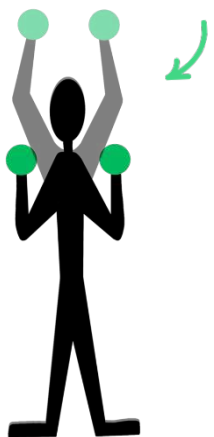
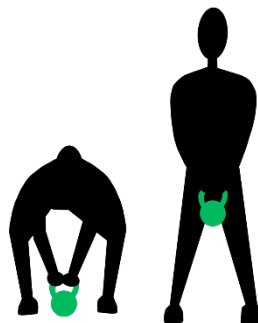


Skulderpres

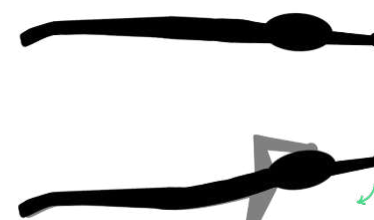
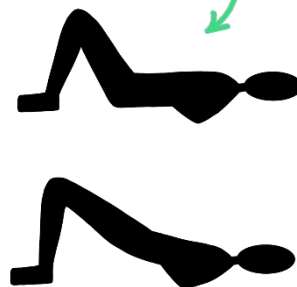


Pike push up

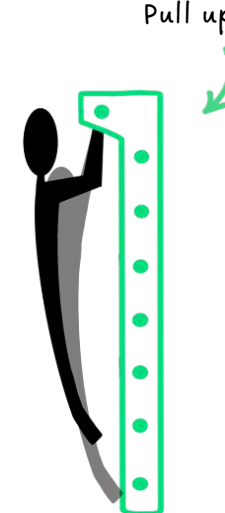
Glute brigade



Dødløft

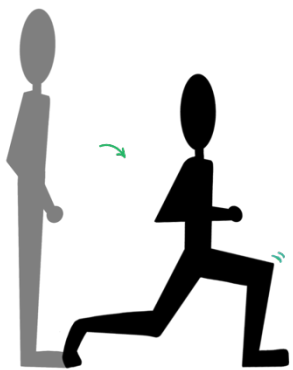


Superman pulls



Pull up

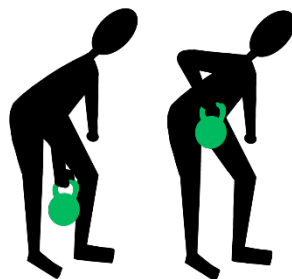
Squats



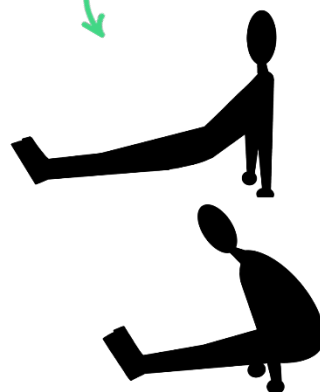
Lunges



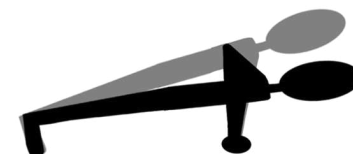
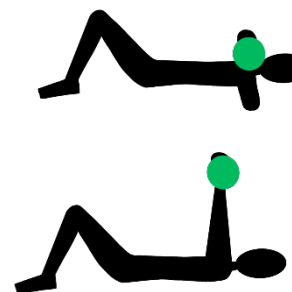
Reverse plank pulls



Row



Floor push up



Armstrækning