


# Ejercicios

Idejer	192
Ejercicio	Prensa horizontal Pierna
Detalle	Prensa horizontal - versiones varias
Imagen	 An illustration of a person sitting on a gym machine, performing a horizontal leg press. The person's feet are on the machine's footplate, and they are pushing the weight away from their feet. The machine has a vertical bar with an upward-pointing arrow. The word 'GYMNASIAL' is visible in the background of the illustration.
Grupo	PIERNAS
Ord	