

# Ejercicios

Idejer	206
Ejercicio	Fuerza brazos TRX
Detalle	ver movimientos con instructor
Imagen	 The image shows a logo for 'GYM VISUAL'. It features a stylized silhouette of a person in a dynamic pose, possibly performing a TRX exercise, with arms extended upwards. The text 'GYM VISUAL' is written in a bold, sans-serif font, with 'GYM' in a smaller size and 'VISUAL' in a larger size. Below the text, the website address 'gymvisual.com' is written in a smaller font.
Grupo	TRX