


Ejercicios

Idejer	97
Ejercicio	Hip thrust con barra
Detalle	ver movimientos con instructor
Imagen	 A woman in a pink sports bra 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 hips raised, pushing a barbell across her hips. The machine is white and black.
Grupo	GLUTEOS