


Ejercicios

Idejer	54
Ejercicio	Pull-over en máquina
Detalle	En polea localizar dorsal
Imagen	 An illustration of a person performing a pull-over exercise on a machine. The person is shown in profile, leaning forward, pulling a handle from a high pulley down towards their feet. The machine is a vertical frame with a pulley at the top and a weight stack at the bottom. The person's back muscles are highlighted in red, indicating the primary muscles worked.
Grupo	DORSALES
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