

Ejercicios

Idejer	14
Ejercicio	Aperturas en banco declinado
Detalle	abertura con mancuernas plana - inclinado o declinado.
Imagen	 An illustration of a person lying on a decline bench, performing chest flyes with dumbbells. The person's arms are extended upwards and outwards, holding two dumbbells. The bench is tilted downwards from the head end. The person's torso is visible, showing the chest and abdominal muscles.
Grupo	PECHO