

# Ejercicios

Idejer	10
Ejercicio	Press inclinado con mancuernas
Detalle	Press con mancuernas plana - inclinado o declinado.
Imagen	 A photograph showing a person lying on an inclined bench, performing a dumbbell press. The person is holding a dumbbell with both hands above their head, ready to lower it. The bench is set at an angle, and the person's feet are flat on the floor.
Grupo	PECHO