


# Ejercicios

Idejer	199
Ejercicio	Remo con correas
Detalle	variedad movimiento
Imagen	 An illustration of a person in a TRX suspension training exercise. The person is lying on their back, holding onto a suspension strap with both hands. Their feet are also attached to the strap, and they are pulling the strap upwards towards their chest, demonstrating a rowing motion. The person's torso is slightly lifted off the ground.
Grupo	TRX
Ord	