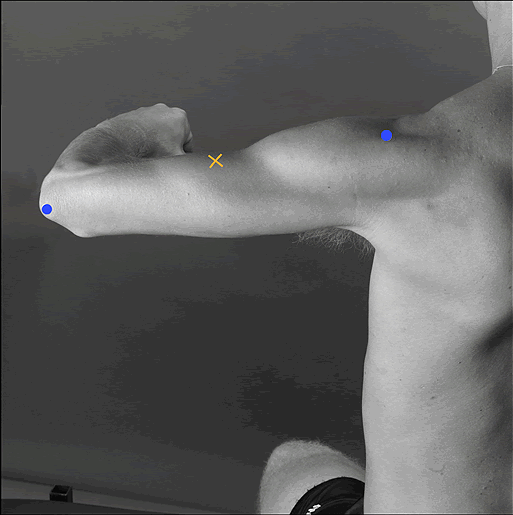
* Seniam Guidelines per bicipite, tricipite, avambraccio

<http://www.seniam.org/>

 A person with a muscular arm

AI-generated content may be incorrect.

* Pulire i muscoli con alcol (leggere seniam/abc di EMG) + garza
* Chiavetta USB per trasferire dati