

# Ejercicios

Idejer	46
Ejercicio	Remo Guiado
Detalle	ver movimientos con instructor
Imagen	 An anatomical illustration of a person in a bent-over position performing a guided row exercise. The person is holding a barbell with both hands, and their back is parallel to the ground. The muscles of the back and arms are highlighted in red to show the primary muscles engaged in the exercise.
Grupo	DORSALES