


Biceps

Idincru	90
Titulo	Bicep curl polea
Detalle	con polea o barra
	 An illustration of a male figure standing and performing a bicep curl on a gym machine. The machine has a vertical post with a pulley at the top and a handle at the bottom. The figure is holding the handle with both hands and is in the middle of a curling motion. The biceps muscles are highlighted in red.
Grupo	8.0000