

Ejercicios

Idejer	32
Ejercicio	Press tras nuca (con cuidado)
Detalle	ver movimientos con instructor
Imagen	 An anatomical illustration of a male figure sitting on a bench, performing a rear deltoid press. The figure is holding a barbell with both hands, positioned behind his head. The muscles of the back and shoulders are highlighted in red to show the primary muscles being worked.
Grupo	HOMBROS