

Ejercicios

Idejer	25
Ejercicio	Vuelos Frontales (manc)
Detalle	ver movimientos con instructor
Imagen	 An anatomical illustration of a male figure sitting on a bench, performing a front fly exercise. He is holding two dumbbells with both arms extended forward and slightly upward. The muscles of the chest and shoulders are highlighted in red to show the primary muscles engaged in the movement.
Grupo	HOMBROS