

Ejercicios

Idejer	69
Ejercicio	Prensa de piernas
Detalle	ver movimientos con instructor
Imagen	 An illustration of a person lying on a leg press machine in a gym. The person is wearing a white tank top and red shorts. The machine is white and black, with a large black weight stack. The person's feet are on the platform, and they are in a ready position to perform a leg press.
Grupo	PIERNAS