

# Femorales

Idincru	49
Titulo	puente para gluteos
Detalle	puente para gluteos SIN peso ver con instructor
	 A woman with long dark hair, wearing a pink sports bra and black leggings, is performing a glute bridge exercise. She is seated on a white gym machine with a black seat and backrest. Her feet are flat on the floor, and she is lifting her hips to form a bridge shape. She is holding a silver dumbbell with both hands in front of her thighs. The background is plain white.
Grupo	5