


# Dorsales

Idincru	110
Titulo	Peso Muerto
Detalle	Espalda
	 An anatomical illustration of a person performing a deadlift. The person is bent over at the hips, with their back straight and feet flat on the ground. They are holding a barbell with both hands. The muscles of the back, including the trapezius and latissimus dorsi, are highlighted in red to show their involvement in the lift.
Grupo	3.0000