

A close-up photograph of a person's hand and forearm. The hand is gripping a green resistance band. The forearm has a large, black, wavy tattoo. A red rectangular box with a white background is overlaid on the hand, containing the text 'STRÆK DIG STÆRK' in bold, red, uppercase letters.

**STRÆK
DIG STÆRK**

**16 ØVELSER
DER STYRKER DIG**