

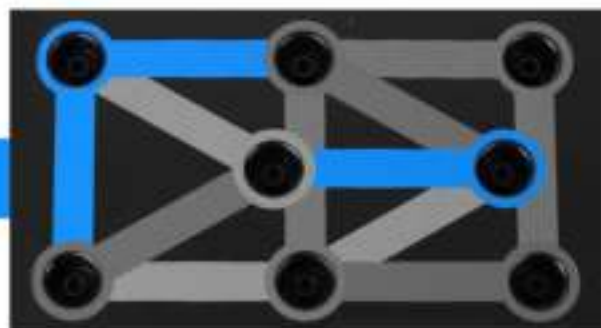
# HANDLEIDING PUSH UP BORD



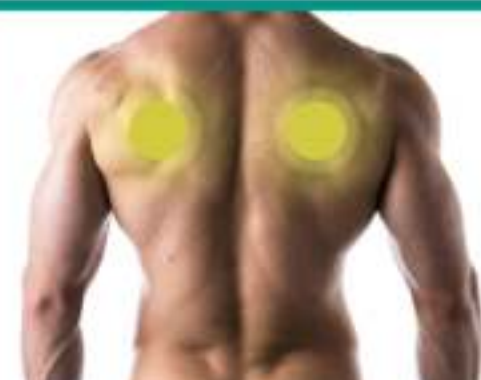
Schouders



Borst



Triceps



Rug

