

Ejercicios

Idejer	142
Ejercicio	Flexiones(push-up diamante)
Detalle	ver movimientos con instructor
Imagen	 An anatomical diagram of a person in a diamond push-up position. The triceps muscle is highlighted in red, showing its contraction during the exercise. A small logo for 'Fitness' is visible in the top left corner of the image area.
Grupo	TRICEPS