

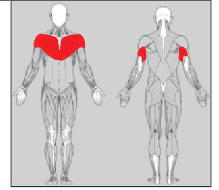
HMS®



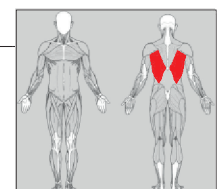
LS3859

ŁAWKA POD SZTANGĘ

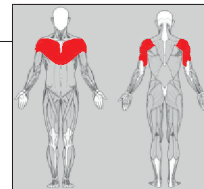
1. ZESTAW ĆWICZEŃ - klatka piersiowa



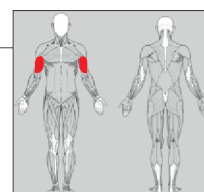
2. ZESTAW ĆWICZEŃ - grzbiet



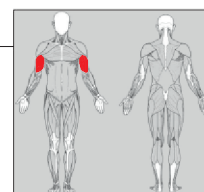
3. ZESTAW ĆWICZEŃ - barki

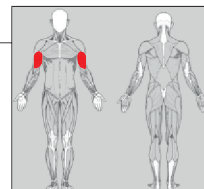


4. ZESTAW ĆWICZEŃ - biceps

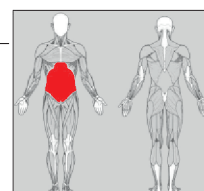


5. ZESTAW ĆWICZEŃ - triceps

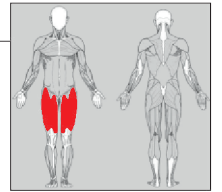




6. ZESTAW ĆWICZEŃ - brzuch



7. ZESTAW ĆWICZEŃ - uda



8. ZESTAW ĆWICZEŃ - nogi

