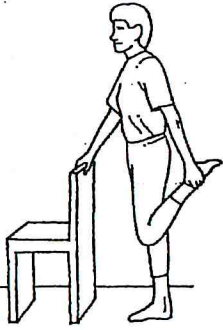


VÖÐVATEYGGJUR

- Halda hverri teygju í 20-30 sek. -

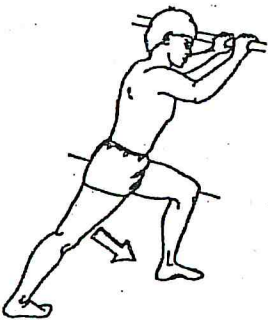
Vöðvarnir framan á lærunum.



Vöðvarnir aftan á lærunum.



Löngu kálfavöðvarnir



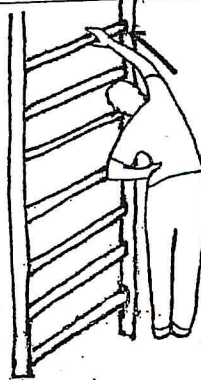
Stuttu kálfavöðvarnir



Brjóstvöðvarnir



Síðuvöðvarnir



Hálsvöðvar

