

A: Date	B: Resis- tance (1-6)	C: Fre- quency /day	D: Sets	E: Reps.

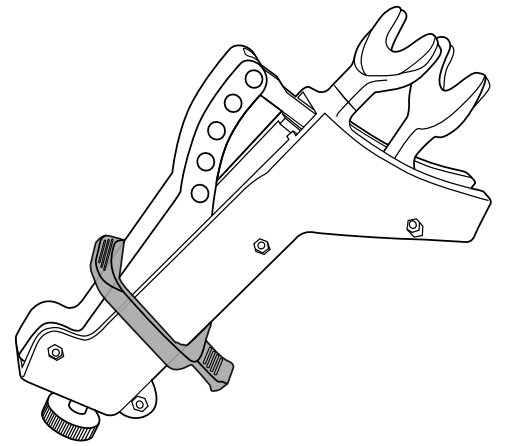
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 Atos Medical AB
 Kraftgatan 8, P.O. Box 183, SE-242 22 Hörby, Sweden
 Tel: +46 (0)415 198 00 • info@atosmedical.com



