

Ejercicios

Idejer	218
Ejercicio	Escalador
Detalle	ver el tiempo con instructor
Imagen	 An illustration of a person using a stair climber machine. The person is shown in profile, facing left, with their feet on the pedals and hands on the handrails. The machine is white and black. In the top left corner of the illustration, there is a logo that says "Fitness" with a small star icon and "Programa.com" below it.
Grupo	CARDIO