

Ejercicios

Idejer	190
Ejercicio	Extencion mancuerna a un brazo
Detalle	Extencion de triceps
Imagen	 An anatomical illustration of a person sitting on a bench, performing a single-arm dumbbell triceps extension. The person is shown from the side, with their right arm extended upwards, holding a dumbbell. The triceps muscle is highlighted in red, and the exercise is labeled as 'Extencion de triceps'.
Grupo	TRICEPS