

Ejercicios

Idejer	166
Ejercicio	Sentadilla TRX piernas juntas
Detalle	ver movimientos con instructor
Imagen	 The image shows a logo for 'GYM VISUAL' with the website 'gymvisual.com' below it. To the left of the text is a stylized illustration of a person in a squatting position, holding a TRX suspension strap with both hands above their head. The person's legs are highlighted in red, and the background is white.
Grupo	PIERNAS