



ATLAS TYTAN 10

SOUBOR CVIKŮ

1. CVIKY - hrudník



2. CVIKY - záda

g

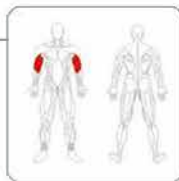


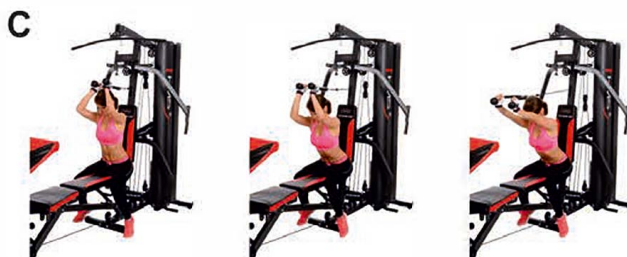


3. CVIKY - biceps

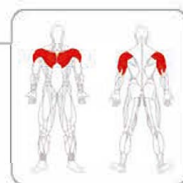


4. CVIKY - triceps





5. CVIKY – ramena



C



D



E

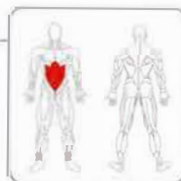


F



6.CVIKY - břicho

A





7. CVIKY – stehenní svaly



C



D



8. CVIKY – lýtkové svaly

A

