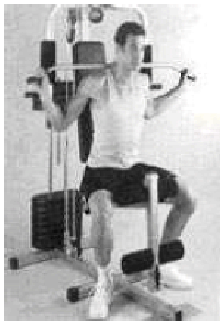
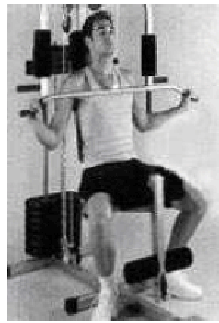


Ejercicios



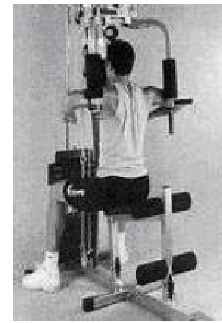
Dorsales



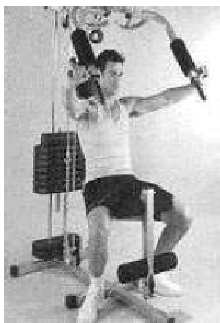
Pectorales



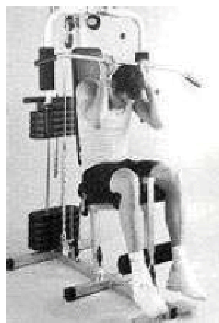
Prensa



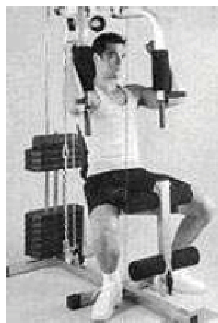
Deltoides



Prensa



Triceps



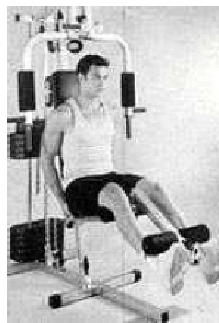
Mariposa



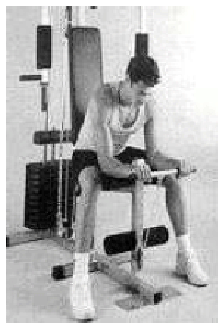
Dorsales



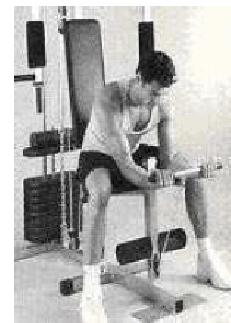
Triceps



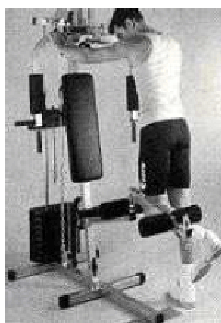
Cuadrieps



Antebrazos



Antebrazos



Isquiotibiales