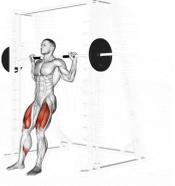


Ejercicios

Idejer	65
Ejercicio	Sentadillas Guiada
Detalle	ver movimientos con instructor
Imagen	 An illustration of a person performing a guided squat exercise. The person is standing with feet shoulder-width apart, holding a barbell across their upper back. They are in a squatting position, with their knees bent and their back straight. The barbell has two black weights on either side. The person's legs are highlighted in red, indicating the primary muscle groups being worked. The background is a simple white space with a faint grid.
Grupo	PIERNAS