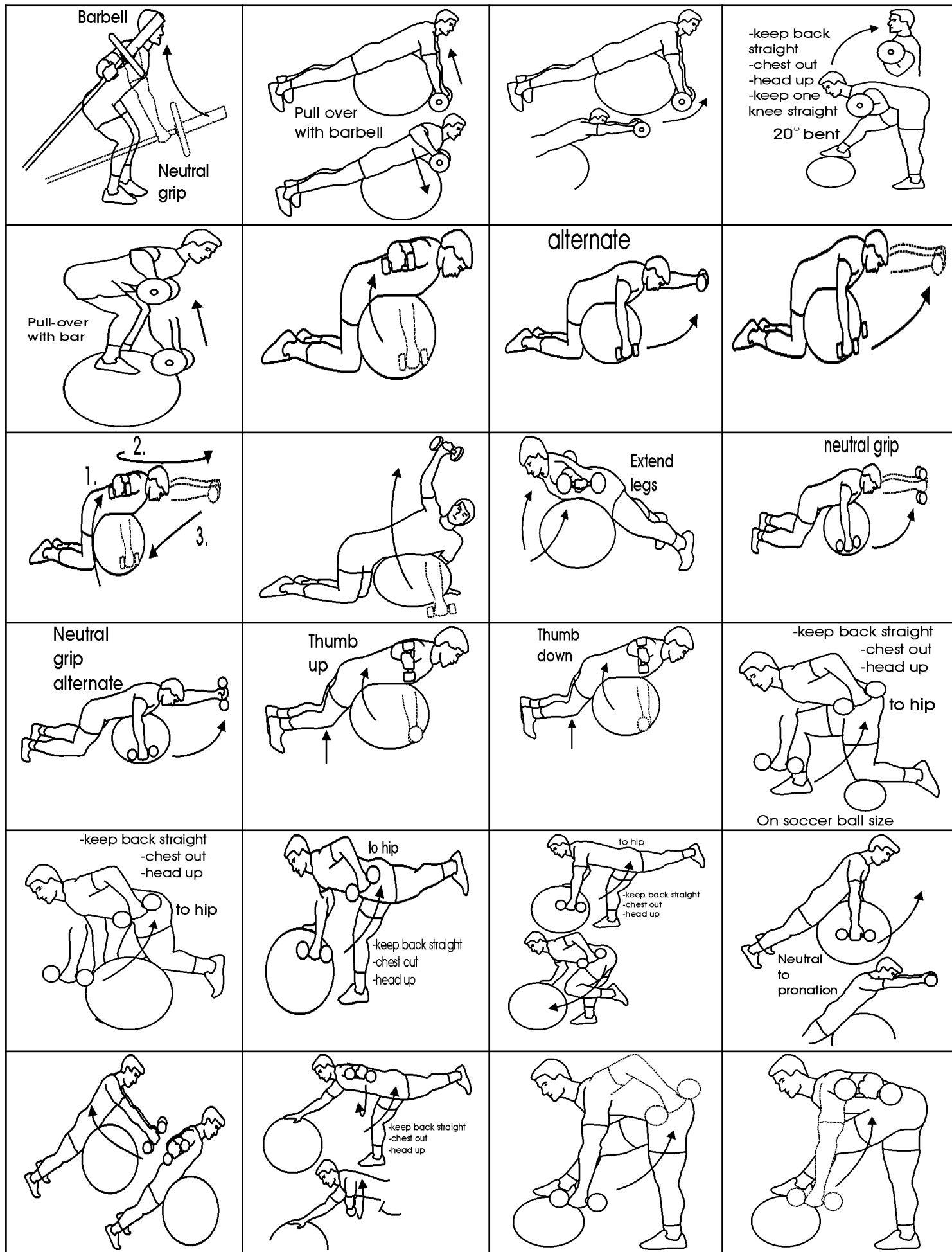
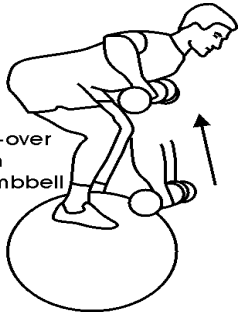
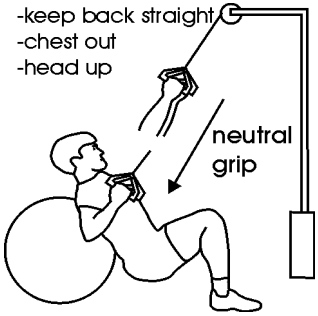
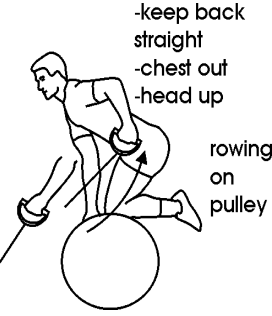
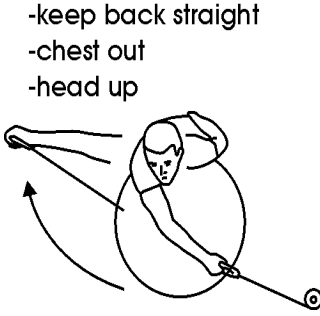
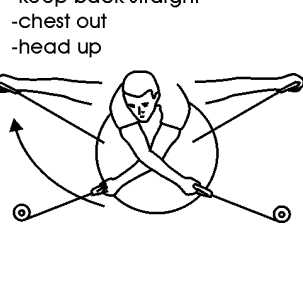
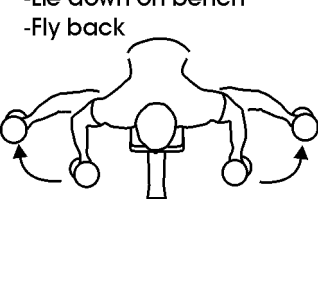
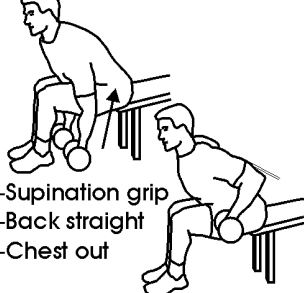
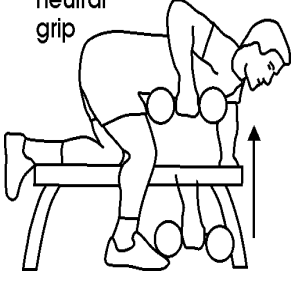
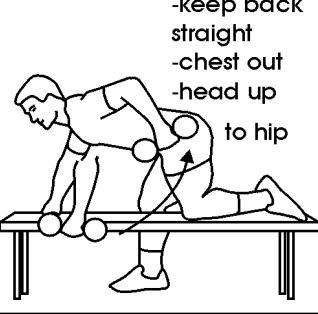
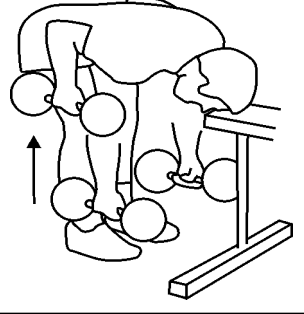
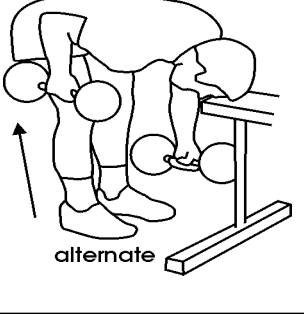
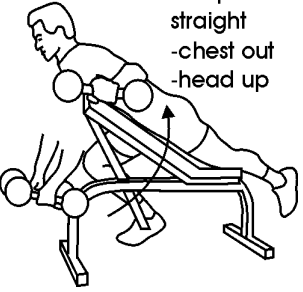
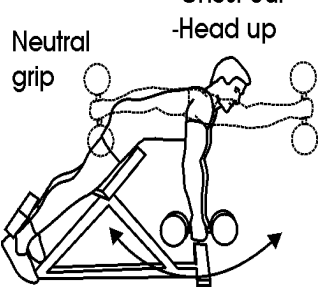
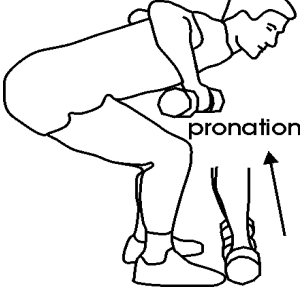
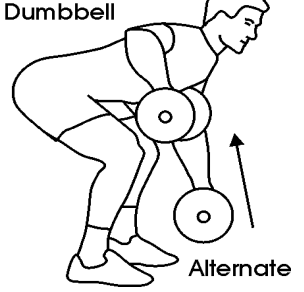
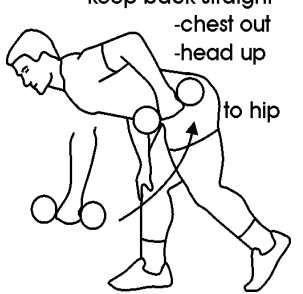
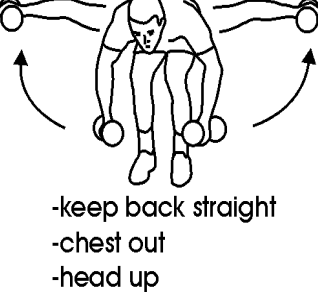
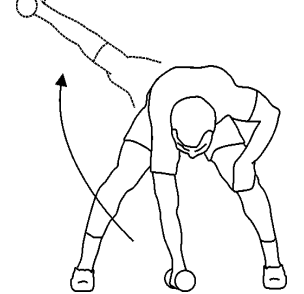
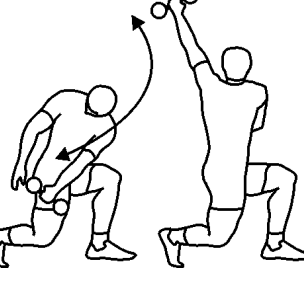
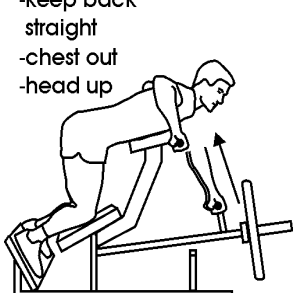
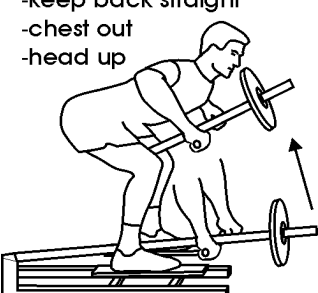
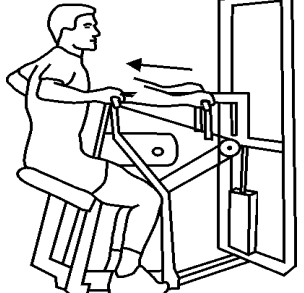
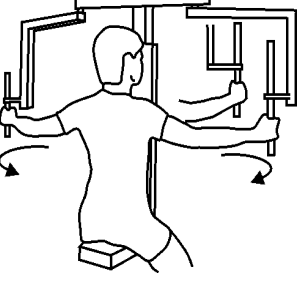
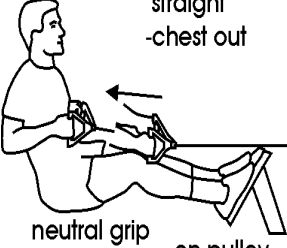
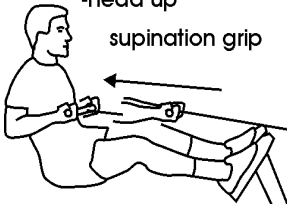
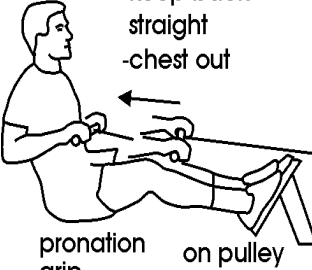
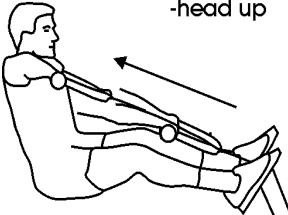
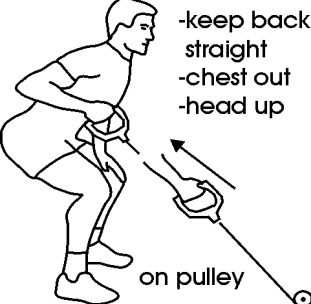
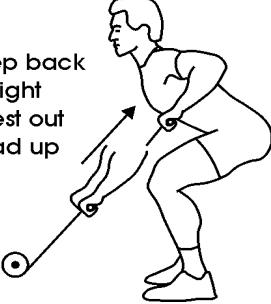
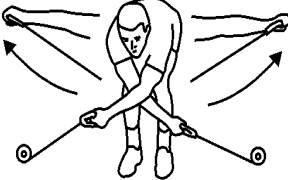
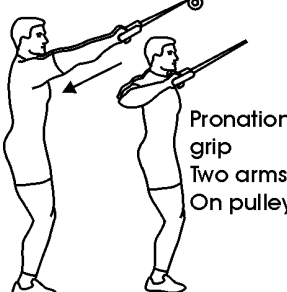
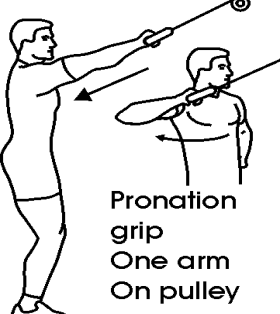
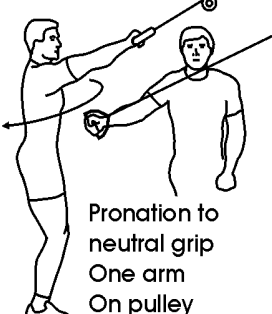
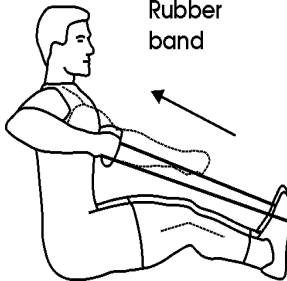
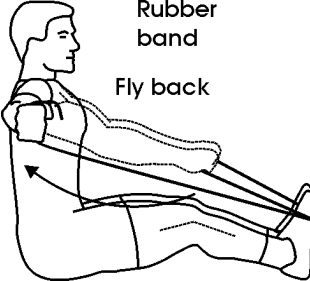
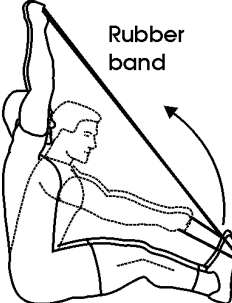
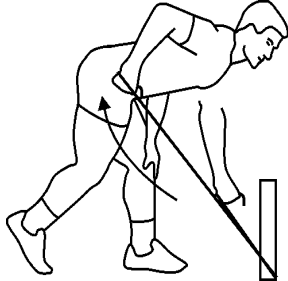
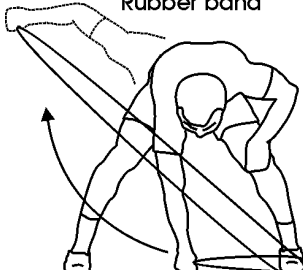


TRAPEZIOAK (etab.) LANTZEKO INDAR ARIKETAK



 Pull-over with dumbbell	 -keep back straight -chest out -head up neutral grip	 -keep back straight -chest out -head up rowing on pulley	 -keep back straight -chest out -head up
 -keep back straight -chest out -head up	 -Lie down on bench -Fly back	 -Supination grip -Back straight -Chest out	 neutral grip
 pronation grip	 -keep back straight -chest out -head up to hip	 -keep back straight -chest out -head up to hip	 alternate
 -keep back straight -chest out -head up	 Neutral grip -Chest out -Head up	 pronation	 Dumbbell Alternate
 -keep back straight -chest out -head up to hip	 -keep back straight -chest out -head up	 -keep back straight -chest out -head up	 -keep back straight -chest out -head up
 -keep back straight -chest out -head up	 -keep back straight -chest out -head up	 -keep back straight -chest out -head up	 -keep back straight -chest out -head up

 -keep back straight -chest out neutral grip on pulley	 -keep back straight -chest out -head up supination grip	 -keep back straight -chest out pronation grip on pulley	 -keep back straight -chest out -head up on pulley with cable
 -keep back straight -chest out -head up on pulley	 -keep back straight -chest out -head up	 -keep back straight -chest out -head up	 -keep back straight -chest out -head up
 Pronation grip Two arms On pulley	 Pronation grip Two arms On pulley Alternate	 Pronation grip One arm On pulley	 Pronation to neutral grip One arm On pulley
 Rubber band	 Rubber band Fly back	 Rubber band	
 Rubber band		