

Ejercicios

Idejer	145
Ejercicio	Elevación de piernas Bco
Detalle	Elevación de piernas Bco
Imagen	 A person is lying on their back on a blue exercise bench. Their legs are raised and bent at the knees, with feet flat on the floor. The person is wearing black athletic wear. The background is a plain, light-colored wall.
Grupo	ABDOMINALES