

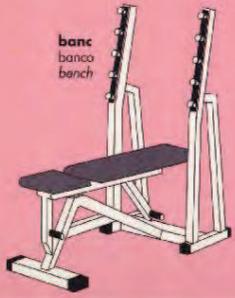
• Material de musculació •

Aparells

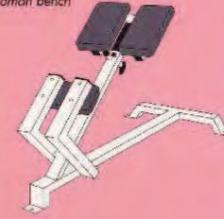
banc
banco
bench



banc
banco
bench



banc d'hiperextensions
banco de hiperextensiones
roman bench



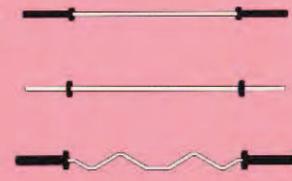
banc
banco
bench



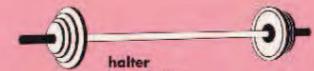
banc Scott
banco Scott, banco predicador
Scott bench, preacher curl bench



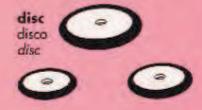
barra
barra
bar



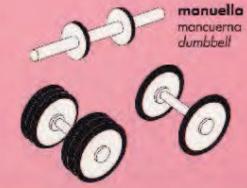
halter
barra, haltera
bar, barbell



disc
disco
disc



manuella
mancuerna
dumbbell



Màquines

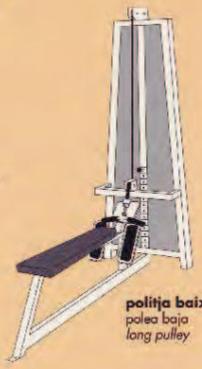
poliça alta
polea alta
high pulley



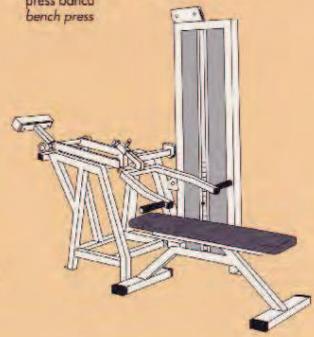
paral-leles
paralelas
dip and chin bar



poliça baixa
polea baixa
long pulley



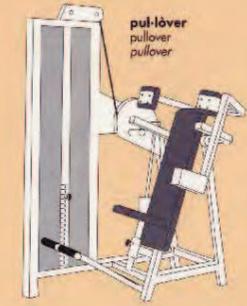
màquina de pressió sobre banc
press banca
bench press



màquina de pectorals
pectoral contractor, pec deck
pec deck, butterfly



pul-lòver
pullover
pullover



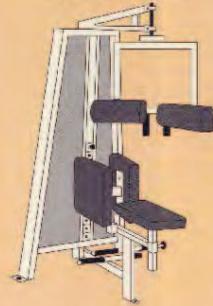
màquina de rull de braços
curl de bíceps
arm curl



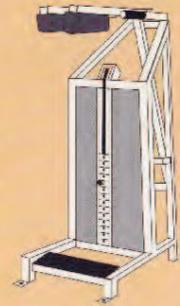
màquina de rull de tronc
abdominals, elevació de tronc
sit up, trunk curl



màquina de girs (twist)
twist
rotary torso, torso twist, twist



màquina de panxells dempeus
màquina de gemelos de pie
standing calf machine



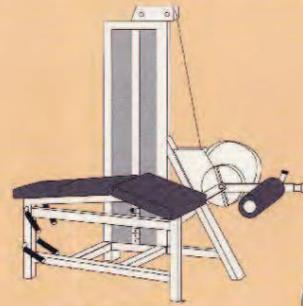
màquina de panxells d'assegut
màquina de gemelos sentado
seated calf machine



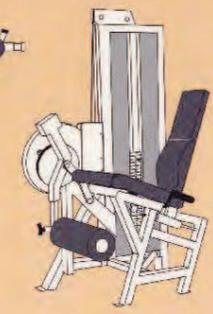
premsa
prensa de piernas
leg press



màquina de rull de cames
curl de bíceps femoral
leg curl



màquina d'extensions
extensió de pierns
leg extension



màquina polivalent
màquina multipower, multipower
multipower

