

Ejercicios

Idejer	90
Ejercicio	Hip thrust (puente)
Detalle	ver movimientos con instructor
Imagen	 A woman in a pink top and black leggings is performing a hip thrust exercise on a gym machine. She is sitting on the machine with her feet flat on the floor and her back against the padded support. A large black weight plate is positioned on her hips, and she is pushing it upwards with her feet.
Grupo	GLUTEOS