


# Ejercicios

|           |   |
|-----------|---|
| Idejer    | 10  |
| Ejercicio | Press inclinado con mancuernas  |
| Detalle   | Press con mancuernas plana - inclinado o declinado.   |
| Imagen    |  A photograph showing a person lying on an inclined bench, performing a dumbbell press. The person is holding a dumbbell with both hands above their head, ready to lower it. The bench is set at an angle, and the person's feet are flat on the floor. |
| Grupo     | PECHO   |
| Ord       |   |