


Ejercicios

Idejer	112
Ejercicio	Alternado mancuerna sentado
Detalle	variedad movimiento
Imagen	 An illustration of a person sitting on a gym machine, performing an alternating dumbbell exercise. The person is shown from a side-rear perspective, holding a dumbbell in their right hand and another in their left hand. The machine has a seat and a backrest. The person's biceps are highlighted in red, indicating the target muscle group.
Grupo	BICEPS