

Ejercicios

Idejer	104
Ejercicio	Gemelos en prensa 45
Detalle	ver movimientos con instructor
Imagen	 The image shows a leg press machine, a piece of gym equipment used for strengthening the quadriceps and glutes. It features a large, adjustable footplate and a heavy weight stack. A person is shown sitting on the machine, ready to perform a leg press. The logo 'Fitness Programación' is visible in the top left corner of the image area.
Grupo	GEMELOS