


# Ejercicios

Idejer	9
Ejercicio	Press plano con mancuernas
Detalle	Press con mancuernas plana - inclinado o declinado.
Imagen	 An illustration of a person lying on a flat bench, performing a press with two dumbbells. The person is wearing a black tank top and black shorts. The dumbbells are black with silver handles. In the top left corner of the illustration area, there is a small logo that says 'Fitness' with a stylized 'X' and 'by personal trainer' underneath.
Grupo	PECHO