

Ejercicios

Idejer	44
Ejercicio	Remo en polea
Detalle	ver movimientos con instructor
Imagen	 An illustration of a person sitting on a rowing machine, performing a seated row exercise. The person is shown from the side, with their back to the machine. The machine has a vertical frame and a handle that the person is pulling towards their chest. The person's back muscles are highlighted in red, indicating the primary muscles worked during this exercise.
Grupo	DORSALES