

# Ejercicios

Idejer	53
Ejercicio	Peso muerto
Detalle	ver movimientos con instructor
Imagen	 An anatomical diagram of a person performing a deadlift. The person is bent over at the hips, with their back flat and feet flat on the floor. They are holding a barbell with both hands. The diagram highlights the muscles of the back (dorsales) and the legs (isquiotibiales) that are engaged during this exercise.
Grupo	DORSALES