

Ejercicios

Idejer	38
Ejercicio	Handstand push-ups
Detalle	ver movimientos con instructor
Imagen	 An anatomical diagram of a handstand push-up. The figure is shown from the back, balancing on its hands. The muscles of the shoulders, upper back, and arms are highlighted in red and orange, indicating the primary muscles engaged during the exercise. A small logo with the word 'Fitness' is visible in the top left corner of the diagram.
Grupo	HOMBROS