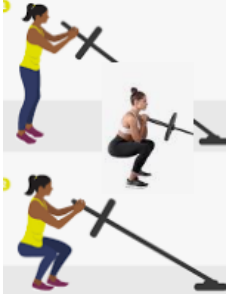


Piernas

Idincru	86
Titulo	Sent Piernas con Barra guiada
Detalle	Ver movimiento y supervisar con el instructor
	 The image shows three sequential illustrations of a person performing a leg press exercise with a guided bar. In the top-left illustration, the person is standing upright, holding the bar with both hands. In the top-right illustration, the person is in a squatting position, pushing the bar upwards. In the bottom illustration, the person is standing upright again, holding the bar. A yellow arrow points to the bar in each illustration.
Grupo	4