


Ejercicios

Idejer	184
Ejercicio	Patada gluteos movimientos
Detalle	En Maquina o peso tobilleras - ver con instructor
Imagen	 An illustration of a person in a quadrupedal position (on hands and knees) performing a glute kick exercise. The person is wearing a black sports top and leggings. Their right leg is extended upwards and backwards, with the foot flexed. The background is a plain white wall.
Grupo	GLUTEOS
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