

# Ejercicios

Idejer	184
Ejercicio	Patada gluteos movimientos
Detalle	En Maquina o peso tobilleras - ver con instructor
Imagen	 An illustration of a person in a black athletic outfit performing a glute kick exercise. They are on their hands and knees on a white mat, with their right leg extended upwards and backwards, foot flexed. The background is a plain white wall.
Grupo	GLUTEOS