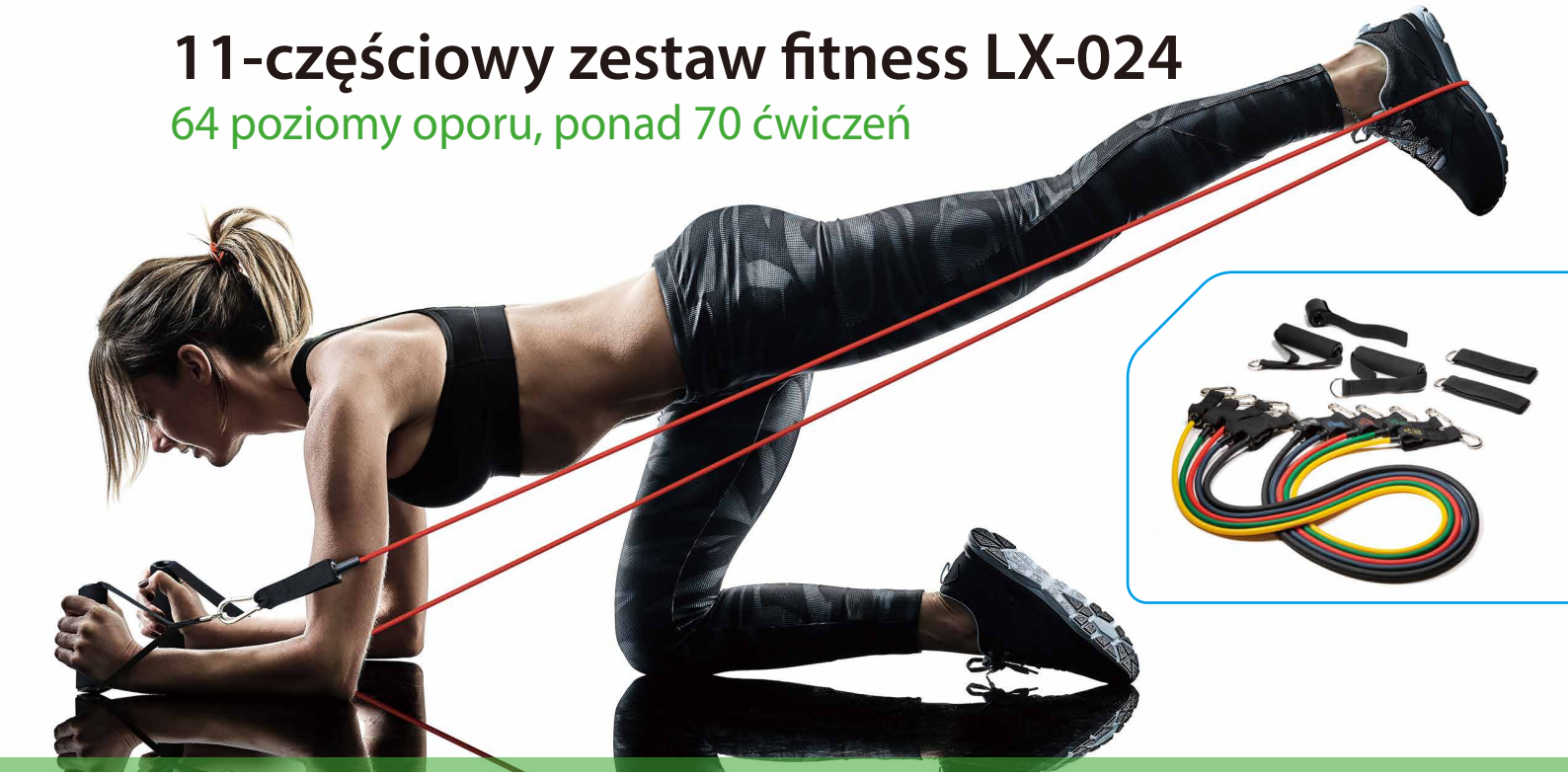
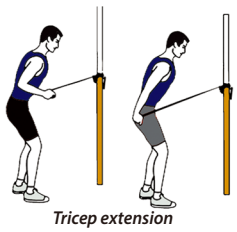
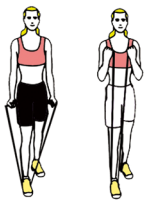
LifenaXX®

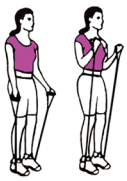
11-częściowy zestaw fitness LX-024

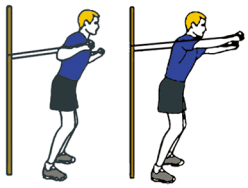
64 poziomy oporu, ponad 70 ćwiczeń

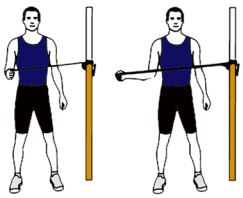


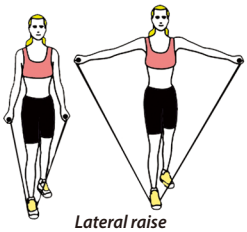

Tricep extension

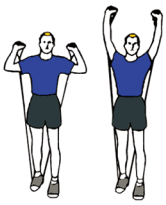

Bicep curl

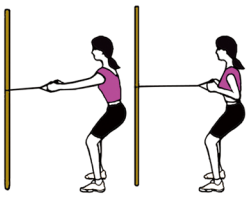

Bicep hammer curl


Chest press

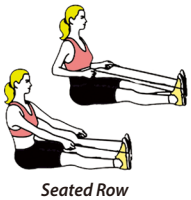

Chest fly

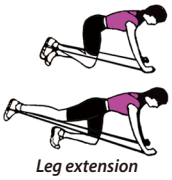

Lateral raise


Shoulder press


Standing row

Bent Over Row


Seated Row


Leg extension

Squat

- 5 taśm oporowych (4,5/6,8/11,3/13,6/15,9 kg)
- Duża kotwa drzwiowa do dużych obciążeń
- 2 uchwyty
- 2 paski na nogi
- Torba transportowa
- 64 Poziom oporu
- Przegląd ćwiczeń

4 260358 128146

Numer pozycji 4898