


# Ejercicios

Idejer	14
Ejercicio	Aperturas en banco declinado
Detalle	abertura con mancuernas plana - inclinado o declinado.
Imagen	 An illustration of a person lying on a decline bench, performing chest flyes with dumbbells. The person's arms are extended upwards and outwards, holding the dumbbells. The bench is tilted downwards from the head end.
Grupo	PECHO
Ord	