

Ejercicios

Idejer	208
Ejercicio	Sentadilla TRX piernas juntas
Detalle	ver movimientos con instructor
Imagen	 The image shows a stylized human figure in a squatting position, holding a TRX suspension strap above their head. To the right of the figure, the text 'GYM VISUAL' is written in a bold, sans-serif font, with 'GYM' in red and 'VISUAL' in black. Below this, the website address 'gymvisual.com' is written in a smaller font.
Grupo	TRX