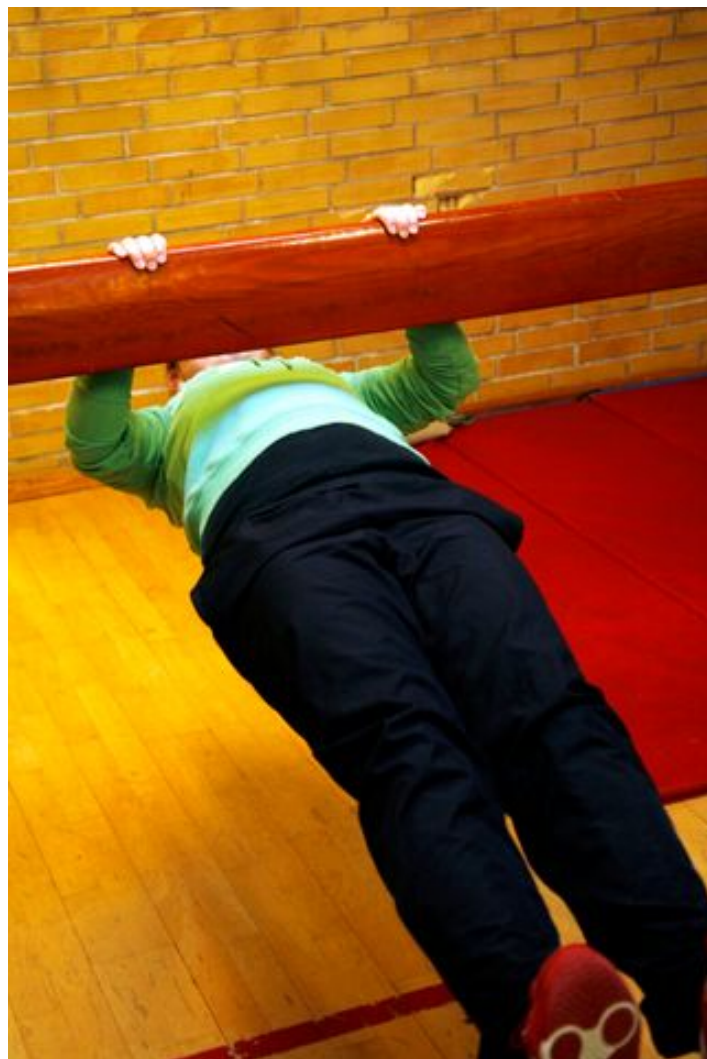
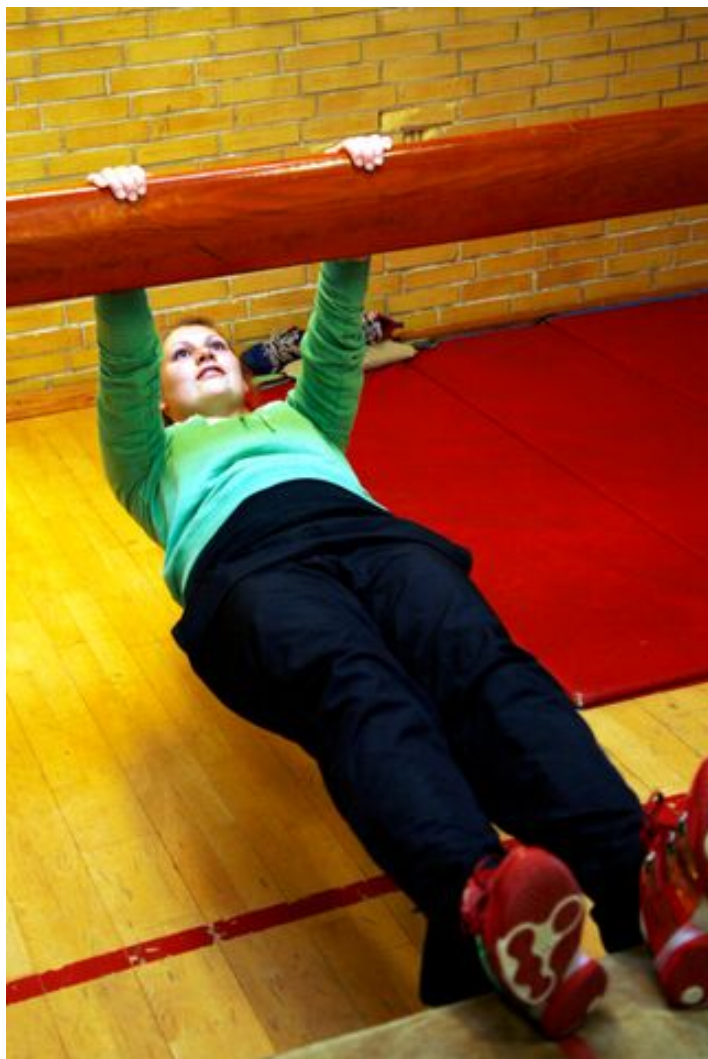


Roning, proneret bodyrow



Vandret kropshævning med benene på en bænk.