


# Ejercicios

Idejer	126
Ejercicio	Triceps en Dorsalera
Detalle	variedades de agarres
Imagen	 An illustration of a person performing a triceps exercise on a machine. The person is standing and facing away from the camera, with their right arm extended upwards and their left arm bent at the elbow. The machine is a cable machine with a pulley system. The person's triceps muscle is highlighted in red.
Grupo	TRICEPS