


Ejercicios

Idejer	13
Ejercicio	Aperturas en banco inclinado
Detalle	abertura con mancuernas plana - inclinado o declinado.
Imagen	 An illustration of a person lying on an inclined 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 bench is tilted upwards. The person's torso is shaded in light gray, and their arms are extended upwards, holding the dumbbells.
Grupo	PECHO
Ord	