


Ejercicios

Idejer	193
Ejercicio	Prensa horizontal a una Pierna
Detalle	Prensa horizontal - versiones varias
Imagen	 An illustration of a person performing a single-leg horizontal press on a gym machine. The person is lying on their back on a bench, with one leg extended and resting on the machine's footplate. They are holding a weight with both hands, and their arms are extended horizontally. The machine has a vertical bar with a weight stack. The text 'SUAL' is visible in the background of the illustration.
Grupo	PIERNAS
Ord	