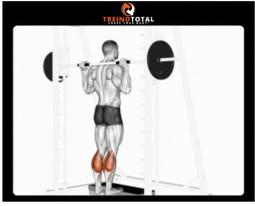


# Ejercicios

Idejer	108
Ejercicio	Gemelos en guia
Detalle	ver movimientos con instructor
Imagen	 An illustration of a person performing a calf exercise on a machine. The person is standing on a platform with their feet on a roller. They are holding a barbell across their shoulders. The machine has a vertical scale on the left side. The person's calves are highlighted in orange. The text 'TECHNICAL' is visible at the top of the illustration.
Grupo	GEMELOS