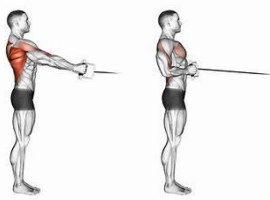


Oberkörper – Rücken/Bizeps



1. Latzug



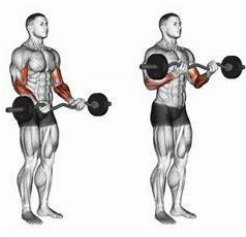
2. Rudern eng



3. T-Bar Row breit



4. Überzüge



5. Biceps Curls



6. Biceps Curls Maschine