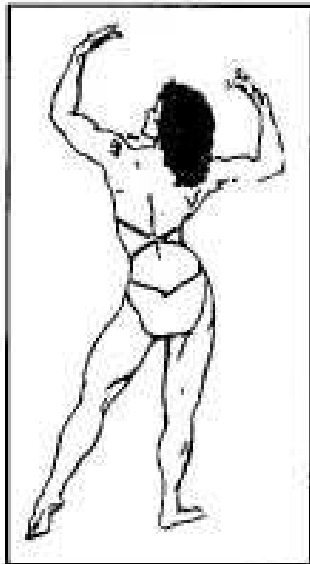


# OPGELEGDE HOUDINGEN DAMES



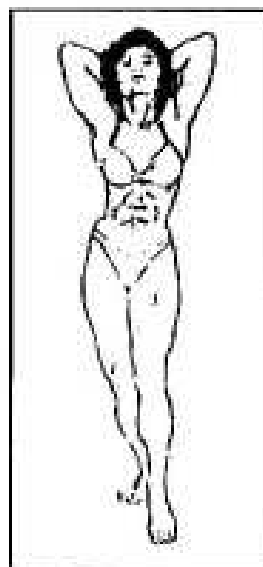
*DOUBLE BICEPS BACK*



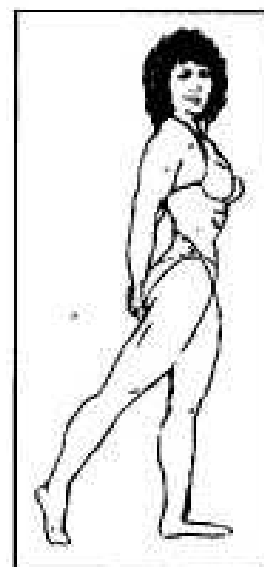
*DOUBLE BICEPS FRONT*



*SIDE CHEST*



*THIGH, CALF & ABDOMINALS*



*SIDE TRICEPS*