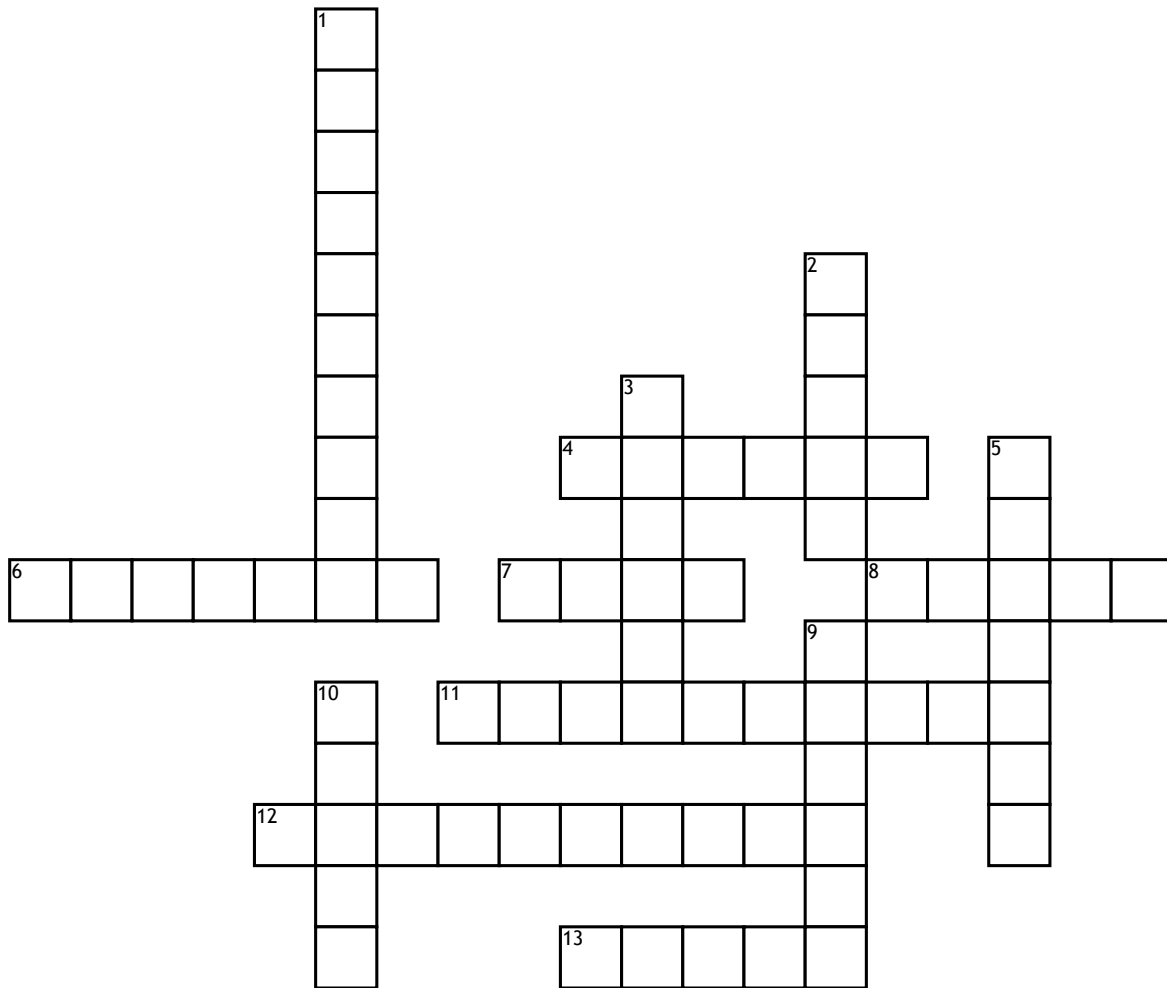


Noem die spiere wat ge oefen word tydens die volgende oefeninge:



Across

- 4. superman
- 6. leg curls
- 7. push ups
- 8. calf raises
- 11. leg raises
- 12. sit ups

- 13. leg extentions

Down

- 1. plank
- 2. pull up
- 3. deadlift
- 5. arm dips

- 9. bicep curls
- 10. squads