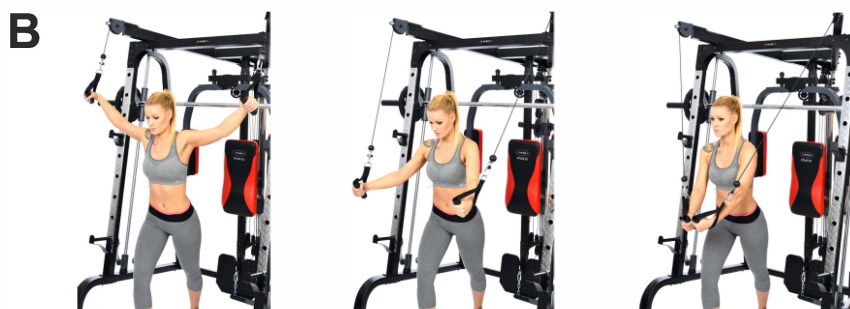
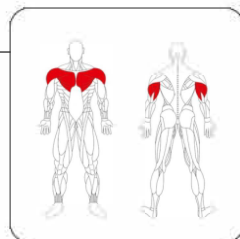




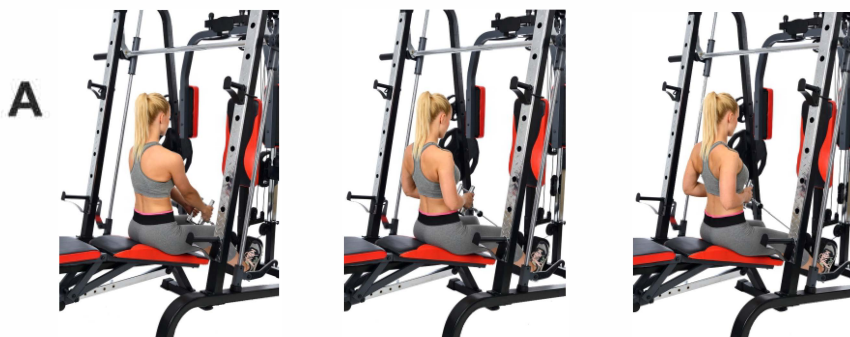
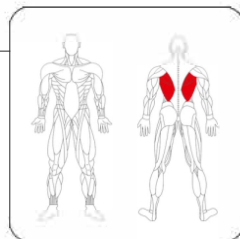
ATLAS X2

UKÁZKOVÝ SOUBOR CVIČENÍ

1. CVIKY - hrudník



2. CVIKY - záda



C



D



E



F



G



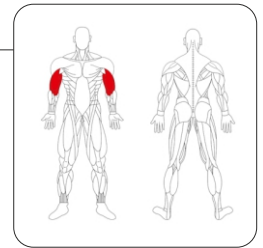
H



I



3. CVIKY – biceps



A



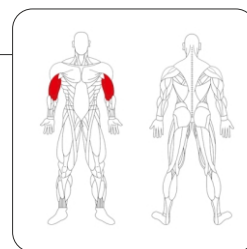
B



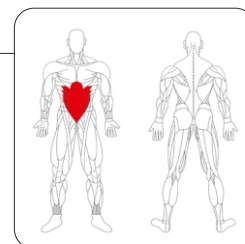
C



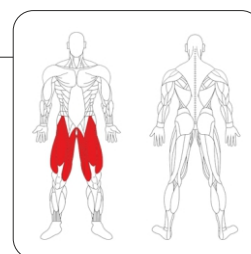
4. CVIKY – triceps



5. CVIKY – břišní svaly



5. CVIKY – stehna





6. CVIKY – ramena

