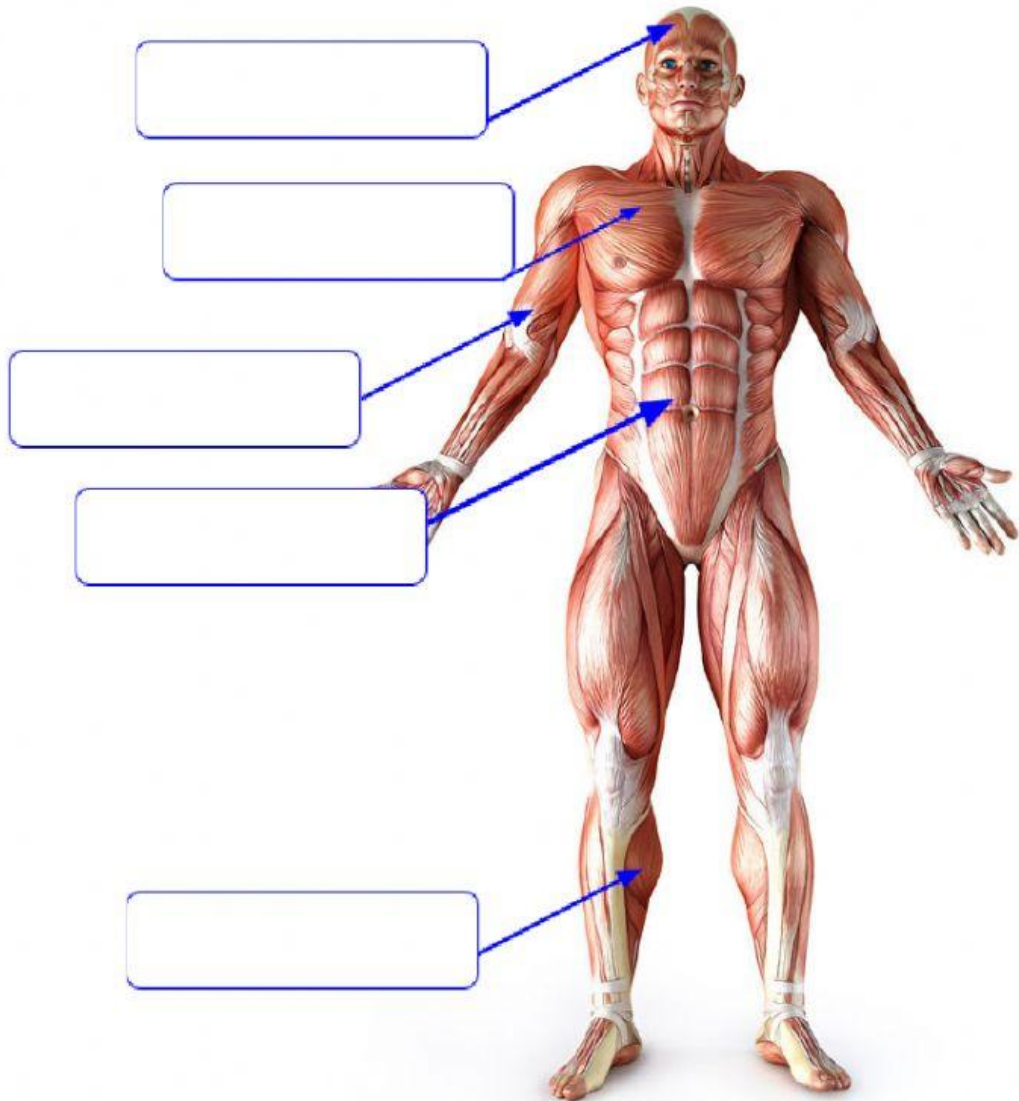


*Kokatu muskulu bakoitza bere tokian:*



*Abdominalak*

*Bekakikoa*

*Bikia*

*Bizepsa*

*Bularrekoa*

