

Ejercicios

Idejer	156
Ejercicio	Remo con correas
Detalle	variedad movimiento
Imagen	 An anatomical illustration of a person lying on their back, performing a rowing exercise. The person is holding two long, light-colored straps that extend upwards and outwards. The illustration highlights the muscles of the back and shoulders, with red shading indicating the primary muscles engaged during the movement.
Grupo	DORSALES