


Ejercicios

Idejer	190
Ejercicio	Extencion mancuerna a un brazo
Detalle	Extencion de triceps
Imagen	 An anatomical illustration of a person sitting on a bench, viewed from the side. They are holding a dumbbell with their right hand behind their head, with their arm extended upwards. The triceps muscle is highlighted in red, showing its contraction during the exercise. The person is wearing a white tank top and black shorts.
Grupo	TRICEPS
Ord	