


# Ejercicios

Idejer	121
Ejercicio	Curl en banco Scott
Detalle	con barra o mancuernas - con los 2 brazos o a uno
Imagen	 An anatomical illustration of a male figure sitting on a Scott's curl bench. The figure is shown in profile, leaning forward with his torso parallel to the ground. He is holding a barbell with both hands, positioned in front of his thighs. The bench has a curved backrest and a flat seat. The figure's biceps are highlighted in red, indicating the primary muscles being worked during the exercise.
Grupo	BICEPS