

Ejercicios

Idejer	52
Ejercicio	Chin-ups
Detalle	Ver movimiento y agarre con instructor
Imagen	 An illustration of a person performing a chin-up exercise. The person is shown from the side, hanging from a pull-up bar with their arms fully extended and hands in a pronated grip. The person's body is in a vertical position, with their feet slightly off the ground. The background is plain white.
Grupo	DORSALES