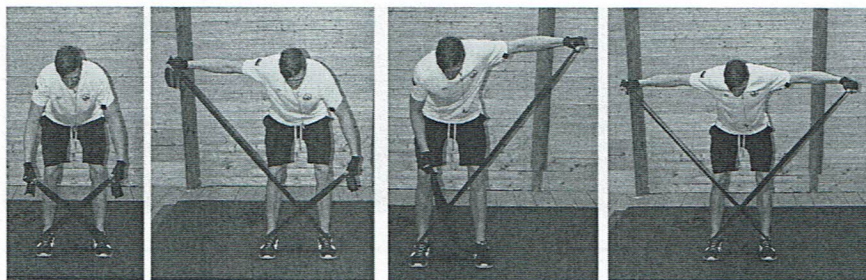
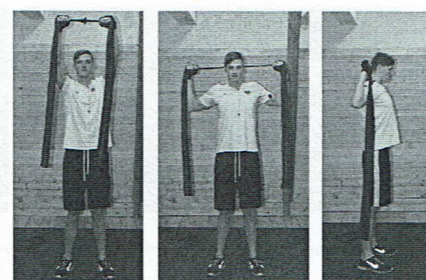


Harjutused kummilindiga

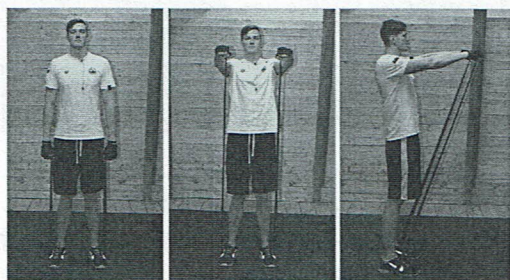
12. Deltalihase tagumine osa



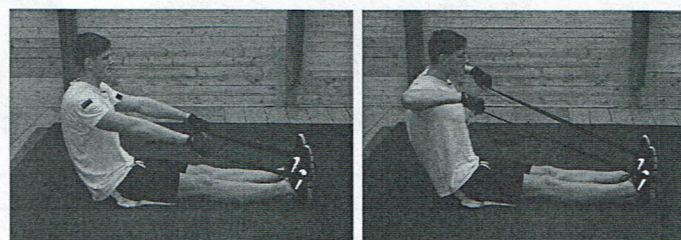
13. Deltalihase tagumine osa



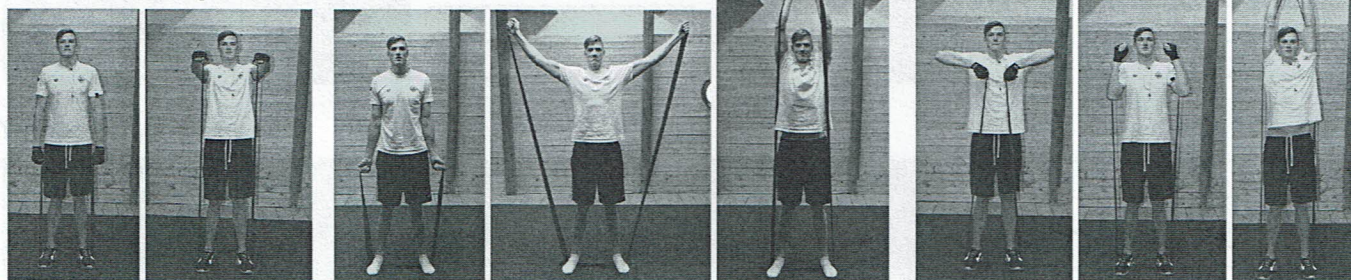
14. Deltalihase esiosa



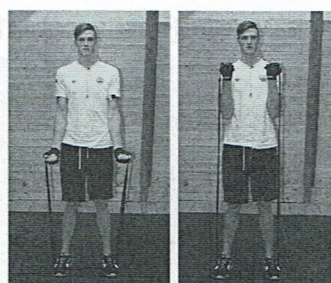
15. Selja lailihas



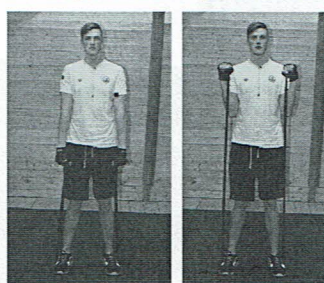
16. Deltalihase superseeria



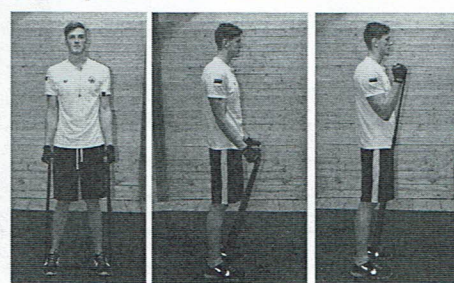
17. Biitsepsi tõsted althaare



18. Biitsepsi tõsted pealthaare



19. Biitsepsi tõsted "haamer" hoie



20. Triitsepsi surumine kukla tagan

