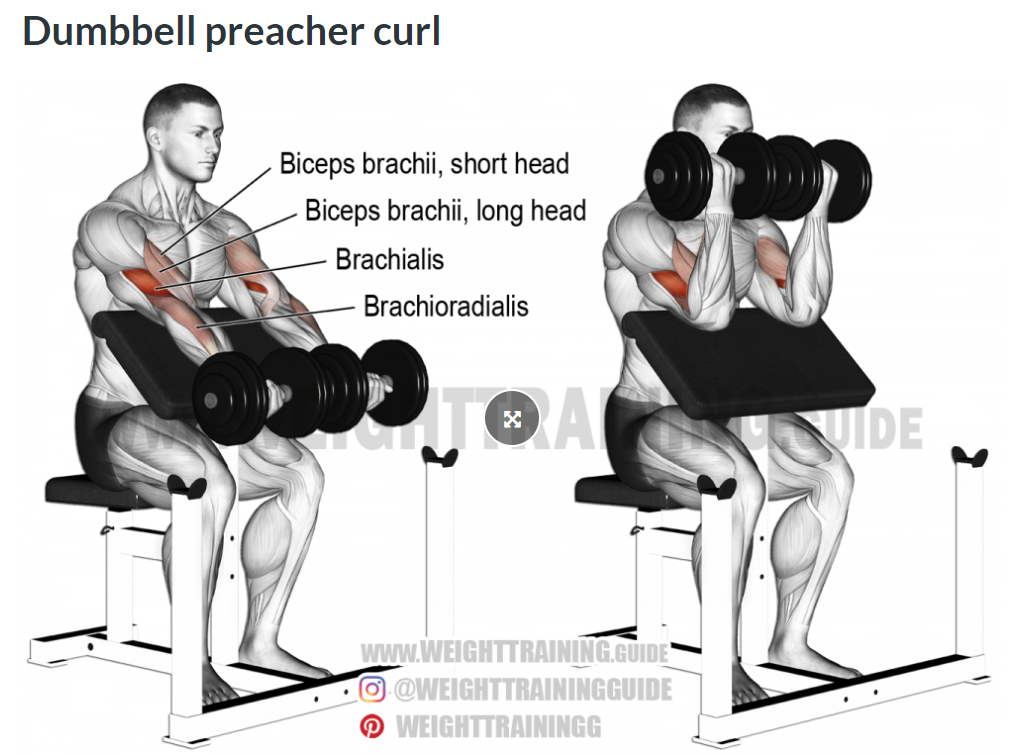
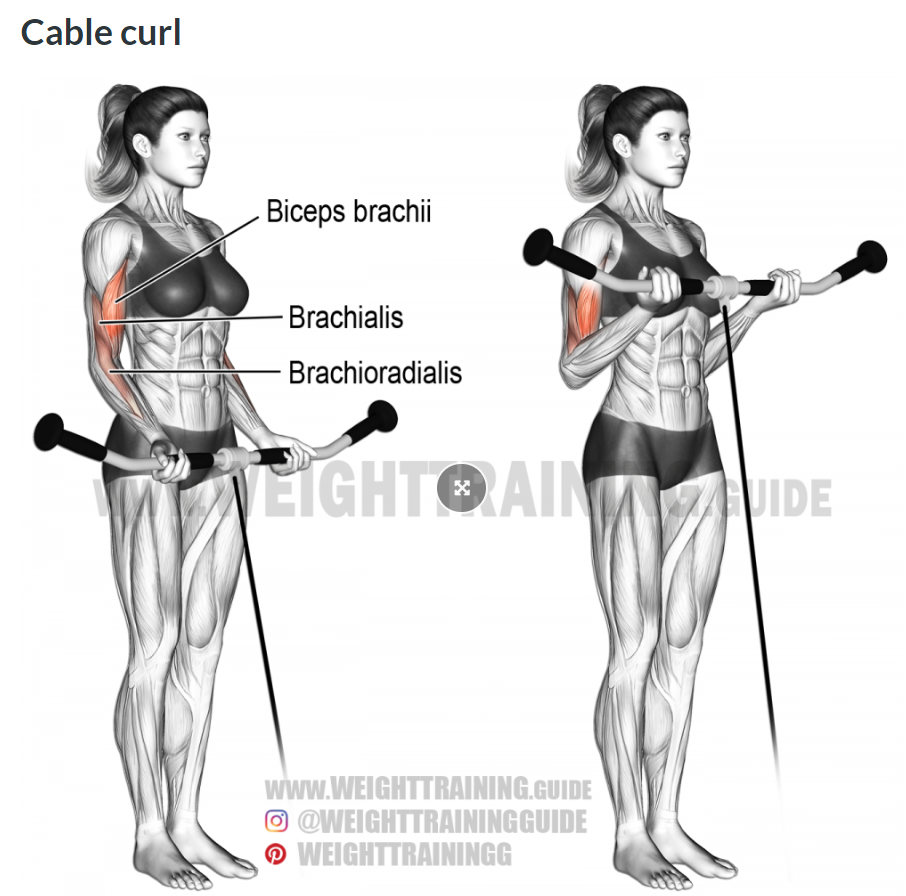
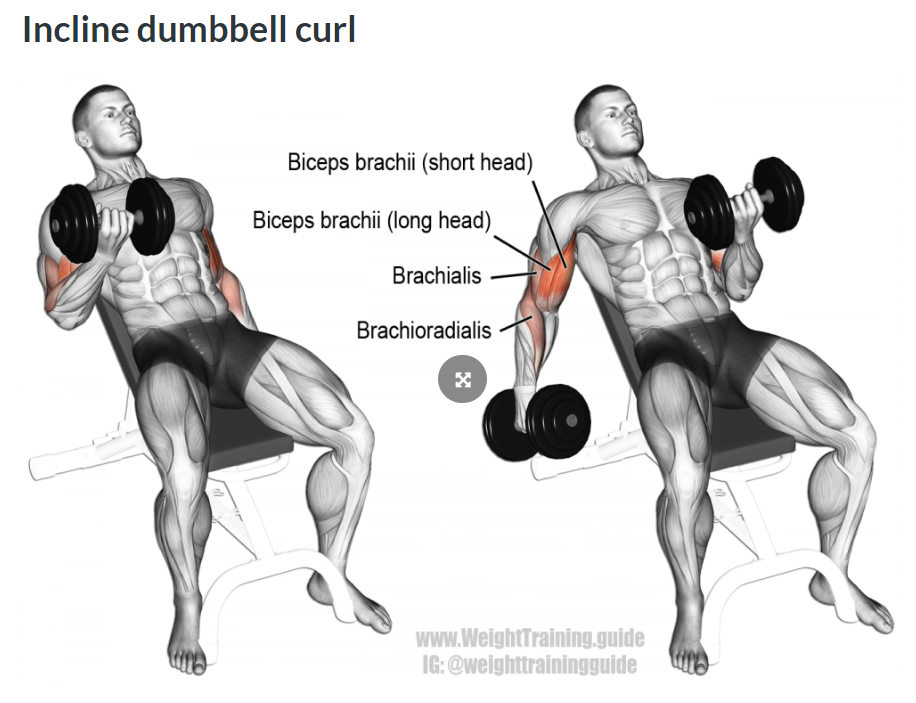
Biceps:



[Instruktionsvideo](https://www.youtube.com/watch?v=SLqQdcrbfYc)

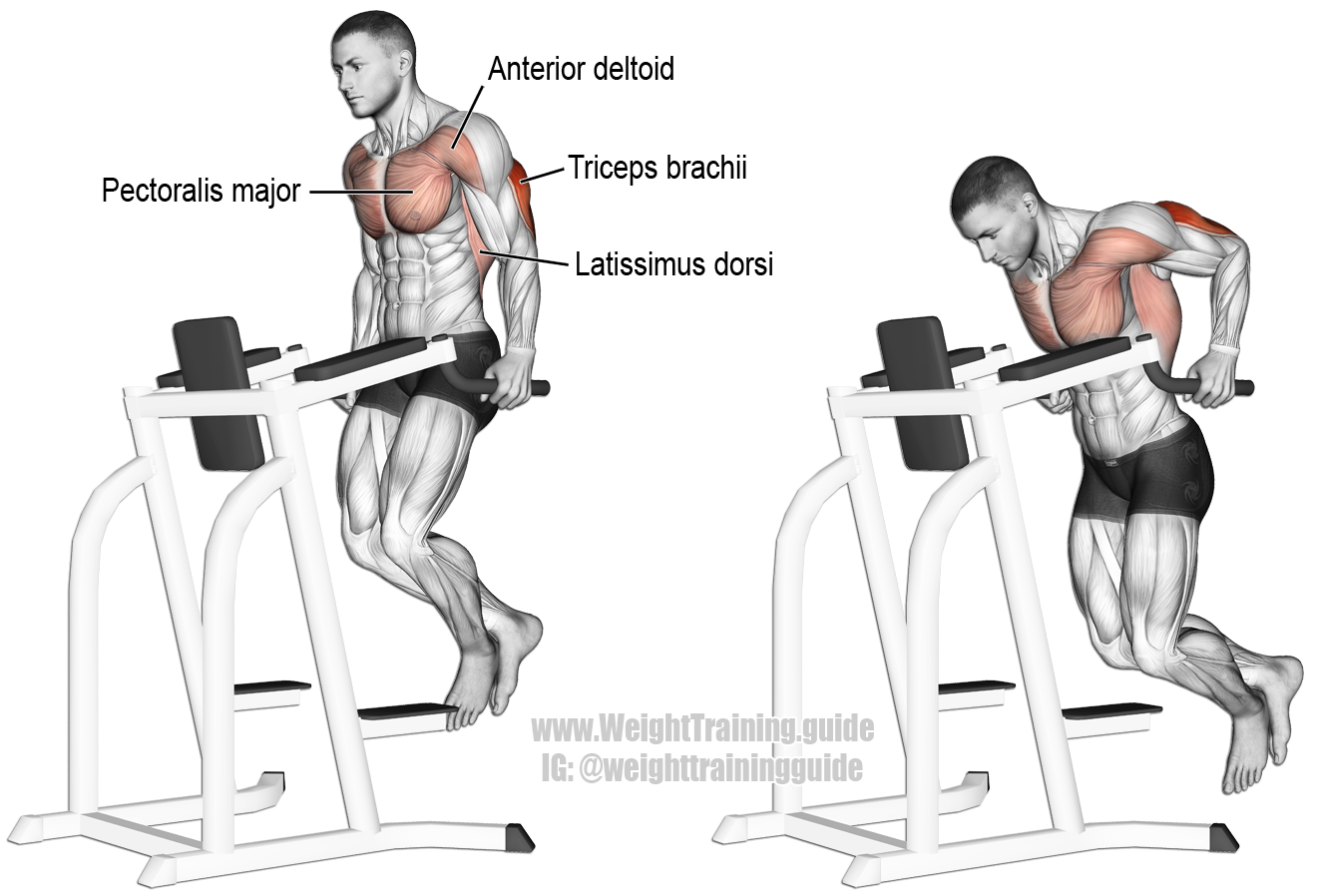


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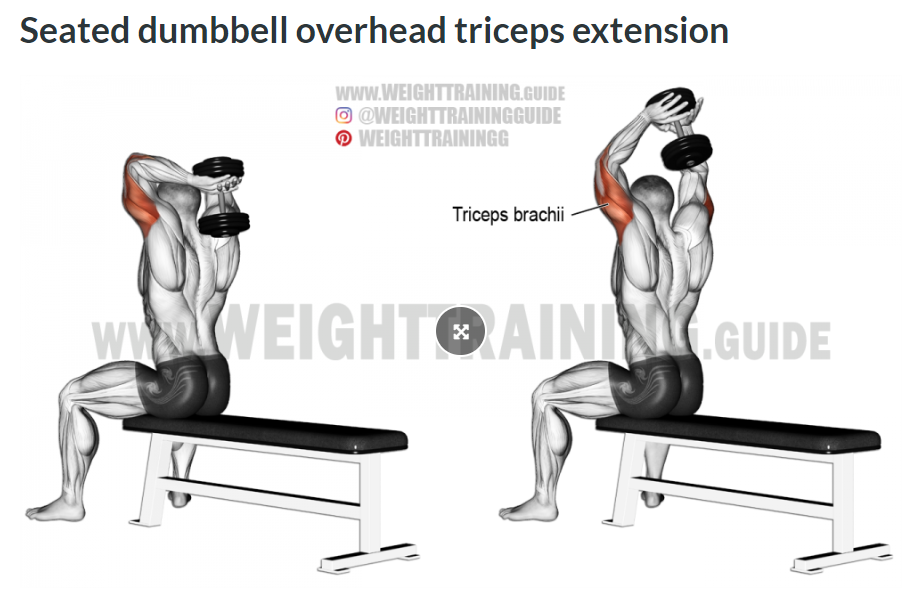


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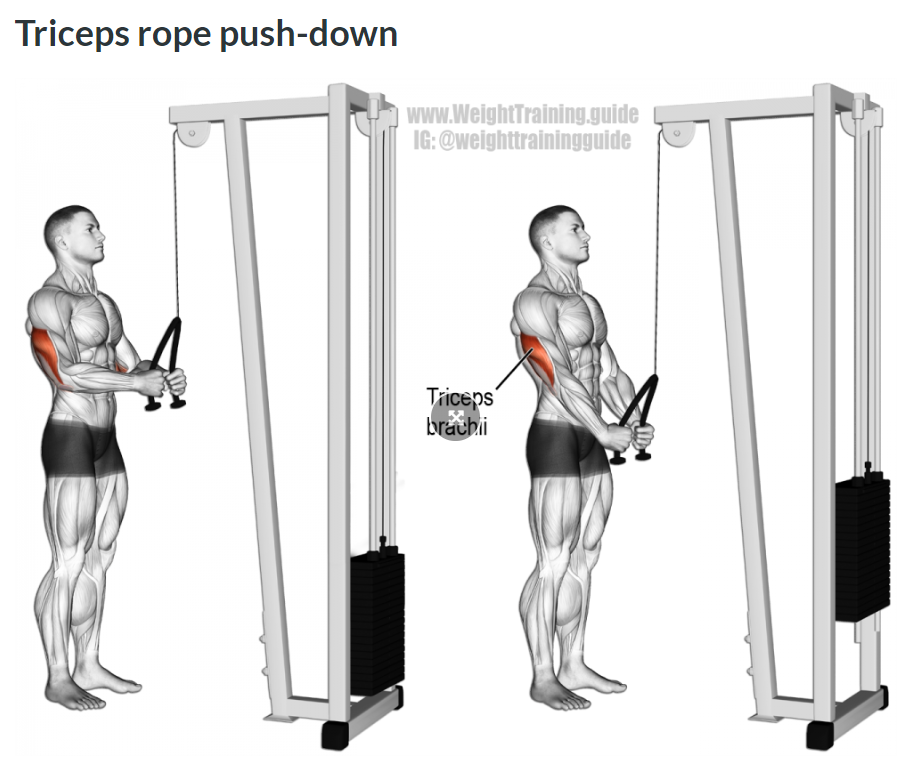
Triceps:



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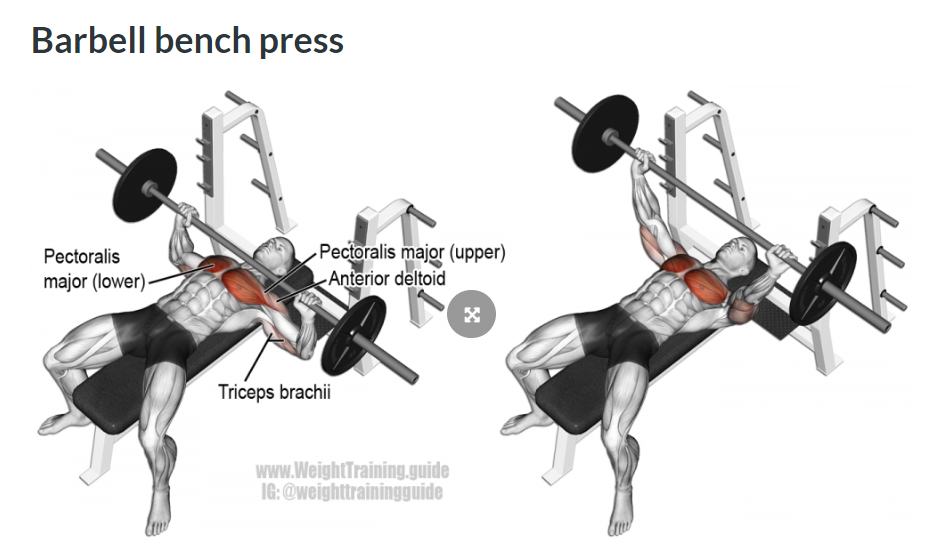


[Instruktionsvideo](https://www.youtube.com/watch?v=YbX7Wd8jQ-Q)

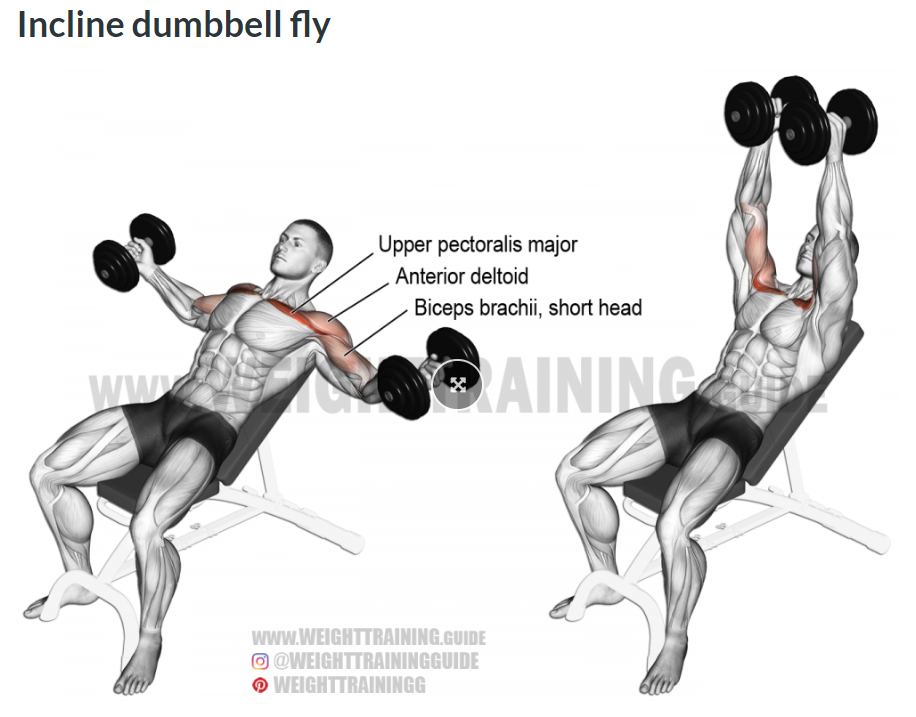


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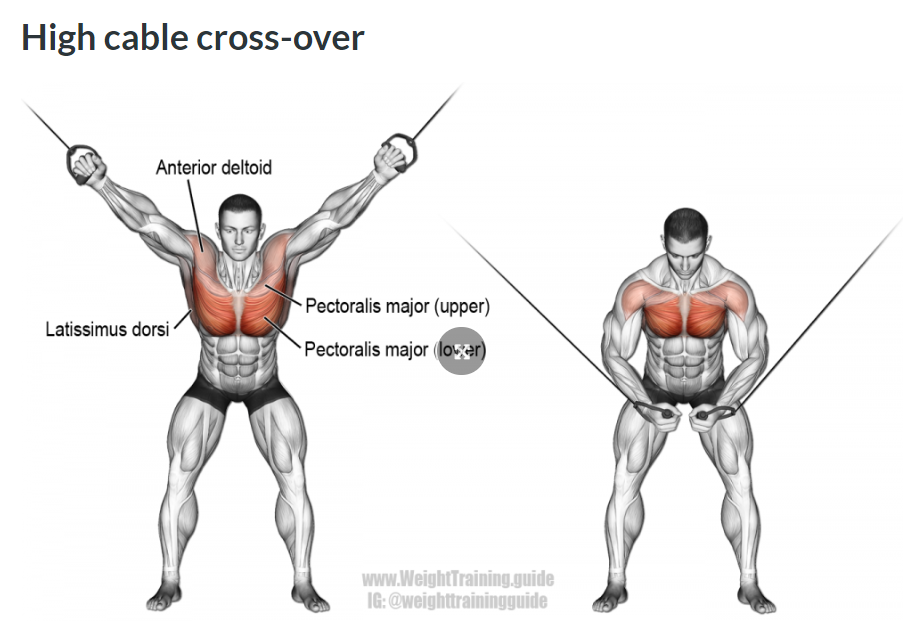
Bröst:



[Instruktionsvideo](https://www.youtube.com/watch?v=ukDEXCXJxdM)

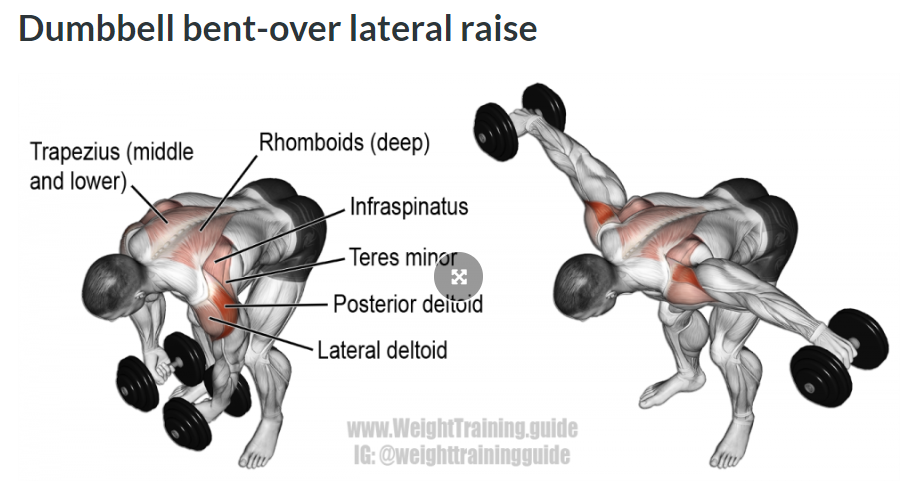


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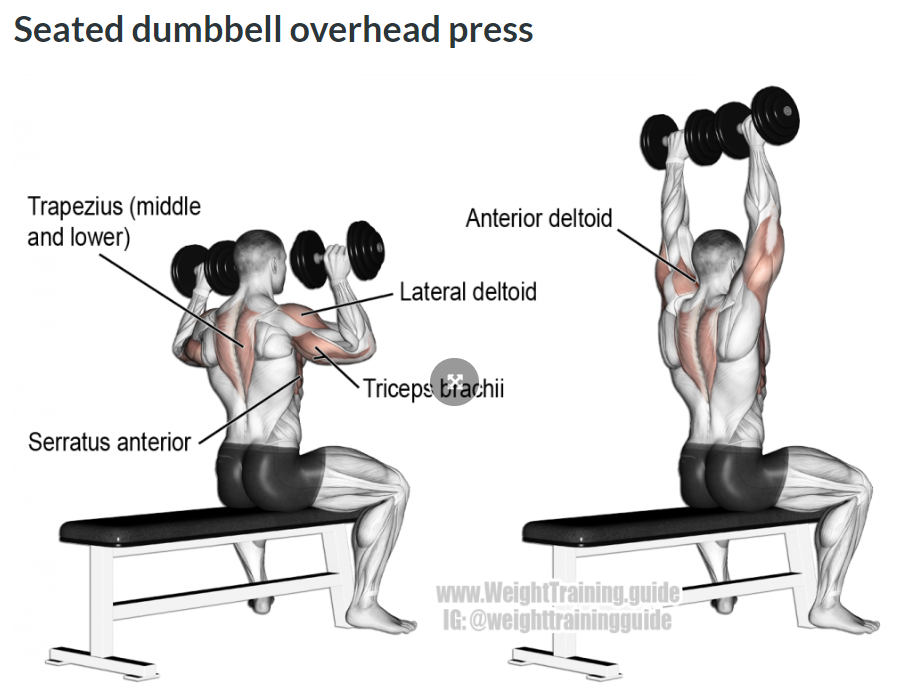


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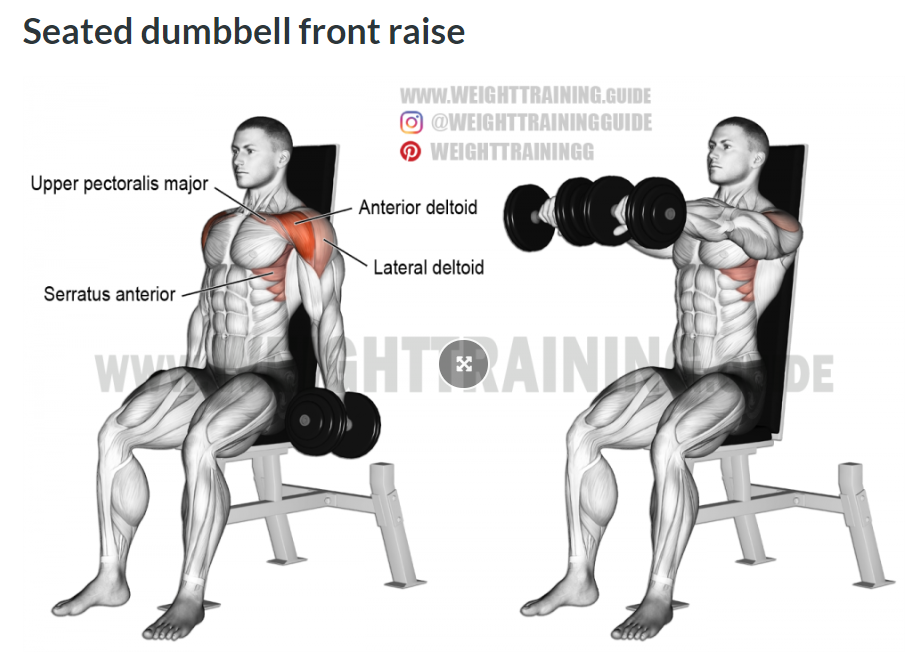
Axlar/skulderblad:



[Instruktionsvideo](https://www.youtube.com/watch?v=ttvfGg9d76c)



[Instruktionsvideo](https://www.youtube.com/watch?v=qEwKCR5JCog)



[Instruktionsvideo](https://www.youtube.com/watch?v=jqD4ElyonhE)