

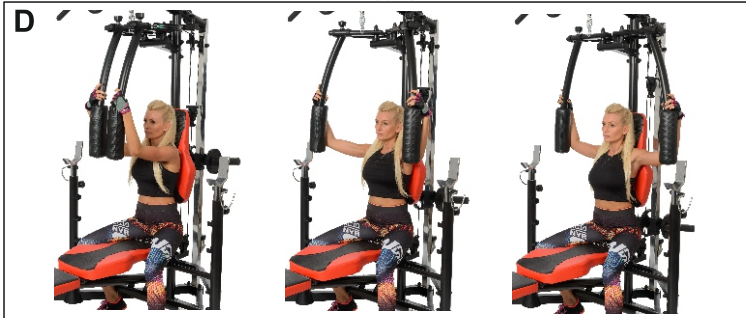
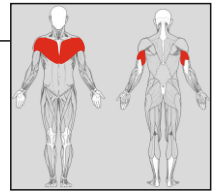
HMS®



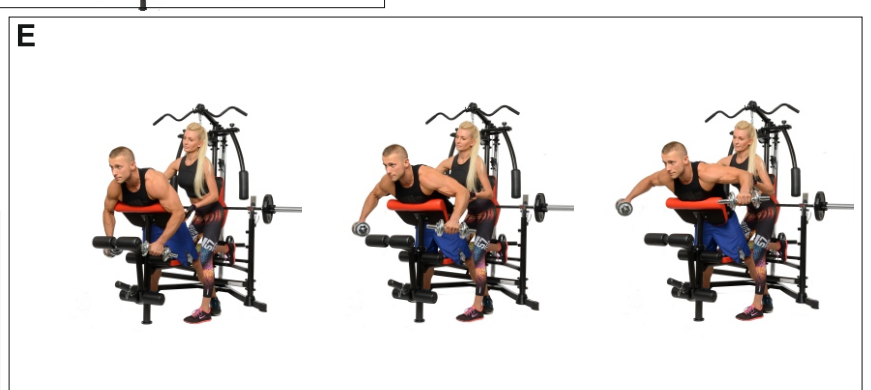
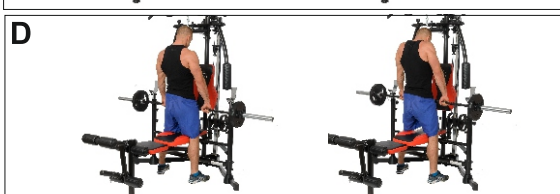
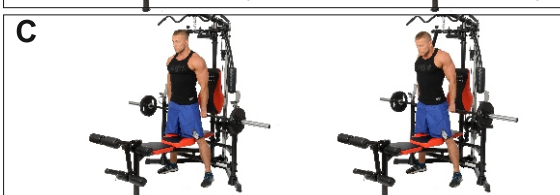
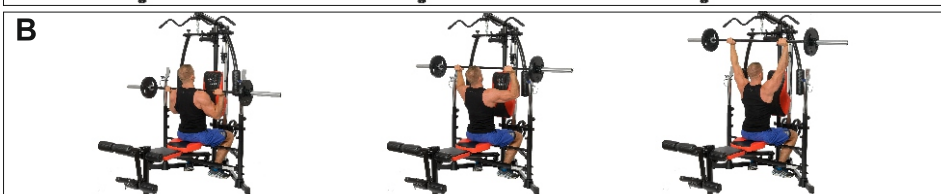
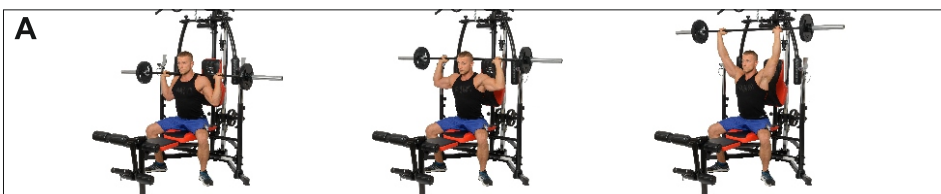
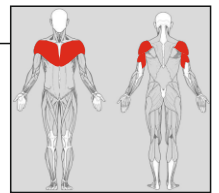
ATLAS CYBORG 1

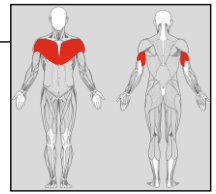
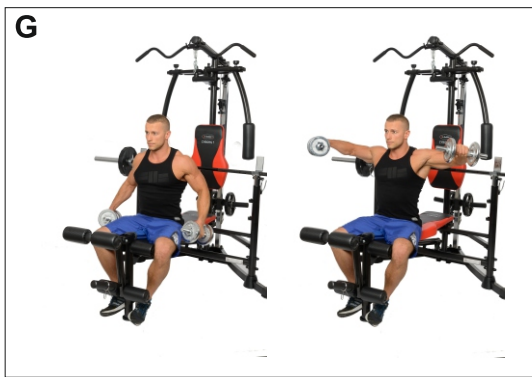
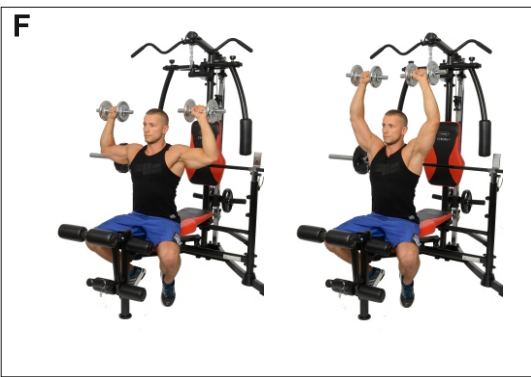
ZESTAW ĆWICZEŃ

1. ZESTAW ĆWICZEŃ - klatka piersiowa

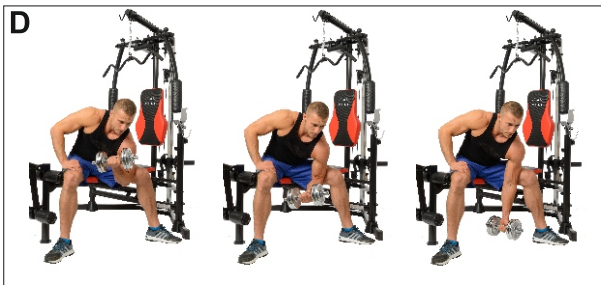
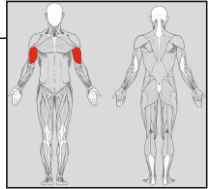
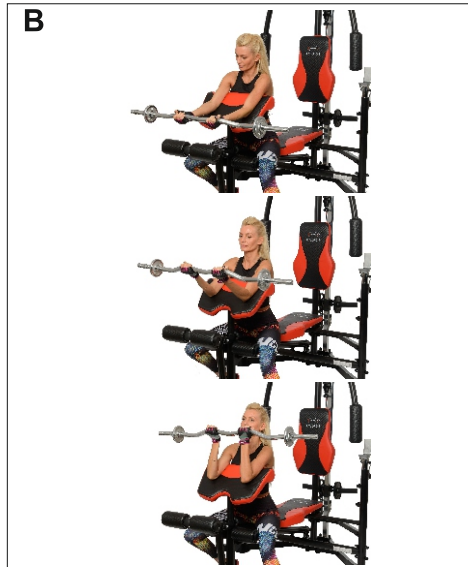


2. ZESTAW ĆWICZEŃ - barki

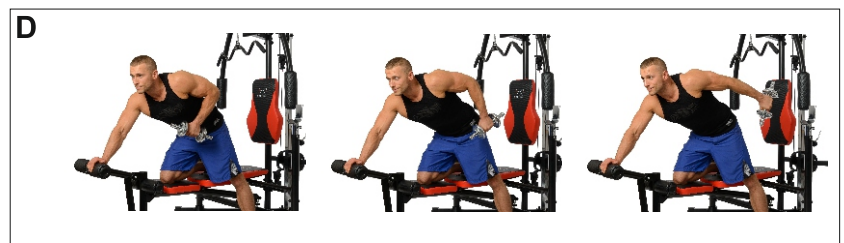
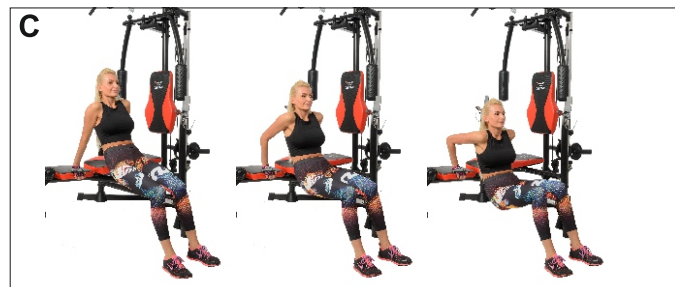
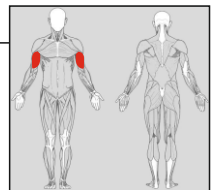




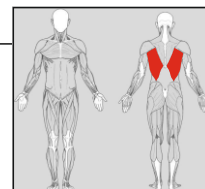
3. ZESTAW ĆWICZEŃ - biceps



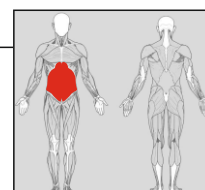
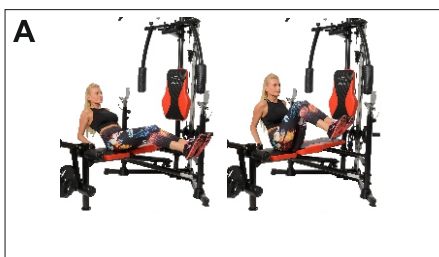
4. ZESTAW ĆWICZEŃ - triceps



5. ZESTAW ĆWICZEŃ - grzbiet



6. ZESTAW ĆWICZEŃ - brzuch



7. ZESTAW ĆWICZEŃ - uda

