

Æfingar eftir brjóstaaðgerð

Allar æfingar x 20 tvisvar á dag

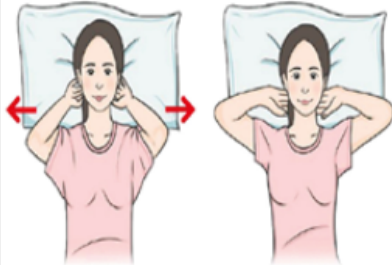
AESTHETICA



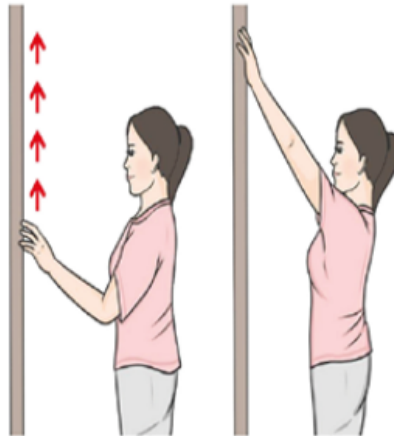
REYNSLA - FEGURÐ - UMHYGGJA



Lifting your arm above your head



Beach pose



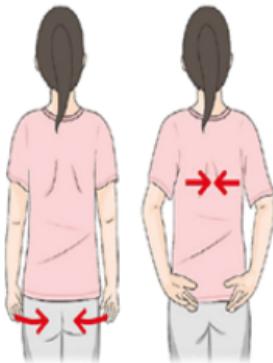
Walking your fingers up the wall



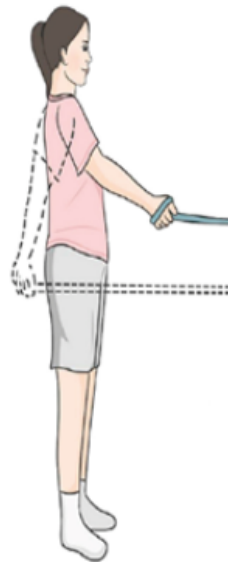
Biceps curl with light weight



Lifting your arm above your head in sitting



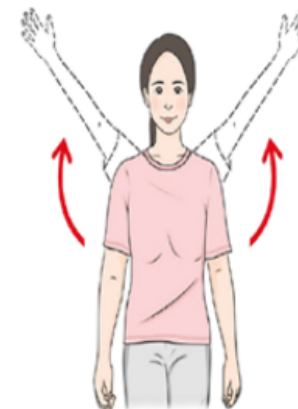
Chest stretch



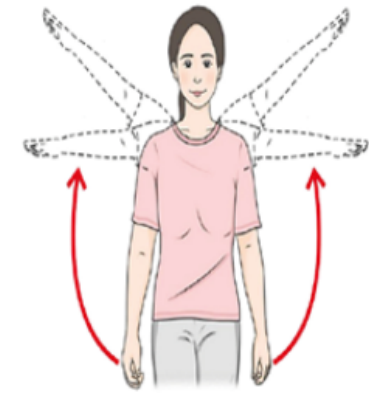
Shoulder extension



Shoulder external rotation



Lift your arm with chest stretch



Shoulder abduction

Thryg