

Ejercicios

Idejer	60
Ejercicio	Sentadillas
Detalle	ver movimientos con instructor
Imagen	 An anatomical illustration of a male figure in a squatting position. He is holding a barbell across his upper back. The muscles of his legs, including the quadriceps and hamstrings, are highlighted in red to show the primary muscle groups engaged during the exercise.
Grupo	PIERNAS