåtböjd enarmsroning



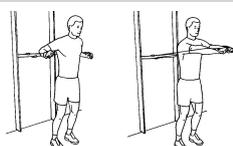
11. Rodd i splitstående



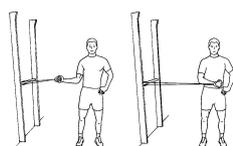
12. "Stavtag"



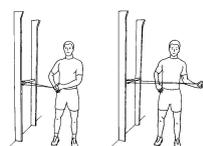
13. Flyes



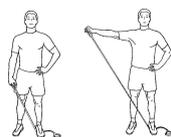
14. Stående bröstpress



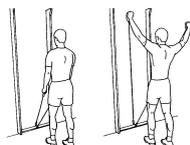
15. Stående axelrotation inåt



16. Stående axelrotation utåt



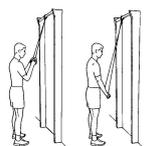
17. Stående armlöft åt sidan



18. Stående Y-drag



19. Stående bicepscurl



20. Stående tricepspress