

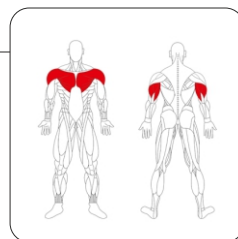


ATLAS X2

PRZYKŁADOWY ZESTAW ĆWICZEŃ

1. ZESTAW ĆWICZEŃ - klatka piersiowa

A



B

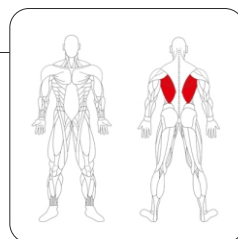


C



2. ZESTAW ĆWICZEŃ - grzbiet

A



B



C



D



E



F



G



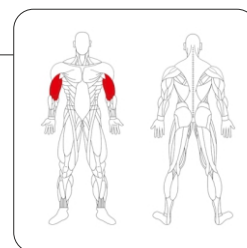
H



I



3. ZESTAW ĆWICZEŃ - biceps



A



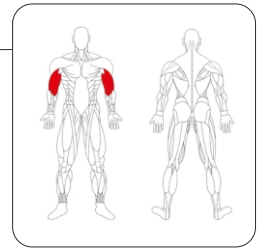
B



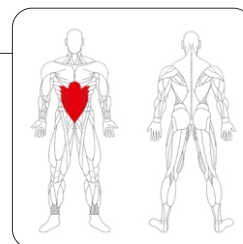
C



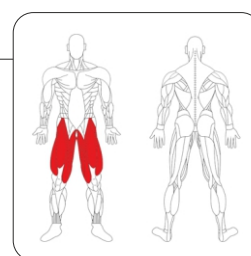
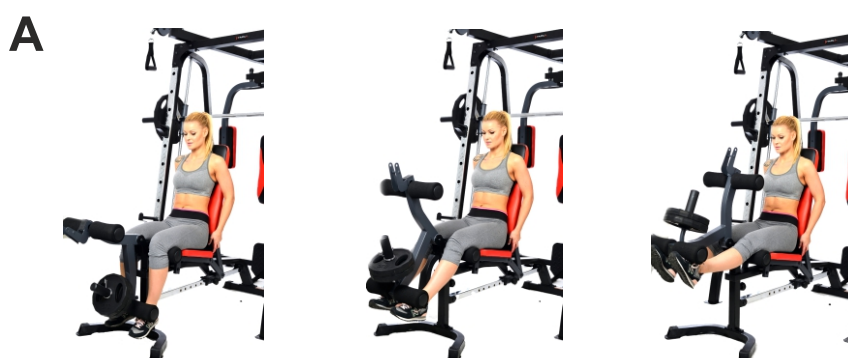
4. ZESTAW ĆWICZEŃ - triceps



5. ZESTAW ĆWICZEŃ - brzuch



6. ZESTAW ĆWICZEŃ - uda





6. ZESTAW ĆWICZEŃ - barki

