

Femorales

Idincru	48
Titulo	puente para gluteos
Detalle	puente para gluteos con peso ver con instructor
	 A woman with dark hair tied back is performing a glute bridge exercise. She is lying on her back on a black weight bench, with her feet flat on the floor. A large black barbell with weight plates is positioned across her hips. She is pushing her hips upwards, lifting her臀部 (glutes) off the bench. Her arms are extended downwards for support. The background is a plain white wall.
Grupo	5