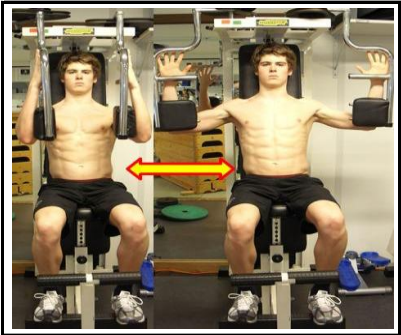
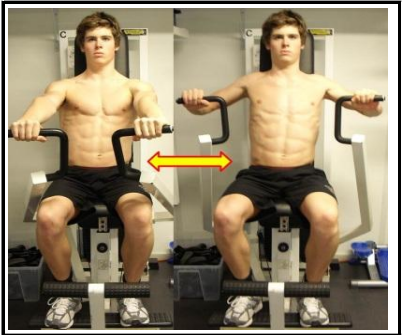


**BORSTSPIER (PECTORALIS) (ZIJWAARTS SLUITEN ARMEN THV SCHOUDERREGIO)**  
 (met of zonder ondersteuning van triceps)

**PECK-DECK**



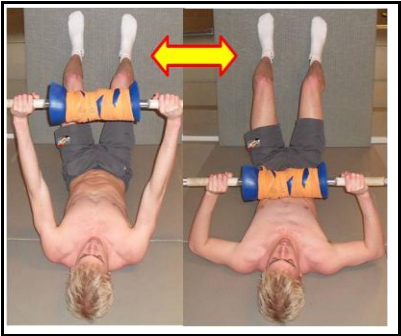
**CHEST-PRESS**



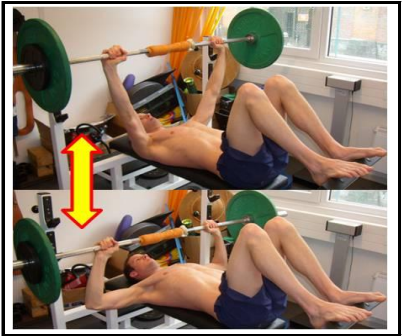
**BENCH-PRESS: MULTI**



**BENCH-PRESS rug mat**



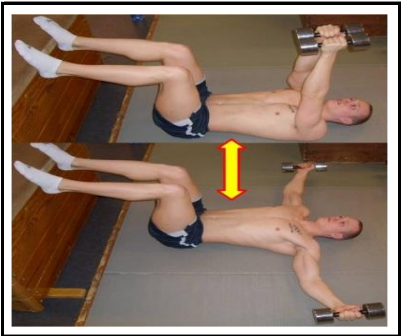
**BENCH-PRESS tot 90-90**



**BENCH-PRESS heup 180°**



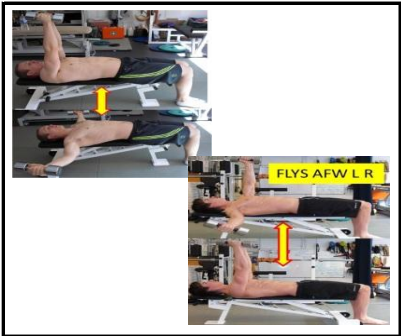
**FLYS IN ruglig op grond**



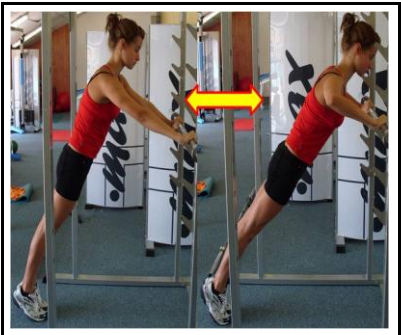
**FLYS ruglig op bankje**



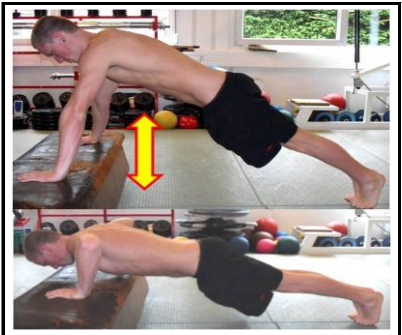
**FLYS heup 180°**



**Pompen in stand wandrek**



**Pompen op laag verhoog**



**Borstpas in stand rug muur**

