

Ejercicios

Idejer	185
Ejercicio	Gluteos tirones en polea
Detalle	ver movimientos con instructor
Imagen	 A woman in athletic wear is shown in a side profile, performing a glute pull exercise. She is in a squat-like position with her feet on a resistance band, pulling the band towards her back foot with her hands. The background is plain white.
Grupo	GLUTEOS