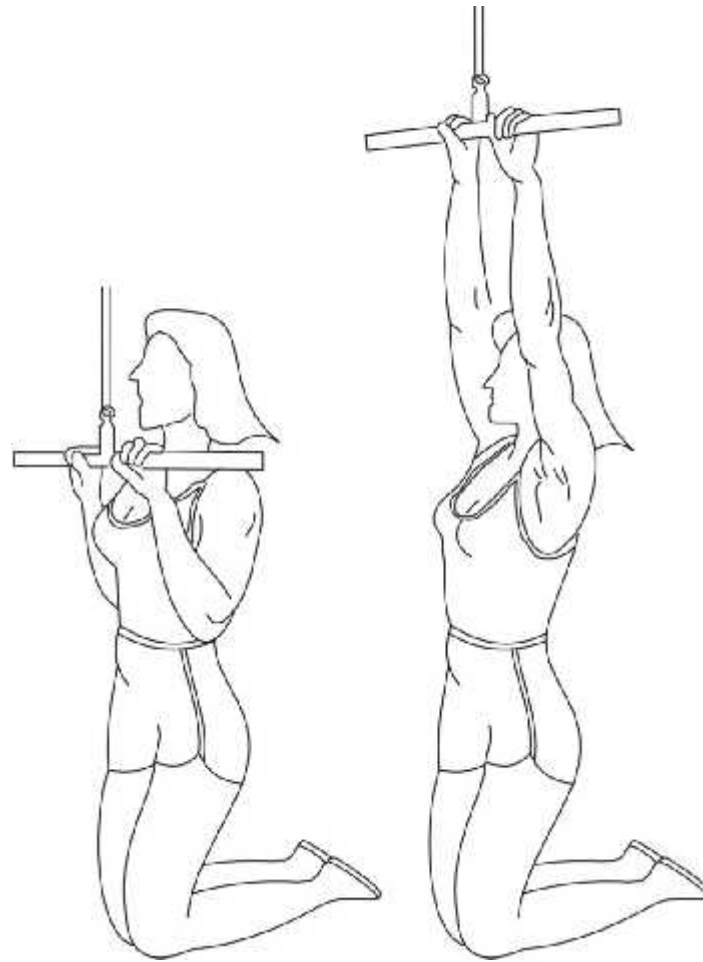


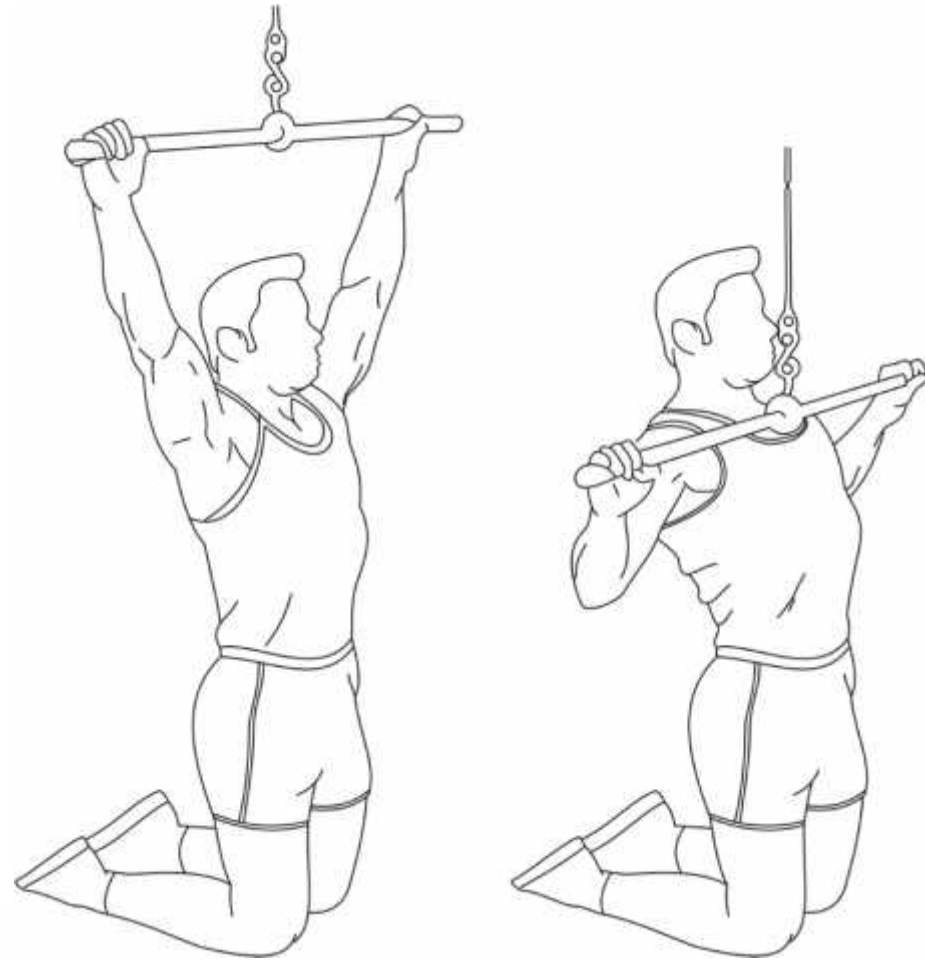
MODEL LATIHAN OTOT DADA

Oleh Suharjana
FIK UNY

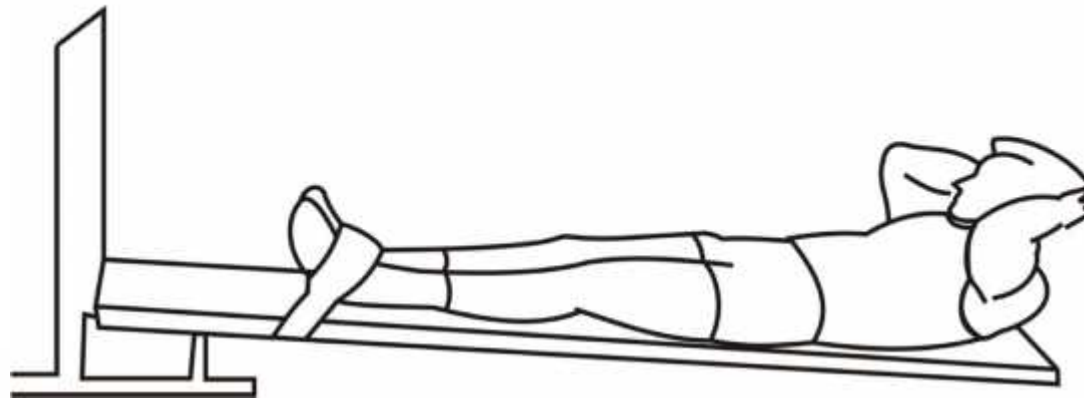
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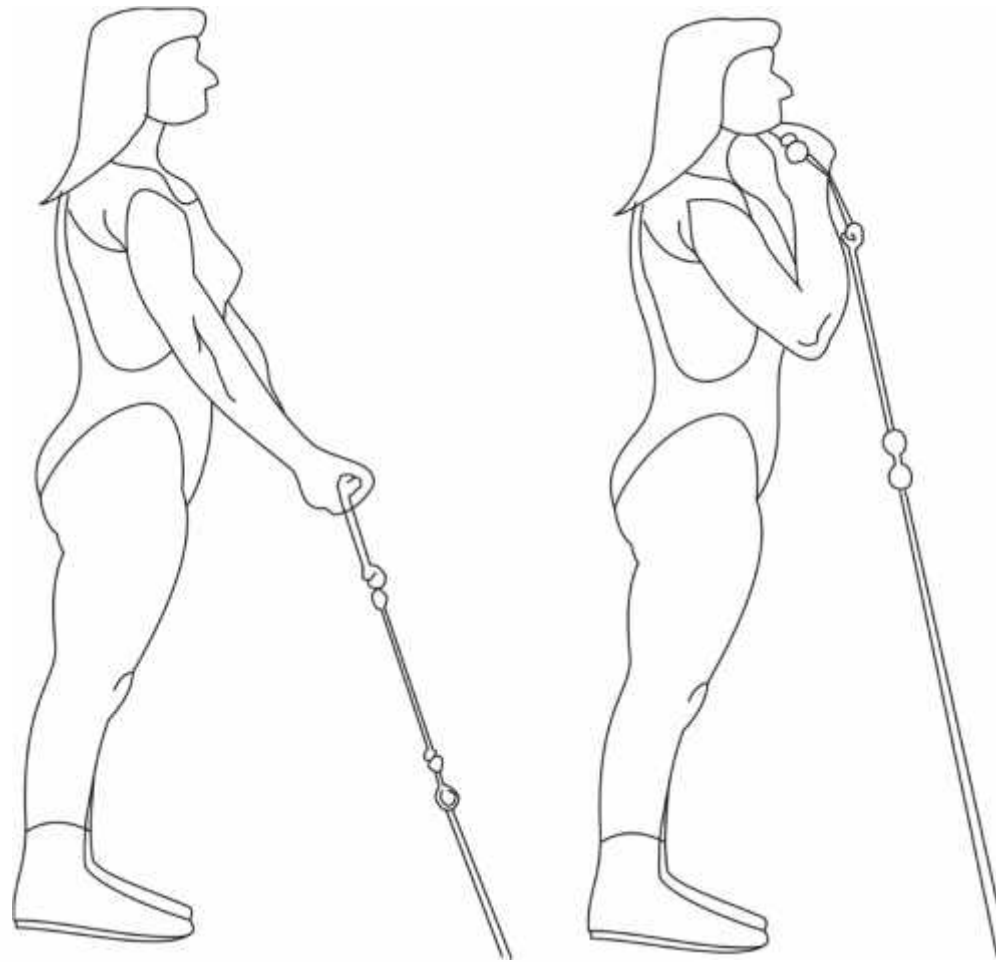
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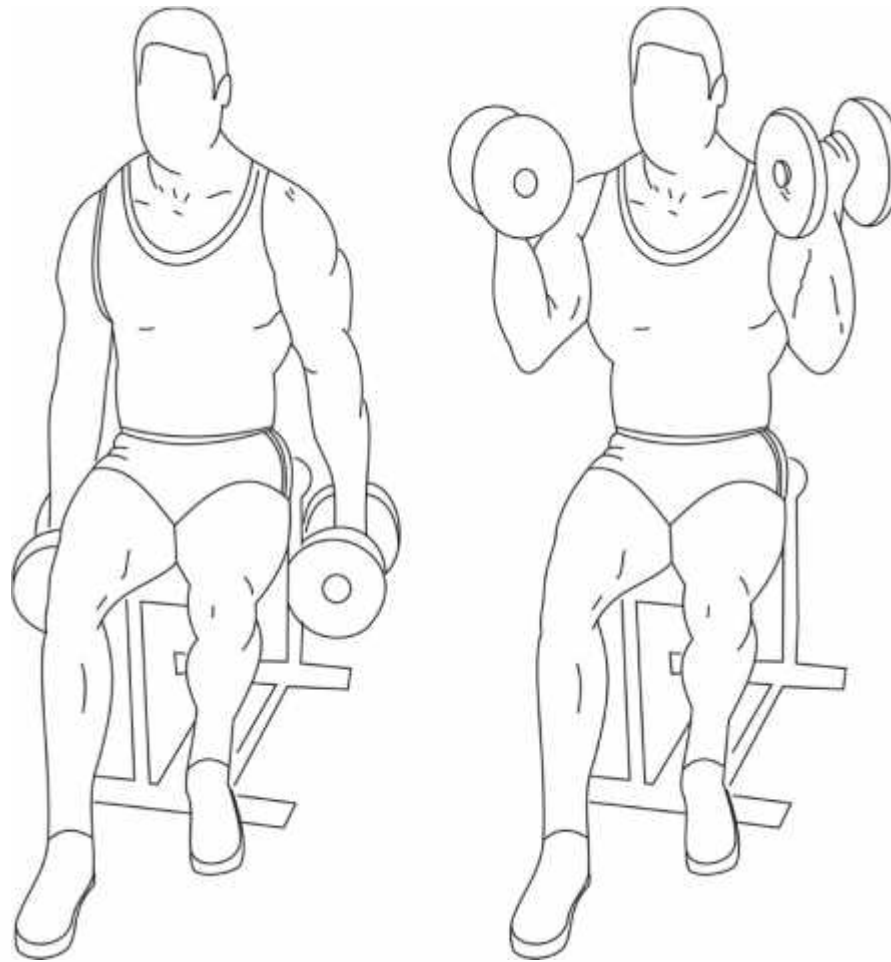
SIT-UP



Bicep Curl



Dumbbell Bicep Curl



Good morning barbell

