

Ejercicios

Idejer	36
Ejercicio	Press de hombros en máquina
Detalle	ver movimientos con instructor
Imagen	 An illustration of a person sitting on a gym machine, performing a shoulder press. The person is shown in profile, facing right, with their arms extended upwards holding a barbell. The machine has a seat and a vertical frame with a pulley system. The person is wearing a red top and black pants.
Grupo	HOMBROS