


Ejercicios

Idejer	94
Ejercicio	Patada de gluteo en polea
Detalle	ver movimientos con instructor
Imagen	 An illustration of a person performing a glute kick exercise on a machine. The person is seated on a machine with a footplate and is kicking their right leg forward. The machine has a vertical frame and a pulley system. A small logo is visible in the top left corner of the image area, and the text 'axibio.com' is at the bottom.
Grupo	GLUTEOS