

# Ejercicios

Idejer	137
Ejercicio	Extension a una mano
Detalle	ver movimientos con instructor
Imagen	 An anatomical illustration of a person sitting on a bench, viewed from the back. The person is performing a triceps extension exercise with one arm. The right arm is bent at the elbow, with the hand behind the head. The left arm is extended downwards. The triceps muscle on the right arm is highlighted in red to show its contraction during the exercise.
Grupo	TRICEPS