


Ejercicios

Idejer	47
Ejercicio	Remo con cuerda
Detalle	variedad movimiento
Imagen	 An illustration of a person performing a cable row exercise. The person is seated on a bench, leaning back, and pulling a handle attached to a cable from a high point on a machine. The person's arms are extended upwards, and their back is arched, demonstrating the starting position of the exercise.
Grupo	DORSALES
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