

Ejercicios

Idejer	76
Ejercicio	Sissy
Detalle	ver movimientos con instructor
Imagen	 A person is shown performing a Sissy squat exercise. They are standing on a stationary bike with their feet on the pedals. Their body is leaning forward, and their knees are bent, with their buttocks touching their heels. Their arms are extended forward and slightly upward, and their head is tilted back. The background is a plain, light-colored wall.
Grupo	PIERNAS