

Ejercicios

Idejer	33
Ejercicio	Pajaros (elevaciones posteriores)
Detalle	ver movimientos con instructor
Imagen	 <p>The image shows a person sitting on a gym machine, performing a rear deltoid exercise. The person is wearing a red shirt and black shorts. The machine is a seated rear deltoid machine. The person is pulling the handles towards their chest. Below the image is a logo that reads 'NICK HALL BODY TRANSFORMATIONS'.</p>
Grupo	HOMBROS