


# Ejercicios

Idejer	9
Ejercicio	Press plano con mancuernas
Detalle	Press con mancuernas plana - inclinado o declinado.
Imagen	 An illustration of a person lying on a flat bench, performing a dumbbell press. The person is wearing a white tank top and black shorts. They are holding two dumbbells with both hands, positioned above their chest. The dumbbells are black with silver handles. In the top left corner of the illustration, there is a small logo that says 'Fitness' with a stylized figure.
Grupo	PECHO
Ord	