


Ejercicios

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| Idejer | 12 |
| Ejercicio | Aperturas en banco plano |
| Detalle | apertura con mancuernas plana - inclinado o declinado. |
| Imagen |  An illustration of a person lying on a flat bench, performing a chest exercise with dumbbells. The person is lying on their back, with their feet flat on the floor and knees bent. They are holding a pair of dumbbells with both hands, positioned above their chest. The dumbbells are held together, and the person's arms are extended upwards. The bench is a simple, flat surface. The person is wearing a white tank top and black shorts. The background is plain white. |
| Grupo | PECHO |
| Ord | |