


# Ejercicios

Idejer	25
Ejercicio	Vuelos Frontales (manc)
Detalle	ver movimientos con instructor
Imagen	 An anatomical illustration of a male figure sitting on a bench, performing a front fly exercise. The figure is holding two dumbbells with both arms extended forward and slightly upward. The deltoid muscles on the shoulders are highlighted in red to show the primary muscles being worked.
Grupo	HOMBROS
Ord	