

Pecho

Idincru	28
Titulo	Pecho cruces con poleas
Detalle	cruces
	 An illustration of a muscular man in a bodybuilding pose, performing a chest exercise. He is standing with his feet shoulder-width apart, arms extended upwards and outwards, holding handles of a pulley system. His chest muscles are highlighted in red, indicating the primary muscles worked during this exercise.
Grupo	1