


Ejercicios

Idejer	95
Ejercicio	Puente de gluteos barra
Detalle	ver movimientos con instructor
Imagen	 A woman in a pink top and black leggings is performing a glute bridge exercise on a gym machine. She is lying on her back with her feet flat on the floor and her hips raised, supporting her weight on a large black weight plate. The machine has a black frame and a black mat.
Grupo	GLUTEOS