

# Ejercicios

Idejer	78
Ejercicio	Maquina Aductores int - ext
Detalle	Maquina Parte Externa y Interna Aductores.
Imagen	 An anatomical illustration of a female figure sitting on a gym machine. The machine has a seat and a footplate. The figure's legs are positioned on the footplate, and the machine is designed to target the internal and external oblique muscles of the hip.
Grupo	PIERNAS