

Ejercicios

Idejer	12
Ejercicio	Aperturas en banco plano
Detalle	apertura con mancuernas plana - inclinado o declinado.
Imagen	 An illustration of a person lying on a flat bench, performing a chest exercise with dumbbells. The person is lying on their back, with their feet flat on the floor and knees bent. They are holding two dumbbells with their arms extended upwards, palms facing each other. The chest muscles are highlighted in red, indicating the primary muscles worked by the exercise.
Grupo	PECHO