

# Ejercicios

Idejer	199
Ejercicio	Remo con correas
Detalle	variedad movimiento
Imagen	 An illustration of a person in a TRX suspension training exercise. The person is lying on their back, holding onto a suspension strap with both hands. Their feet are also attached to the strap, and they are pulling the strap towards their chest, performing a rowing motion. The person's body is suspended in the air, and their arms are extended upwards, holding the strap.
Grupo	TRX