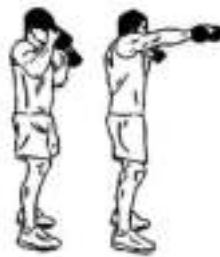


# Fitness Dumbbells Oefeningen



20 alt bicep curls



10 punches



10 overhead punches



20 archers



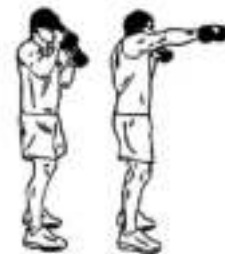
10 punches



10 overhead punches



20 alt hammer curls



10 punches



10 overhead punches