

Ejercicios

Idejer	37
Ejercicio	Pike push-ups
Detalle	ver movimientos con instructor
Imagen	 An anatomical diagram of a human figure in a pike position, performing a pike push-up. The figure is shown from a side-rear perspective, with the head and arms touching the ground. The muscles of the shoulders, back, and core are highlighted in red, indicating the primary muscles engaged during this exercise. A small logo with the word 'Fitness' is visible in the top left corner of the diagram.
Grupo	HOMBROS