


# Ejercicios

Idejer	155
Ejercicio	Flexiones con correas
Detalle	ver movimientos con instructor
Imagen	 An illustration of a person in a plank position. They are wearing a black tank top and shorts. Two vertical poles are positioned on either side of the person. Resistance bands are attached to the top of each pole, looped around the person's hands and feet, and then anchored to the poles. The person's body is straight, supported by their forearms and feet. The background is white with a faint 'GYM VITAL' logo.
Grupo	PECHO
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