

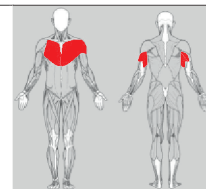
HMS®



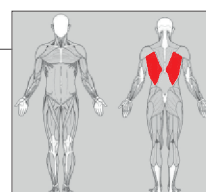
PWL5969

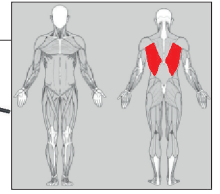
ŁAWKA Z PORECZĄ

1. ZESTAW ĆWICZEŃ - klatka piersiowa

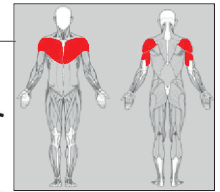


2. ZESTAW ĆWICZEŃ - grzbiet

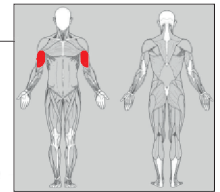




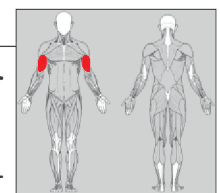
3. ZESTAW ĆWICZEŃ - barki

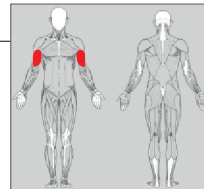


4. ZESTAW ĆWICZEŃ - biceps



5. ZESTAW ĆWICZEŃ - triceps





6. ZESTAW ĆWICZEŃ - brzuch

