

Ejercicios

Idejer	35
Ejercicio	Remo al menton (con barra o polea)
Detalle	ver movimientos con instructor
Imagen	 An illustration of a male figure standing at a gym machine. The machine has a vertical post with a horizontal bar at chest level. The figure is pulling the bar towards his chest. The machine also has a seat and a footplate. The figure is wearing a white tank top and black shorts. The background is white.
Grupo	HOMBROS