

Ejercicios

Idejer	124
Ejercicio	Maquinas Flex
Detalle	ver movimiento se puede hacer con barra.
Imagen	 An illustration of a male figure in a gym setting, performing a leg flexion exercise on a machine. The machine has a seat and a footplate. The figure is seated, leaning forward, with his feet on the footplate and his hands on the machine's frame. A weight is attached to the front of the machine. The figure's legs are bent, and he is in the middle of a flexion movement. The machine is labeled 'Maquinas Flex'.
Grupo	PIERNAS