


# Triceps

Idincru	106
Titulo	Extensión Triceps
Detalle	Mancuernas se puede ejecutar a un brazo
	 An anatomical illustration of a male figure sitting on a chair, performing a triceps extension. He is holding a dumbbell with both hands behind his head, with his arms extended upwards. The triceps muscle is highlighted in red to show its contraction during the exercise.
Grupo	9.0000