


Ejercicios

Idejer	52
Ejercicio	Chin-ups
Detalle	Ver movimiento y agarre con instructor
Imagen	 An illustration of a person performing a chin-up exercise. The person is shown from the waist up, hanging from a pull-up bar with their arms fully extended and hands in a pronated grip. The person's body is slightly arched, and their feet are visible below. The background is plain white.
Grupo	DORSALES
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