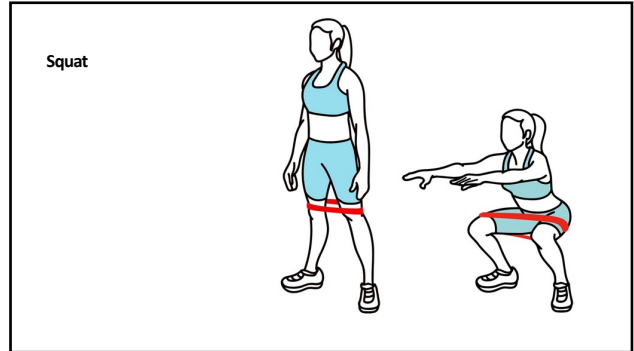
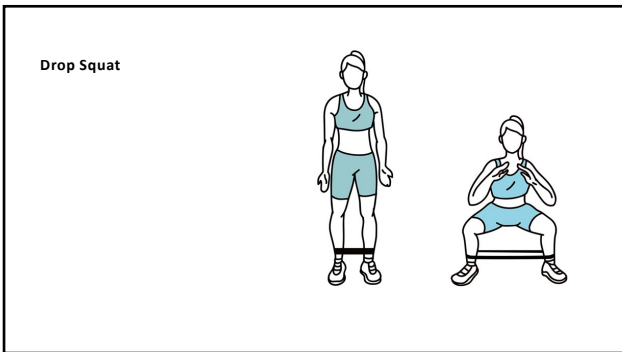




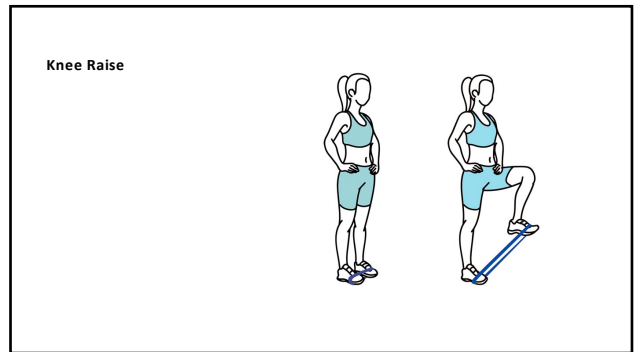
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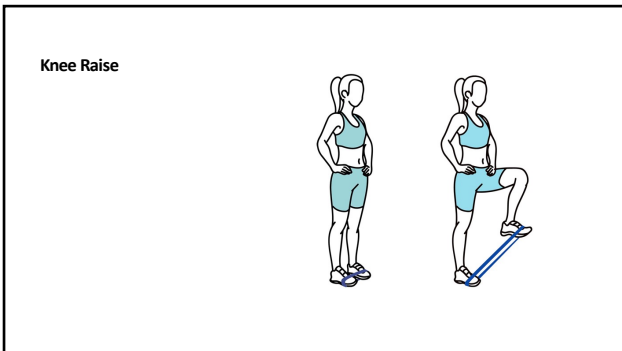
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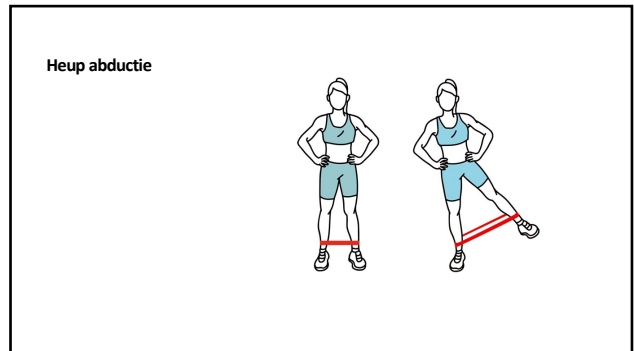
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4

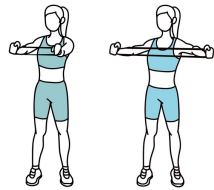


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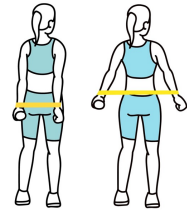
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Horizontal arm abdcution



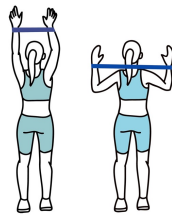
7

Rear arm extension



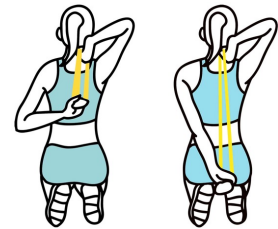
8

Overhead row



9

Triceps extensie



10

3 series van 20 herhalingen

11