

Ejercicios

Idejer	9
Ejercicio	Press plano con mancuernas
Detalle	Press con mancuernas plana - inclinado o declinado.
Imagen	 A black and white illustration showing a person from the side, performing a flat bench press. The person is lying on a flat bench, holding two dumbbells with both hands, and is in the middle of a press motion. The background is plain white.
Grupo	PECHO