

Ejercicios

Idejer	186
Ejercicio	Triceps Extension maquina
Detalle	fuerza maquina
Imagen	 An anatomical illustration of a male figure sitting on a gym machine. The machine has a seat and a handle. The figure is holding the handle with both hands, and his arms are extended upwards. The triceps muscles on his back and shoulders are highlighted in red, indicating they are the primary muscles being worked during this exercise.
Grupo	TRICEPS