


Ejercicios

Idejer	53
Ejercicio	Peso muerto
Detalle	ver movimientos con instructor
Imagen	 An anatomical illustration of a person performing a deadlift. The person is bent over at the hips, with their back flat and feet flat on the ground. A barbell with weights is on the floor in front of them. The muscles of the back, specifically the erector spinae, are highlighted in red to show their involvement in the lift.
Grupo	DORSALES
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