

Ejercicios

Idejer	100
Ejercicio	Gluteos con barra guiada
Detalle	ver movimientos con instructor
Imagen	 An illustration of a person in a squatting position, viewed from the side, performing a glute exercise with a guided bar. The person is wearing a red top and black pants. A blue bar with a black weight is positioned in front of them. The background is white with a faint 'AZATHIC gym' logo and the website 'azathic.com' at the bottom.
Grupo	GLUTEOS