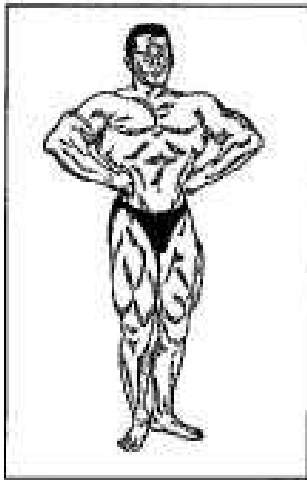
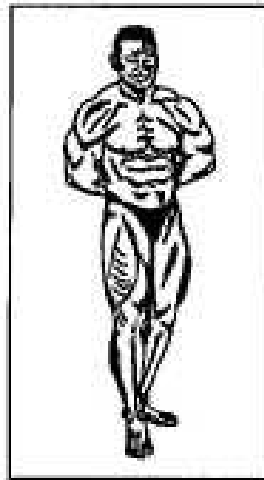


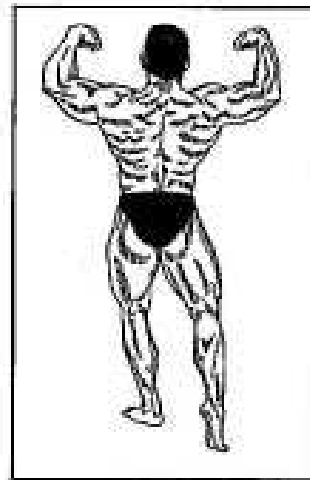
# OPGELEGDE HOUDINGEN HEREN



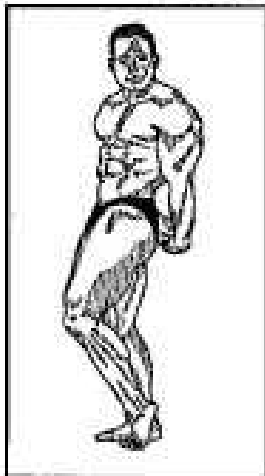
*FRONT LAT SPREAD*



*MOST MUSCULAR*



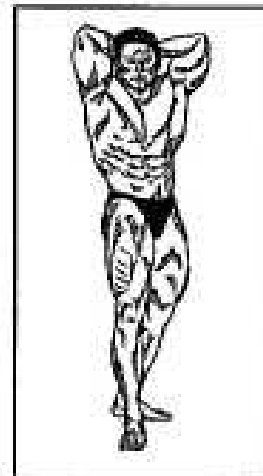
*BACK DOUBLE BICEPS*



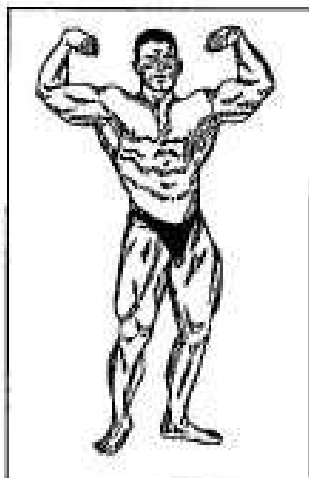
*SIDE TRICEPS*



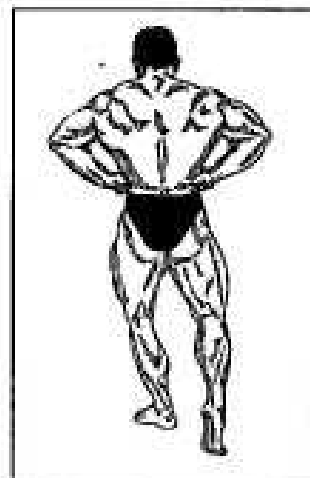
*SIDE CHEST*



*AB & THIGH POSE*



*FRONT DOUBLE BICEPS*



*BACK LAT SPREAD*