

Ejercicios

Idejer	49
Ejercicio	Jalon tras nuca (con cuidado)
Detalle	ver movimientos con instructor
Imagen	 An illustration of a person performing a lat pulldown exercise. The person is seated on a bench, facing away from the camera, and is pulling a bar from an overhead pulley system down towards their neck. The person's arms are extended upwards, and they are wearing a red tank top and black shorts. The machine is a standard gym lat pulldown machine.
Grupo	DORSALES