

Ejercicios

Idejer	47
Ejercicio	Remo con cuerda
Detalle	variedad movimiento
Imagen	 An illustration of a person performing a cable row exercise. The person is seated on a bench, leaning back slightly, and pulling a handle attached to a cable from above down towards their chest. The machine is a cable rowing machine with a pulley system and a weight stack.
Grupo	DORSALES